

# FRANK MCKECHNIE COMMUNITY CENTRE - Fitness Class & Sports Drop- In Schedule

(905) 615-4660 activemississauga.ca

Effective: Winter 2017 (Saturday, January 7th- Friday, March 10th)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Zumba Toning</b> 5:15pm Denise	<i>Classes are 60 min in length unless otherwise noted. All program times include set up and take down.</i>				<b>Fitness Circuit</b> 9:00am Denise	<b>Zumba Toning</b> 9:00am Denise
<b>Yoga Prenatal</b> 6:20pm Ankur				<i>(R) - registration ONLY classes (R/DI) - registration and drop-in spaces available Please check online at activemississauga.ca in "details" for program information.</i>		
<b>Ginga™Fitness</b> 7:25pm Myneesha		6:00 pm Ankur	6:20pm Denise	<b>Schedule is subject To change without notice.</b>	<b>Yoga 60 min</b> 10:30am Anne Marie	<b>Yoga 60 min</b> 11:10am Ankur
<b>Yoga 60 min</b> 7:30pm Anne Marie	<b>Zumba</b> 6:20pm Denise	<b>Total Body Toning</b> 6:15pm Lisa	<b>Yoga for Women</b> 6:30pm Ankur		<i>Register Any Time. Pay only for the remaining classes. It's your best way to guarantee your spot.</i>	<b>Zumba</b> 11:20am Antoinette
<b>Zumba</b> 8:30pm Antoinette	<b>Yoga Mixed</b> 6:30pm Ankur	<b>Zumba</b> 7:25pm Antoinette	<b>Zumba Toning</b> 7:25pm Denise			
			<b>BLC</b> 8:30pm Pat	Class formats and instructors are subject to change.		
<b>Aquafitness Drop-In</b>						
<b>Aquafitness</b> 9:30-10:15am <b>Aqua Boot Camp</b> 7:00-7:45pm <b>Aqua Cycle</b> 8:00-8:45pm	<b>Aquafitness</b> 6:15-7:00pm	<b>Aquafitness</b> 9:30-10:15am	<b>Aquafitness</b> 6:30-7:15pm	Please be aware that Aquafitness Classes will begin the week of Mon January 23 <sup>rd</sup> . Pricing Single Visits, does not include tax Adult \$12.00 Older Adults/Youth/Person with Disability \$9.60 Multivisit Cards also available, ask Customer Service for prices		
<b>Other Drop-In Programs</b> Various Rates apply, please inquire at Customer Service						
<b>Preschool Stay &amp; Play</b> 9:30-11:30am		<b>Preschool Stay &amp; Play</b> 9:30-11:30am		<b>Preschool Stay &amp; Play</b> 9:30-11:30am	<b>Badminton (10+)</b> 8:30 – 10:30am	<b>Badminton (10+)</b> 8:30 – 10:30am
		<b>Adult Basketball (18+)</b> 8:50 – 10:20pm	<b>Badminton (15+)</b> 8:45-10:30pm	<b>Badminton (15+)</b> 7:30-9:30pm	<b>Basketball (10-17)</b> 3:30-5:00pm	

## FITNESS CLASS DESCRIPTIONS

**ABS: Abdominals, back and stretching:** Using a variety of equipment, this class will focus on strengthening and toning your core.

**BLC:** Muscle conditioning - buttocks, legs and core.

**Fitness Circuit:** a complete workout with various forms of exercises and equipment in a circuit format. Improve your cardio and muscular strength.

**Ginga™:** This cardio and conditioning class blends a variety of dance styles including hip hop, Latin, house, Salsa and Soca with Brazilian martial arts moves for a unique exercise experience that will invigorate and inspire!

**TOTAL BODY TONING:** will increase muscle strength and endurance using a variety of resistance equipment.

**YOGA:** Basic yoga moves utilizing a variety of stretching techniques.

**YOGA MIXED:** Hatha Yoga to develop balance and strength, Power Yoga for energizing the body, and meditation to help develop a balanced mind.

**YOGA TONE:** Combine the benefits of yoga and muscle conditioning to strengthen and tone, promote bone health, and increase flexibility. Light hand weights are added as options to yoga-inspired postures and movements in class.

**ZUMBA®:** Combine high energy & motivating music with unique moves and combinations. Z

**ZUMBA TONING®:** includes body-sculpting techniques to build strength and tone all your target zones.

**ZUMBA STEP®:** incorporates traditional step basics into routines and fuses them to Latin dance rhythms. Dance behind the step, around the step and over the step. Choreography is kept uncomplicated so anyone can follow.

# Frank McKechnie Community Centre

## FITNESS PROGRAM INFORMATION

310 Bristol Rd E, Mississauga, ON  
L4Z 3V5

Phone: 905-615-4660

[mississauga.ca/fitness](http://mississauga.ca/fitness)

### Hours of Customer Service

Mon, Wed, Thurs, Fri	6:30 am - 9:45 pm
Tuesday	8:30 am - 9:45 pm
Saturday	6:30 am - 4:30 pm
Sunday	8:15 am - 3:00 pm

## Membership Rates

[activemississauga.ca](http://activemississauga.ca)

### A Fitness Membership includes:

- Access to all 13 City of Mississauga Fitness Centre amenities and services. Amenities vary by location.
- **Cardio & Weight Room Equipment**
- **Fitness Starter Program:** A complimentary 60-min session with a trainer providing a basic exercise program to give you a great start. Sign up at the Customer Service Desk.
- **Squash Courts** -located at Civic Centre, Meadowvale, River Grove, South Common and Terry Fox centres.
- **Fitness Classes** – over **350 classes** offered across the City weekly.
- **Arenas:** Includes Fun Skate (for all ages); Family Skate (children under 16 must be accompanied by a skating adult); Adult/Senior Skate (18+ yrs).
- **Pools:** Includes public swims, lane swims, hot tubs, saunas.

## City of Mississauga Fitness Rates *(prices are subject to applicable taxes)*

	12 Months <i>(Best Buy)</i>	3 Months <i>(full 3-month payment required)</i>	1 Month	5+ Visits Pass	Single Visit <i>(pay-as-you go)</i>
• <b>Adult</b> (18+ yrs)	\$37.00/month \$444.00/year	\$47.67/month \$143.00/3 months	\$54.00	\$9.00/visit	\$10.00
• <b>Youth</b> (10-17 yrs)* • <b>Student</b> (with ID)* • <b>Person with Disability</b> * • <b>Older Adult</b> (65+ yrs)*	\$29.60/month \$355.20/year <i>(20% off adult price)</i>	\$38.13/month \$114.40/3 months	\$43.20	\$7.20/visit	\$8.00

*\*denotes appropriate documentation required*

A **12-Month Membership is the best buy** with the lowest monthly payment option and no contract. Cancellations do require formal notification and a \$10.00 administration fee applies.

Family and corporate discounts also available.

<b>Programs close by Frank McKechnie Community Centre</b>	You have access to all 13 of our fitness facilities and programs. If you have a membership, that gives you access to over 350 classes each week and 8 weight room facilities. <b>Did you know how close you could be?</b> <i>(Approximate distances)</i>			
	Mississauga Valley Burnhamthorpe Mississauga Sportszone	4 km 7 km 2.5km	Huron Park Recreation Centre Carmen Corbasson Community Centre	9 km 9 km