(905) 615-4750 activemississauga.ca

Effective: FALL 2017 (September 23 - December 18) *Updated as of Sept. 22nd



Churchill Meadows Schedule

Registration ONLY

Day	Time	Class	Barcode
Mon	6:15 pm	Yoga Women SYLVIA	717787
	7:15 pm	Yoga 90 min HEATHER	717759
	7:30 pm	Zumba® NELLY	717829
Thurs	7:15 pm	Butt, Legs, Core SUSAN	717216
Sat	9:00 am	Zumba® NELLY	717845
	10:00am	Basic Fitness Sampler for Women - NELLY	717193
Sun	10:00am	Yoga 90 min ZANETA	746836
	11:45 am	Yoga Prenatal ZANETA	746837

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workout with some practical punches, kicks and block
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Wrist band policy is in effect.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	(
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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		Cycle for Beginners (AO) 9:05 am TAMMY	
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mississauga.ca/fitness

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	12 Months (Best Buy)	3 Months (full 3-month payment required)	1 Month	5+ Visits Pass	Single Visit (pay-as-you go)
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 Youth (10-17 yrs)* Student (with ID)* Person with Disability* Older Adult (65+ yrs)* 	\$29.60/month \$355.20/year (20% off adult price)	\$40.00/month \$120.00/3 months	\$43.20	\$7.20/visit	\$8.00

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Thurs	7:15 pm	Butt, Legs, Core SUSAN	717216
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Thurs	7:15 pm	Butt, Legs, Core SUSAN	717216
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Thurs	7:15 pm	Butt, Legs, Core SUSAN	717216
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	Low Impact with Yoga 10:45 am - LIZA	Parent & Baby Fitness 10:15 am - KARINA	Yoga 60 min 10:00 am ZANETA	Yoga Older Adults 10:15 am HEATHER	Body Flex 10:00 am SYLVIA	Total Body Workout 10:30am MONIKA	
Zumba Gold® 11:45 am VIVIANE			Zumba Gold® 11:30 am LINA		Butt, Legs & Core 11:05 am MONIKA	Yoga Abs 11:35 am WENDY	
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2800 Glen Erin Drive Mississauga, ON L5M 6R5

Phone: 905-615-4750

mississauga.ca/fitness

Hours of Operation

Monday - Friday	8:00 am - 9:00pm
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Membership Rates

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Churchill Meadows Schedule

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	7:15 pm	Yoga 90 min HEATHER	717759
	7:30 pm	Zumba® NELLY	717829
Thurs	7:15 pm	Butt, Legs, Core SUSAN	717216
Sat	9:00 am	Zumba® NELLY	717845
	10:00am	Basic Fitness Sampler for Women - NELLY	717193
Sun	10:00am	Yoga 90 min ZANETA	746836
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	7:15 pm	Yoga 90 min HEATHER	717759
	7:30 pm	Zumba® NELLY	717829
Thurs	7:15 pm	Butt, Legs, Core SUSAN	717216
Sat	9:00 am	Zumba® NELLY	717845
	10:00am	Basic Fitness Sampler for Women - NELLY	717193
Sun	10:00am	Yoga 90 min ZANETA	746836
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Tuesday

Monday

Effective: FALL 2017 (September 23 - December 18) *Updated as of Sept. 22nd

Wednesday



Churchill Meadows Schedule

Registration ONLY

Day	Time	Class	Barcode
Mon	6:15 pm	Yoga Women SYLVIA	717787
	7:15 pm	Yoga 90 min HEATHER	717759
	7:30 pm	Zumba® NELLY	717829
Thurs	7:15 pm	Butt, Legs, Core SUSAN	717216
Sat	9:00 am	Zumba® NELLY	717845
	10:00am	Basic Fitness Sampler for Women - NELLY	717193
Sun	10:00am	Yoga 90 min ZANETA	746836
	11:45 am	Yoga Prenatal ZANETA	746837

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TOTAL BODY TONING: Using a variety of portable
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BODY FLEX: Body Flex is a group weight training class
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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		Cycle for Beginners (AO) 9:05 am TAMMY	Mon	6:15 pm	Yoga Women SYLVIA	717787
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Thursday

Fitness Older Adults

Friday

Saturday

Sunday

Cycle 60 min (AO) Cycle & Lift (AO)



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