

Fitness

Now included with your City of Mississauga fitness programs



Indoor Cycling Schedule

LOCATION:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Terry Fox Fitness Centre (Mississauga Valley CC) 1275 Mississauga Valley Blvd.	Cycle Workout 9:30am Cycle Workout 6:15pm	Cycle Workout 6:15pm	Cycle Workout 9:30am Cycle & Lift 6:15pm	Cycle Workout 6:15pm Cycle for Beginners 7:15pm		Cycle Workout 9:00am	Cycle Workout 8:45am
Burnhamthorpe Community Centre 1500 Gulleden Dr.		Cycle Workout 10:15am		Cycle Workout 10:15am Cycle Workout 7:15pm			
Erin Meadows Community Centre 2800 Erin Centre Blvd.			Cycle for Beginners 5:30pm Cycle Workout 6:20pm Cycle & Lift 8:35pm			Cycle 60min 8:30am	Cycle & Lift 8:00am Cycle for Beginners 9:05am

Recreation

