

ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

Effective: **FALL 2017** (September 23 – December 18)   \*Updated as of Sept. 22<sup>nd</sup>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>*AO – see Add-On Cycling under fees on reverse</i>			Fitness Older Adults 8:00 am		Cycle 60 min (AO) 8:30 am CHARLENE	Cycle & Lift (AO) 8:00 am DOUG
Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
	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		<del>Butt, Legs &amp; Core</del> 11:05 am MONIKA	<del>Yoga Abs</del> 11:35 am WENDY
Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
		Cycle for Beginners (AO) 5:30 pm DOUG	Zumba® 5:00 pm KARINA			Zumba® 4:00 pm NELLY
<del>Yoga Power</del> 5:40 pm ZANETA	Yoga for Women 5:00 pm ANKUR	Yoga Sampler 6:00 pm ZANETA				
Zumba® 6:00 pm NELLY	Total Body Toning 45min 6:15 pm – SHERRY	Cycle workout (AO) 6:20 pm MICHELLE	Boot Camp 6:05 pm STEPHANIE			
Yoga Abs 6:45 pm ZANETA	Low Impact with Pilates 7:15 pm – BEETA	Zumba® 7:25 pm KARINA	Yoga Power 7:10 pm ZANETA			
BLC 7:05 pm SUSAN		Cycle & Lift (AO) 8:35 pm TAMMY	Yoga 90 minutes 8:15 pm Registration HEATHER	Zumba® 6:45 pm KARINA		
Total Body Workout 8:10 pm IRENE		Kickbox Cardio 7:30 pm STEPHANIE				

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
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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

**FITNESS OLDER ADULT:** This class is specifically designed for the 50+ adult that wants to get fit/stay fit.

**TOTAL BODY TONING:** Using a variety of portable equipment, (tubes, exercise balls, Fitness Circles, weights and more). We will help you strengthen and tone your entire body. No cardio component.

**BODY FLEX:** Body Flex is a group weight training class set to motivating music. This work out will strengthen, tone, and define muscles, suitable for the beginner through to advanced exercisers. Resistance is accomplished by adding or subtracting weight to a barbell.

**BLC:** This muscle conditioning class will focus on your buttocks, legs and mid-section. Using a variety of exercise techniques, this class will help strengthen and tone these target areas.

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

Class formats and instructors are subject to change. Please check online at [activemississauga.ca](http://activemississauga.ca) in “details” for program exception dates.

**Wrist band policy is in effect.**

**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.

# Erin Meadows Community Centre

2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

[activemississauga.ca](https://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.

## 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)	<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

*\*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>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.
	1-3 sessions	\$51.50/session	
	4 + sessions	\$41.20/ session	
<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.
	1-3 lessons	\$42.00/lesson	
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<b>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.		
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<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.		
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(905) 615-4750   activemississauga.ca

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Zumba Gold® 11:45 am VIVIANE			Zumba Gold® 11:30 am LINA		<del>Butt, Legs &amp; Core</del> 11:05 am MONIKA	<del>Yoga Abs</del> 11:35 am WENDY
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				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
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Churchill Meadows Schedule

Registration ONLY

Day	Time	Class	Barcode
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	7:15 pm	Yoga 90 min HEATHER	717759
	7:30 pm	Zumba® NELLY	717829
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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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# Erin Meadows Community Centre

2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

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- **Squash Courts** –located at Civic Centre, Meadowvale, River Grove, South Common and Terry Fox centres.
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- **Arenas:** Includes Fun Skate (for all ages); Family Skate (children under 16 must be accompanied by a skating adult); Adult/Senior Skate (18+ yrs).
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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# Erin Meadows Community Centre

2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

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### 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.
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• <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
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<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	Squash lessons and league  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.		
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

Effective: **FALL 2017** (September 23 – December 18)   \*Updated as of Sept. 22<sup>nd</sup>



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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
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Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
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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
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
Sat	9:00 am	Zumba® NELLY	717845
	<del>10:00am</del>	<del>Basic Fitness Sampler for Women – NELLY</del>	<del>717193</del>
Sun	10:00am	Yoga 90 min ZANETA	746836
	11:45 am	Yoga Prenatal ZANETA	746837

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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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Churchill Meadows Schedule

