

# CARMEN CORBASSON - Fitness Class Schedule

(905) 615-4800   activemississauga.ca

Effective: Summer 2017 (Sunday July 2 – Friday September 1)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk Fit 10:00 am (R/DI)		Walk Fit 10:00 am (R/DI)		Walk Fit 10:00 am (R/DI)	Boot Camp 8:30 am (R/DI)	
					Yoga 9:30 am (R/DI)	
Kickbox Cardio 6:00 pm (R/DI)	Hi/Low & Tone 6:00 pm (R/DI)		Total Body Workout 6:00 pm (R/DI)		Total Body Workout 9:35am (R/DI)	
Yoga Abs 6:30 pm (R/DI)				Zumba® 6:30 pm (R/DI)	NEW* Dance Fit 10:35am (R/DI)	
		Pole Fitness Intermediate 7:45 pm (R)			<i>Classes are 60 min in length unless otherwise noted.</i>  (R) – registration ONLY (DI) – drop in ONLY classes (R/DI) – registration and drop- in spaces available  Please check online at activemississauga.ca in “details” for program exception dates.	
Zumba® 7:05 pm (R/DI)	Zumba® <i>Advanced</i> 7:05 pm (R/DI)	Buttocks, Legs & Core (R/DI)	Dance Fit 7:05 pm (R/DI)			
High Intensity Interval Training 7:40 pm (DI)			Yoga 7:15 pm (R/DI)			
Buttocks, Legs & Core 8:10 pm (R/DI)	Turbo Kick 8:10 pm (R/DI)	Boot Camp 8:10 pm (R/DI)	Cardio Pump 8:10 pm (R/DI)			

## FITNESS CLASS DESCRIPTIONS

**BOOTCAMP:** Muscular endurance intervals & core work  
**BUTTOCKS, LEGS & CORE:** Muscle conditioning for your BLC!

**CARDIO PUMP:** Intervals of cardio and resistance training ending with a stretch and relaxation component

**DANCE FIT:** get fit while dancing your heart out to various types of music

**HI/LOW & TONE:** High/low cardio moves, followed by a toning segment with resistance equipment.

**HIGH INTENSITY INTERVAL TRAINING (HIIT):** High-intensity interval training (HIIT) is a form of interval training with an exercise strategy alternating short periods of intense anaerobic exercise with less-intense recovery periods.

**KICKBOX CARDIO:** A great total body and core workout with some practical punches, kicks and block techniques.

**POLE FITNESS:** Pole dancing for women offered in partnership with Felinity Studios offers a complete body workout

**TOTAL BODY WORKOUT:** The focus is on muscle strength and endurance. A variety of equipment is used in this class.

**WALKFIT:** A qualified instructor will lead you on a brisk indoor walk and show you how to tone and condition your muscles

**YOGA:** A variety of Yoga movements and practice combined with breathing and relaxation techniques.

**YOGA ABS:** A core strengthening workout with Yoga

**ZUMBA®:** This class combines high energy and motivating music with unique moves and combinations.

Class formats and instructors are subject to change.

**Fitness Class Access.** Participation is on a first come, first served basis. Participants can check in at the Front Desk 30 minutes prior to class start time (individual check in only). Class capacity varies based on the format. **Wrist band policy is in effect.**

MISSISSAUGA

# Carmen Corbasson Community Centre

1399 Cawthra Road  
Mississauga, ON L5G 4L1

Phone: 905-615-4800

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

### Hours of Operation

Mon-Fri	8:30 am – 9:00 pm
Saturday	8:00 am – 1:30 pm
Sunday	Closed

**Membership Rates**  
activemississauga.ca

**A Fitness Membership includes:**

- Access to all 12 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.
- **Indoor Walking Track-** located at Carmen Corbasson and Meadowvale.

City of Mississauga Fitness Rates <i>(prices are subject to applicable taxes. A \$10 non-resident fee applies outside Mississauga)</i>					
	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)	<b>\$37.00/month</b> \$444.00/year	<b>\$50.00/month</b> \$150.00/3 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)*	<b>\$29.60/month</b> \$355.20/year <i>(20% off adult price)</i>	<b>\$40.00/month</b> \$120.00/3 months	\$43.20	\$7.20/visit	\$8.00
<i>*denotes appropriate documentation required</i> A <b>12-Month Membership is the best buy</b> 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.					
Walking Track Membership Rates	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>	\$100.00	\$50.00	\$25.00	\$2.48/visit	\$2.75
<b>Older Adult/Youth/Persons with Disability</b> <i>(as above)</i>	\$80.00	\$40.00	\$20.00	\$1.98/visit	\$2.20
<b>Walking Track Hours</b>	<b>Membership Holders</b>	<b>PAYG &amp; Visit Pass Holders</b>	<b>Walking track is CLOSED to members and drop-in during registered program time including the following:</b>		
	<u>Monday – Friday</u> 6:30am - 10:00pm <u>Saturday &amp; Sunday</u> 7:00am - 10:00pm	<u>Monday – Friday:</u> 8:30am - 9:00pm <u>Sat:</u> 8:00am - 1:00pm <u>Sun:</u> Closed	Mon – 10:00-11:00 am		Thurs – 9:00 – 10:00 am
			Tues – 9:00-11:30 am		
					Wed – 10:00- 11:00 am
<i>Walking Track memberships are only applicable at Carmen Corbasson. Access to all walking tracks is included with Fitness and Therapeutic Memberships.</i>					