

MEADOWVALE COMMUNITY CENTRE - Fitness Class Schedule

(905) 615-4710 activemississauga.ca

Effective: Winter 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Toning 6:30 am		Bootcamp 6:30 am	Total Body Toning 8:00 am			
Step 9:00 am	*Nordic Walk 9:00 am (Lower Lobby)	Boot Camp 9:10 am	Zumba® 9:10 am (Gymnasium)	Insanity® 9:10 am	Boot Camp 9:00 am	Cardio Plus 9:00 am
	Belly Fit 9:10 am					
Pilates 10:10 am	Total Body Toning 10:15 am	Zumba® 10:15 am	Yoga 10:15 am (Gymnasium)	Yoga 10:15 am	Step 10:05 am	Total Body Toning 10:05 am
Pilates 11:15 am	Zumba Gold® 11:30 am	Gentle Low 11:20 am	Zumba Gold® 11:30 am		Zumba® 11:10 am	Yoga 11:15 am (Gymnasium)
		Yoga 1:00 pm			Gentle Low 12:15 pm	
				Yoga for Older Adults 1:45pm (Auditorium)	<p><i>Classes are 60 min in length unless otherwise noted.</i></p> <p><i>We encourage you to try out a variety of class types and instructors.</i></p>	
		Boot Camp 5:30 pm				
Zumba® 5:30 pm	Yoga 5:30 pm	Total Body Toning 6:30 pm	Total Body Toning 5:30 pm		<p>Please check online at activemississauga.ca under "Details" for program exception dates.</p>	
Cardio & Core 6:30 pm	Ginga 6:30 pm	Yoga for Women 7:00 pm (Auditorium)	Hi/Low & Tone 6:30 pm	Hi/Low & Tone 6:30 pm		
Total Body Toning 7:30 pm	Zumba® 7:30 pm	Step Interval 7:30 pm	Zumba 7:30 pm			
Zumba® 8:30 pm	Yoga 8:00 pm (Auditorium)	Zumba® 8:30 pm				

FITNESS CLASS DESCRIPTIONS

BELLYFIT: This is a women's only class that combines Belly Dancing, Yoga and Pilates.

BOOTCAMP: Muscular endurance intervals and core work.

CARDIO & CORE: A blend of Cardio and Core work.

CARDIO PLUS: An extended cardio section followed by abdominal work and stretching.

GENTLE LOW: Emphasis placed on a longer warm-up, modified cardio, controlled toning and an extended cool down. Appropriate for those recovering from a heart condition.

GINGA: High intensity dance program combining martial arts & blends of dance moves.

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

INSANITY®: Part of the Beach Body® Workout Program, this is an intense plyometric workout designed around intervals of strength, power, resistance and core training moves.

LOW & TONE: Low impact cardio moves, followed by a toning segment with resistance equipment.

NORDIC WALKING: A low impact total body workout using walking poles that improves endurance, strength and posture.

PILATES: Strength training that focuses on attaining core stability while providing a full body workout!

STEP: Make use of variable height steps during the aerobic portion of this class for increased leg work and cardiovascular endurance.

STEP INTERVAL: This workout involves intervals of step routines and resistance training.

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

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

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

ZUMBA GOLD®: Modifies the moves and pace of the original Zumba to suit the needs of the active older adult and those new to Zumba®. It's easy to do, effective and most of all, fun.

Class formats and instructors are subject to change. *Nordic Walking is weather dependant. Please call at 8:30am on Tuesdays to confirm.

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

Meadowvale Community Centre

FITNESS PROGRAM INFORMATION

6655 Glen Erin Drive
Mississauga, ON L5N 3L4

Phone: 905-615-4710

mississauga.ca/fitness

Hours of Operation

Monday - Friday	6:00 am - 10:30 pm
Saturday	7:00 am - 7:00 pm
Sunday	7:00 am - 7:00 pm

Membership Rates

activemississauga.ca

A Fitness Membership includes:

- Access to all 12 City of Mississauga Fitness Centre amenities and services. Amenities vary by location.
- **Cardio & Weight Room Equipment**
- **Fitness Starter Program:** A complimentary 60-min session with a trainer providing a basic exercise program to give you a great start. Sign up at the Customer Service Desk.
- **Squash Courts** -located at Civic Centre, Meadowvale, River Grove, South Common and Terry Fox centres.
- **Fitness Classes** - over **350 classes** offered across the City weekly.
- **Arenas:** Includes Fun Skate (for all ages); Family Skate (children under 16 must be accompanied by a skating adult); Adult/Senior Skate (18+ yrs).
- **Pools:** Includes public swims, lane swims, hot tubs, saunas.
- **Indoor Walking Track**- located at Carmen Corbasson and Meadowvale.

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

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

**denotes appropriate documentation required*

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

Family and corporate discounts also available. A \$10 non-resident fee applies to those living outside of Mississauga.

	Private	Semi-private (2 people)	
Personal Training 60-min session			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	\$50.00/session	\$35.00/session pp	
4 + sessions	\$40.00/ session	\$28.00/session pp	
Squash Lessons 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 lesson	\$42.00	\$35.00/session pp	
Buy 2, get one FREE	\$84.00	\$70.00/person	