Registration ONLY

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Thurs			
Sat	9:00 am	Zumba® NELLY	717845
	10:00am	Basic Fitness Sampler for Women – NELLY	717193
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				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
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<del>Yoga Power</del> 5:40 pm ZANETA	Yoga for Women 5:00 pm ANKUR	Yoga Sampler 6:00 pm ZANETA		<i>Memberships and drop-in spaces for classes varies based on the format and capacity with registration.</i>		
Zumba® 6:00 pm NELLY	Total Body Toning 45min 6:15 pm – SHERRY	Cycle workout (AO) 6:20 pm MICHELLE	Boot Camp 6:05 pm STEPHANIE			
Yoga Abs 6:45 pm ZANETA	Low Impact with Pilates 7:15 pm – BEETA	Zumba® 7:25 pm KARINA	Yoga Power 7:10 pm ZANETA			
BLC 7:05 pm SUSAN		Cycle & Lift (AO) 8:35 pm TAMMY	Yoga 90 minutes 8:15 pm Registration HEATHER	Zumba® 6:45 pm KARINA		
Total Body Workout 8:10 pm IRENE		Kickbox Cardio 7:30 pm STEPHANIE				

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
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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

**FITNESS OLDER ADULT:** This class is specifically designed for the 50+ adult that wants to get fit/stay fit.

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Class formats and instructors are subject to change. Please check online at [activemississauga.ca](http://activemississauga.ca) in “details” for program exception dates.

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# Erin Meadows Community Centre

2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

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### 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.

City of Mississauga Fitness Rates <small>(prices are subject to applicable taxes)</small>					
	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
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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.					
<b>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.		
	1-3 sessions	\$51.50/session			
	4 + sessions	\$41.20/ session			
<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.		
	1-3 lessons	\$42.00/lesson			
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
	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
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Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
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	<del>10:00am</del>	<del>Basic Fitness Sampler for Women – NELLY</del>	<del>717193</del>
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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Effective: **FALL 2017** (September 23 – December 18)   \*Updated as of Sept. 22<sup>nd</sup>



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<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.		
	1-3 lessons	\$42.00/lesson			
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

Effective: **FALL 2017** (September 23 – December 18)   \*Updated as of Sept. 22<sup>nd</sup>



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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
	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		<del>Butt, Legs &amp; Core</del> 11:05 am MONIKA	<del>Yoga Abs</del> 11:35 am WENDY
Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
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Churchill Meadows Schedule

Registration ONLY

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	7:30 pm	Zumba® NELLY	717829
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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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2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

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

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• <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
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• <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

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<b>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.
	1-3 sessions	\$51.50/session	
	4 + sessions	\$41.20/ session	
<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.
	1-3 lessons	\$42.00/lesson	
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
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				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
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Total Body Workout 8:10 pm IRENE		Kickbox Cardio 7:30 pm STEPHANIE				

Churchill Meadows Schedule

Registration ONLY

Day	Time	Class	Barcode
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	7:15 pm	Yoga 90 min HEATHER	717759
	7:30 pm	Zumba® NELLY	717829
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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

**FITNESS OLDER ADULT:** This class is specifically designed for the 50+ adult that wants to get fit/stay fit.

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Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
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Sunday	7:00 am – 5:00 pm

## Membership Rates

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- **Cardio & Weight Room Equipment**
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**BLC:** This muscle conditioning class will focus on your buttocks, legs and mid-section. Using a variety of exercise techniques, this class will help strengthen and tone these target areas.

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

Class formats and instructors are subject to change. Please check online at [activemississauga.ca](http://activemississauga.ca) in “details” for program exception dates.

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# Erin Meadows Community Centre

2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

[activemississauga.ca](https://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.

## 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)	<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

*\*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>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.
	1-3 sessions	\$51.50/session	
	4 + sessions	\$41.20/ session	
<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.
	1-3 lessons	\$42.00/lesson	
	4 + lessons	\$36.00/lesson	

ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

Effective: **FALL 2017** (September 23 – December 18)   \*Updated as of Sept. 22<sup>nd</sup>



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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
	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		<del>Butt, Legs &amp; Core</del> 11:05 am MONIKA	<del>Yoga Abs</del> 11:35 am WENDY
Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
		Cycle for Beginners (AO) 5:30 pm DOUG	Zumba® 5:00 pm KARINA			Zumba® 4:00 pm NELLY
<del>Yoga Power</del> 5:40 pm ZANETA	Yoga for Women 5:00 pm ANKUR	Yoga Sampler 6:00 pm ZANETA		<i>Memberships and drop-in spaces for classes varies based on the format and capacity with registration.</i>		
Zumba® 6:00 pm NELLY	Total Body Toning 45min 6:15 pm – SHERRY	Cycle workout (AO) 6:20 pm MICHELLE	Boot Camp 6:05 pm STEPHANIE			
Yoga Abs 6:45 pm ZANETA	Low Impact with Pilates 7:15 pm – BEETA	Zumba® 7:25 pm KARINA	Yoga Power 7:10 pm ZANETA			
BLC 7:05 pm SUSAN		Cycle & Lift (AO) 8:35 pm TAMMY	Yoga 90 minutes 8:15 pm Registration HEATHER	Zumba® 6:45 pm KARINA		
Total Body Workout 8:10 pm IRENE		Kickbox Cardio 7:30 pm STEPHANIE				

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
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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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### Hours of Operation

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<b>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.		
	1-3 sessions	\$51.50/session			
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<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.		
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
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Churchill Meadows Schedule

Registration ONLY

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	7:30 pm	Zumba® NELLY	717829
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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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Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
		Cycle for Beginners (AO) 5:30 pm DOUG	Zumba® 5:00 pm KARINA			Zumba® 4:00 pm NELLY
<del>Yoga Power</del> 5:40 pm ZANETA	Yoga for Women 5:00 pm ANKUR	Yoga Sampler 6:00 pm ZANETA				
Zumba® 6:00 pm NELLY	Total Body Toning 45min 6:15 pm – SHERRY	Cycle workout (AO) 6:20 pm MICHELLE	Boot Camp 6:05 pm STEPHANIE			
Yoga Abs 6:45 pm ZANETA	Low Impact with Pilates 7:15 pm – BEETA	Zumba® 7:25 pm KARINA	Yoga Power 7:10 pm ZANETA			
BLC 7:05 pm SUSAN		Cycle & Lift (AO) 8:35 pm TAMMY	Yoga 90 minutes 8:15 pm Registration HEATHER	Zumba® 6:45 pm KARINA		
Total Body Workout 8:10 pm IRENE		Kickbox Cardio 7:30 pm STEPHANIE				

Churchill Meadows Schedule

Registration ONLY

Day	Time	Class	Barcode
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	7:15 pm	Yoga 90 min HEATHER	717759
	7:30 pm	Zumba® NELLY	717829
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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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2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

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### A Fitness Membership includes:

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- **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.
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<b>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.		
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.
	1-3 lessons	\$42.00/lesson	
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

Effective: **FALL 2017** (September 23 – December 18)   \*Updated as of Sept. 22<sup>nd</sup>



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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
	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		<del>Butt, Legs &amp; Core</del> 11:05 am MONIKA	<del>Yoga Abs</del> 11:35 am WENDY
Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
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<del>Yoga Power</del> 5:40 pm ZANETA	Yoga for Women 5:00 pm ANKUR	Yoga Sampler 6:00 pm ZANETA				
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Churchill Meadows Schedule

Registration ONLY

Day	Time	Class	Barcode
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	7:15 pm	Yoga 90 min HEATHER	717759
	7:30 pm	Zumba® NELLY	717829
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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

**FITNESS OLDER ADULT:** This class is specifically designed for the 50+ adult that wants to get fit/stay fit.

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# Erin Meadows Community Centre

2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

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- **Squash Courts** –located at Civic Centre, Meadowvale, River Grove, South Common and Terry Fox centres.
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• <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

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	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

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<b>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.
	1-3 sessions	\$51.50/session	
	4 + sessions	\$41.20/ session	
<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.
	1-3 lessons	\$42.00/lesson	
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
	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		<del>Butt, Legs &amp; Core</del> 11:05 am MONIKA	<del>Yoga Abs</del> 11:35 am WENDY
Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
		Cycle for Beginners (AO) 5:30 pm DOUG	Zumba® 5:00 pm KARINA			Zumba® 4:00 pm NELLY
<del>Yoga Power</del> 5:40 pm ZANETA	Yoga for Women 5:00 pm ANKUR	Yoga Sampler 6:00 pm ZANETA		<i>Memberships and drop-in spaces for classes varies based on the format and capacity with registration.</i>		
Zumba® 6:00 pm NELLY	Total Body Toning 45min 6:15 pm – SHERRY	Cycle workout (AO) 6:20 pm MICHELLE	Boot Camp 6:05 pm STEPHANIE			
Yoga Abs 6:45 pm ZANETA	Low Impact with Pilates 7:15 pm – BEETA	Zumba® 7:25 pm KARINA	Yoga Power 7:10 pm ZANETA			
BLC 7:05 pm SUSAN		Cycle & Lift (AO) 8:35 pm TAMMY	Yoga 90 minutes 8:15 pm Registration HEATHER	Zumba® 6:45 pm KARINA		
Total Body Workout 8:10 pm IRENE		Kickbox Cardio 7:30 pm STEPHANIE				

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
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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

**FITNESS OLDER ADULT:** This class is specifically designed for the 50+ adult that wants to get fit/stay fit.

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# Erin Meadows Community Centre

2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

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- 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.
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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Churchill Meadows Schedule

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Phone: 905-615-4750

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**BODY FLEX:** Body Flex is a group weight training class set to motivating music. This work out will strengthen, tone, and define muscles, suitable for the beginner through to advanced exercisers. Resistance is accomplished by adding or subtracting weight to a barbell.

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

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# Erin Meadows Community Centre

2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

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### 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.

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• <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.					
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<b>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.		
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<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	Squash lessons and league  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.		
	1-3 lessons	\$42.00/lesson			
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

Effective: **FALL 2017** (September 23 – December 18)   \*Updated as of Sept. 22<sup>nd</sup>



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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
	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		<del>Butt, Legs &amp; Core</del> 11:05 am MONIKA	<del>Yoga Abs</del> 11:35 am WENDY
Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
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BLC 7:05 pm SUSAN		Cycle & Lift (AO) 8:35 pm TAMMY	Yoga 90 minutes 8:15 pm Registration HEATHER	Zumba® 6:45 pm KARINA		
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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
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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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<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	Squash lessons and league  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.		
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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<del>Yoga Power</del> 5:40 pm ZANETA	Yoga for Women 5:00 pm ANKUR	Yoga Sampler 6:00 pm ZANETA		<i>Memberships and drop-in spaces for classes varies based on the format and capacity with registration.</i>		
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Churchill Meadows Schedule

Registration ONLY

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	7:30 pm	Zumba® NELLY	717829
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
Sat	9:00 am	Zumba® NELLY	717845
	10:00am	Basic Fitness Sampler for Women - NELLY	717193
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Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
		Cycle for Beginners (AO) 5:30 pm DOUG	Zumba® 5:00 pm KARINA			Zumba® 4:00 pm NELLY
<del>Yoga Power</del> 5:40 pm ZANETA	Yoga for Women 5:00 pm ANKUR	Yoga Sampler 6:00 pm ZANETA				
Zumba® 6:00 pm NELLY	Total Body Toning 45min 6:15 pm – SHERRY	Cycle workout (AO) 6:20 pm MICHELLE	Boot Camp 6:05 pm STEPHANIE			
Yoga Abs 6:45 pm ZANETA	Low Impact with Pilates 7:15 pm – BEETA	Zumba® 7:25 pm KARINA	Yoga Power 7:10 pm ZANETA			
BLC 7:05 pm SUSAN		Cycle & Lift (AO) 8:35 pm TAMMY	Yoga 90 minutes 8:15 pm Registration HEATHER	Zumba® 6:45 pm KARINA		
Total Body Workout 8:10 pm IRENE		Kickbox Cardio 7:30 pm STEPHANIE				

Churchill Meadows Schedule

Registration ONLY

Day	Time	Class	Barcode
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	7:15 pm	Yoga 90 min HEATHER	717759
	7:30 pm	Zumba® NELLY	717829
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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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# Erin Meadows Community Centre

2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

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### A Fitness Membership includes:

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- **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.
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- **Pools:** Includes public swims, lane swims, hot tubs, saunas.

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

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• <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
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<b>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.
	1-3 sessions	\$51.50/session	
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	1-3 lessons	\$42.00/lesson	
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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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
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Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm - HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.		
	1-3 lessons	\$42.00/lesson			
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

Effective: **FALL 2017** (September 23 – December 18)   \*Updated as of Sept. 22<sup>nd</sup>



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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
	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		<del>Butt, Legs &amp; Core</del> 11:05 am MONIKA	<del>Yoga Abs</del> 11:35 am WENDY
Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
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Churchill Meadows Schedule

Registration ONLY

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

**FITNESS OLDER ADULT:** This class is specifically designed for the 50+ adult that wants to get fit/stay fit.

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Mississauga, ON L5M 6R5

Phone: 905-615-4750

[mississauga.ca/fitness](https://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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	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>
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- **Pools:** Includes public swims, lane swims, hot tubs, saunas.

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• <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

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<b>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.
	1-3 sessions	\$51.50/session	
	4 + sessions	\$41.20/ session	
<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.
	1-3 lessons	\$42.00/lesson	
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
	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		<del>Butt, Legs &amp; Core</del> 11:05 am MONIKA	<del>Yoga Abs</del> 11:35 am WENDY
Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
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Yoga Abs 6:45 pm ZANETA	Low Impact with Pilates 7:15 pm – BEETA	Zumba® 7:25 pm KARINA	Yoga Power 7:10 pm ZANETA			
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Total Body Workout 8:10 pm IRENE		Kickbox Cardio 7:30 pm STEPHANIE				

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
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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

**FITNESS OLDER ADULT:** This class is specifically designed for the 50+ adult that wants to get fit/stay fit.

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2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

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- **Cardio & Weight Room Equipment**
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- **Squash Courts** –located at Civic Centre, Meadowvale, River Grove, South Common and Terry Fox centres.
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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Churchill Meadows Schedule

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	<del>10:00am</del>	<del>Basic Fitness Sampler for Women – NELLY</del>	<del>717193</del>
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Phone: 905-615-4750

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

Class formats and instructors are subject to change. Please check online at [activemississauga.ca](http://activemississauga.ca) in “details” for program exception dates.

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# Erin Meadows Community Centre

2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

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### 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.
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- **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)	<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

*\*denotes appropriate documentation required*

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<b>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.
	1-3 sessions	\$51.50/session	
	4 + sessions	\$41.20/ session	
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	1-3 lessons	\$42.00/lesson	
	4 + lessons	\$36.00/lesson	

ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
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Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm - HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
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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
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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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<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.		
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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Churchill Meadows Schedule

Registration ONLY

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Thurs			
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	10:00am	Basic Fitness Sampler for Women – NELLY	717193
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Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
		Cycle for Beginners (AO) 5:30 pm DOUG	Zumba® 5:00 pm KARINA			Zumba® 4:00 pm NELLY
<del>Yoga Power</del> 5:40 pm ZANETA	Yoga for Women 5:00 pm ANKUR	Yoga Sampler 6:00 pm ZANETA				
Zumba® 6:00 pm NELLY	Total Body Toning 45min 6:15 pm – SHERRY	Cycle workout (AO) 6:20 pm MICHELLE	Boot Camp 6:05 pm STEPHANIE			
Yoga Abs 6:45 pm ZANETA	Low Impact with Pilates 7:15 pm – BEETA	Zumba® 7:25 pm KARINA	Yoga Power 7:10 pm ZANETA			
BLC 7:05 pm SUSAN		Cycle & Lift (AO) 8:35 pm TAMMY	Yoga 90 minutes 8:15 pm Registration HEATHER	Zumba® 6:45 pm KARINA		
Total Body Workout 8:10 pm IRENE		Kickbox Cardio 7:30 pm STEPHANIE				

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
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
Sat	9:00 am	Zumba® NELLY	717845
	<del>10:00am</del>	<del>Basic Fitness Sampler for Women – NELLY</del>	<del>717193</del>
Sun	10:00am	Yoga 90 min ZANETA	746836
	11:45 am	Yoga Prenatal ZANETA	746837

**FITNESS OLDER ADULT:** This class is specifically designed for the 50+ adult that wants to get fit/stay fit.

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# Erin Meadows Community Centre

2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

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### A Fitness Membership includes:

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- **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 <small>(prices are subject to applicable taxes)</small>					
	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
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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.					
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<b>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.		
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<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.		
	1-3 lessons	\$42.00/lesson			
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
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Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

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<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.		
	1-3 lessons	\$42.00/lesson			
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

Effective: **FALL 2017** (September 23 – December 18)   \*Updated as of Sept. 22<sup>nd</sup>



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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
	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		<del>Butt, Legs &amp; Core</del> 11:05 am MONIKA	<del>Yoga Abs</del> 11:35 am WENDY
Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm - HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
		Cycle for Beginners (AO) 5:30 pm DOUG	Zumba® 5:00 pm KARINA			Zumba® 4:00 pm NELLY
<del>Yoga Power</del> 5:40 pm ZANETA	Yoga for Women 5:00 pm ANKUR	Yoga Sampler 6:00 pm ZANETA				
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Total Body Workout 8:10 pm IRENE		Kickbox Cardio 7:30 pm STEPHANIE				

Churchill Meadows Schedule

Registration ONLY

Day	Time	Class	Barcode
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	7:15 pm	Yoga 90 min HEATHER	717759
	7:30 pm	Zumba® NELLY	717829
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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

**FITNESS OLDER ADULT:** This class is specifically designed for the 50+ adult that wants to get fit/stay fit.

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Class formats and instructors are subject to change. Please check online at [activemississauga.ca](http://activemississauga.ca) in “details” for program exception dates.

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# Erin Meadows Community Centre

2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

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### A Fitness Membership includes:

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- **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.

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• <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
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<b>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.		
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	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
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<b>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.
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• <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
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<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.		
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(905) 615-4750   activemississauga.ca

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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
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Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm - HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
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Churchill Meadows Schedule

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Day	Time	Class	Barcode
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	7:15 pm	Yoga 90 min HEATHER	717759
	7:30 pm	Zumba® NELLY	717829
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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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2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

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## Membership Rates

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

Class formats and instructors are subject to change. Please check online at [activemississauga.ca](http://activemississauga.ca) in “details” for program exception dates.

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# Erin Meadows Community Centre

2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

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- 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.
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• <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
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<b>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.
	1-3 sessions	\$51.50/session	
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	1-3 lessons	\$42.00/lesson	
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

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Churchill Meadows Schedule

Registration ONLY

Day	Time	Class	Barcode
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	7:15 pm	Yoga 90 min HEATHER	717759
	7:30 pm	Zumba® NELLY	717829
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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Churchill Meadows Schedule

Registration ONLY

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Thurs			
Sat	9:00 am	Zumba® NELLY	717845
	10:00am	Basic Fitness Sampler for Women – NELLY	717193
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<del>Yoga Power</del> 5:40 pm ZANETA	Yoga for Women 5:00 pm ANKUR	Yoga Sampler 6:00 pm ZANETA				
Zumba® 6:00 pm NELLY	Total Body Toning 45min 6:15 pm – SHERRY	Cycle workout (AO) 6:20 pm MICHELLE	Boot Camp 6:05 pm STEPHANIE			
Yoga Abs 6:45 pm ZANETA	Low Impact with Pilates 7:15 pm – BEETA	Zumba® 7:25 pm KARINA	Yoga Power 7:10 pm ZANETA			
BLC 7:05 pm SUSAN		Cycle & Lift (AO) 8:35 pm TAMMY	Yoga 90 minutes 8:15 pm Registration HEATHER	Zumba® 6:45 pm KARINA		
Total Body Workout 8:10 pm IRENE		Kickbox Cardio 7:30 pm STEPHANIE				

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
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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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# Erin Meadows Community Centre

2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

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### A Fitness Membership includes:

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- **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).
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City of Mississauga Fitness Rates <small>(prices are subject to applicable taxes)</small>					
	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
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	Squash lessons and league  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.		
	1-3 lessons	\$42.00/lesson			
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

Effective: **FALL 2017** (September 23 – December 18)   \*Updated as of Sept. 22<sup>nd</sup>



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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
	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		<del>Butt, Legs &amp; Core</del> 11:05 am MONIKA	<del>Yoga Abs</del> 11:35 am WENDY
Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm - HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
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Churchill Meadows Schedule

Registration ONLY

Day	Time	Class	Barcode
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	7:15 pm	Yoga 90 min HEATHER	717759
	7:30 pm	Zumba® NELLY	717829
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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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Phone: 905-615-4750

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

### Hours of Operation

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

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	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>
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• <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
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<b>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.		
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<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.		
	1-3 lessons	\$42.00/lesson			
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(905) 615-4750   activemississauga.ca

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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
	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		<del>Butt, Legs &amp; Core</del> 11:05 am MONIKA	<del>Yoga Abs</del> 11:35 am WENDY
Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm - HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
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<del>Yoga Power</del> 5:40 pm ZANETA	Yoga for Women 5:00 pm ANKUR	Yoga Sampler 6:00 pm ZANETA				
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Total Body Workout 8:10 pm IRENE		Kickbox Cardio 7:30 pm STEPHANIE				

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
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
Sat	9:00 am	Zumba® NELLY	717845
	<del>10:00am</del>	<del>Basic Fitness Sampler for Women – NELLY</del>	<del>717193</del>
Sun	10:00am	Yoga 90 min ZANETA	746836
	11:45 am	Yoga Prenatal ZANETA	746837

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2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

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

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- **Cardio & Weight Room Equipment**
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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Phone: 905-615-4750

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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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# Erin Meadows Community Centre

2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

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### A Fitness Membership includes:

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- **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.
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• <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
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<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	Squash lessons and league  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.		
	1-3 lessons	\$42.00/lesson			
	4 + lessons	\$36.00/lesson			

ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
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Zumba Gold® 11:45 am VIVIANE			Zumba Gold® 11:30 am LINA		<del>Butt, Legs &amp; Core</del> 11:05 am MONIKA	<del>Yoga Abs</del> 11:35 am WENDY
Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm - HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
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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
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
Sat	9:00 am	Zumba® NELLY	717845
	<del>10:00am</del>	<del>Basic Fitness Sampler for Women – NELLY</del>	<del>717193</del>
Sun	10:00am	Yoga 90 min ZANETA	746836
	11:45 am	Yoga Prenatal ZANETA	746837

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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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Churchill Meadows Schedule

Registration ONLY

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Thurs			
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	10:00am	Basic Fitness Sampler for Women - NELLY	717193
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Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
		Cycle for Beginners (AO) 5:30 pm DOUG	Zumba® 5:00 pm KARINA			Zumba® 4:00 pm NELLY
<del>Yoga Power</del> 5:40 pm ZANETA	Yoga for Women 5:00 pm ANKUR	Yoga Sampler 6:00 pm ZANETA				
Zumba® 6:00 pm NELLY	Total Body Toning 45min 6:15 pm – SHERRY	Cycle workout (AO) 6:20 pm MICHELLE	Boot Camp 6:05 pm STEPHANIE			
Yoga Abs 6:45 pm ZANETA	Low Impact with Pilates 7:15 pm – BEETA	Zumba® 7:25 pm KARINA	Yoga Power 7:10 pm ZANETA			
BLC 7:05 pm SUSAN		Cycle & Lift (AO) 8:35 pm TAMMY	Yoga 90 minutes 8:15 pm Registration HEATHER	Zumba® 6:45 pm KARINA		
Total Body Workout 8:10 pm IRENE		Kickbox Cardio 7:30 pm STEPHANIE				

Churchill Meadows Schedule

Registration ONLY

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

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# Erin Meadows Community Centre

2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

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### A Fitness Membership includes:

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- **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).
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	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>
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<b>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.		
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

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Effective: **FALL 2017** (September 23 – December 18)   \*Updated as of Sept. 22<sup>nd</sup>



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	4 + sessions	\$41.20/ session			
<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.		
	1-3 lessons	\$42.00/lesson			
	4 + lessons	\$36.00/lesson			

ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
	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		<del>Butt, Legs &amp; Core</del> 11:05 am MONIKA	<del>Yoga Abs</del> 11:35 am WENDY
Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
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Total Body Workout 8:10 pm IRENE		Kickbox Cardio 7:30 pm STEPHANIE				

Churchill Meadows Schedule

Registration ONLY

Day	Time	Class	Barcode
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	7:15 pm	Yoga 90 min HEATHER	717759
	7:30 pm	Zumba® NELLY	717829
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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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Mississauga, ON L5M 6R5

Phone: 905-615-4750

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### Hours of Operation

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

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- **Arenas:** Includes Fun Skate (for all ages); Family Skate (children under 16 must be accompanied by a skating adult); Adult/Senior Skate (18+ yrs).
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• <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
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- **Squash Courts** –located at Civic Centre, Meadowvale, River Grove, South Common and Terry Fox centres.
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- **Arenas:** Includes Fun Skate (for all ages); Family Skate (children under 16 must be accompanied by a skating adult); Adult/Senior Skate (18+ yrs).
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• <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

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	1-3 sessions	\$51.50/session	
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<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.
	1-3 lessons	\$42.00/lesson	
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ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

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Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
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Zumba Gold® 11:45 am VIVIANE			Zumba Gold® 11:30 am LINA		<del>Butt, Legs &amp; Core</del> 11:05 am MONIKA	<del>Yoga Abs</del> 11:35 am WENDY
Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
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Churchill Meadows Schedule

Registration ONLY

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

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# Erin Meadows Community Centre

2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

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

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**TOTAL BODY TONING:** Using a variety of portable equipment, (tubes, exercise balls, Fitness Circles, weights and more). We will help you strengthen and tone your entire body. No cardio component.

**BODY FLEX:** Body Flex is a group weight training class set to motivating music. This work out will strengthen, tone, and define muscles, suitable for the beginner through to advanced exercisers. Resistance is accomplished by adding or subtracting weight to a barbell.

**BLC:** This muscle conditioning class will focus on your buttocks, legs and mid-section. Using a variety of exercise techniques, this class will help strengthen and tone these target areas.

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

Class formats and instructors are subject to change. Please check online at [activemississauga.ca](http://activemississauga.ca) in “details” for program exception dates.

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**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.

# Erin Meadows Community Centre

2800 Glen Erin Drive  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

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

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

[activemississauga.ca](https://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.

## 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)	<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

*\*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>Personal Training</b> 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences.  To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.
	1-3 sessions	\$51.50/session	
	4 + sessions	\$41.20/ session	
<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.
	1-3 lessons	\$42.00/lesson	
	4 + lessons	\$36.00/lesson	

ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca

Effective: **FALL 2017** (September 23 – December 18)   \*Updated as of Sept. 22<sup>nd</sup>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>*AO – see Add-On Cycling under fees on reverse</i>			Fitness Older Adults 8:00 am		Cycle 60 min (AO) 8:30 am CHARLENE	Cycle & Lift (AO) 8:00 am DOUG
Zumba® 9:15 am NELLY		Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		<del>Cycle for Beginners (AO)</del> 9:05 am TAMMY
	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		<del>Butt, Legs &amp; Core</del> 11:05 am MONIKA	<del>Yoga Abs</del> 11:35 am WENDY
Yoga Older Adults 1:30 pm HEATHER		Yoga Gentle 1:30 pm – HEATHER (registration)	Parent & Baby Yoga 1:15 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
				<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>		Zumba Kids® 2:30 pm IRENE (reg only)
		Cycle for Beginners (AO) 5:30 pm DOUG	Zumba® 5:00 pm KARINA			Zumba® 4:00 pm NELLY
<del>Yoga Power</del> 5:40 pm ZANETA	Yoga for Women 5:00 pm ANKUR	Yoga Sampler 6:00 pm ZANETA		<i>Memberships and drop-in spaces for classes varies based on the format and capacity with registration.</i>		
Zumba® 6:00 pm NELLY	Total Body Toning 45min 6:15 pm – SHERRY	Cycle workout (AO) 6:20 pm MICHELLE	Boot Camp 6:05 pm STEPHANIE			
Yoga Abs 6:45 pm ZANETA	Low Impact with Pilates 7:15 pm – BEETA	Zumba® 7:25 pm KARINA	Yoga Power 7:10 pm ZANETA			
BLC 7:05 pm SUSAN		Cycle & Lift (AO) 8:35 pm TAMMY	Yoga 90 minutes 8:15 pm Registration HEATHER	Zumba® 6:45 pm KARINA		
Total Body Workout 8:10 pm IRENE		Kickbox Cardio 7:30 pm STEPHANIE				

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
	7:15 pm	Butt, Legs, Core SUSAN	717216
Thurs			
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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