

**CAWTHRA
COMMUNITY CENTRE**
Fitness Schedule – Summer 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PiYo 9:00am (Reg/DI)	Zumba Fitness 6:00pm (Reg/DI)	Bikini Boot Camp 6:45am (Reg/DI)	Parent & Baby Zumba 12:00pm (Reg/DI)	Bikini Boot Camp 6:45am (Reg/DI)	Zumba Fitness 6:30pm (Reg/DI)	Bikini Boot Camp 9:00am (Reg/DI)
Yoga In The Park 9:00am (Reg) @ Lakefront	Yoga Abs 6:30pm (Reg/DI)	Boot Camp Outdoors 5:45pm (Reg) @ Lakefront	Yoga ABS 6:30pm (Reg/DI)	Boot Camp Outdoors 5:45pm (Reg) @ Lakefront		ABsession 10:00am (Reg/DI)
Total Body Workout 10:05am (Reg/DI)	Pilates Inter. 6:30pm (Reg)	ABsession 6:30pm (Reg/DI)	Total Body Workout 7:05pm (Reg/DI)	Pole Fitness 6:30pm (Reg) @ Lion's Hall		
	Kick Box Cardio 7:05pm (Reg/DI)	Zumba 7:05pm (Reg/DI)	Yoga 7:35pm (Reg/DI)	Dance Fit Class 7:00pm (Reg/DI)		
	Yoga Power 7:35pm (Reg/DI)	Turbo Kick 8:10pm (Reg/DI)	Bikini Boot Camp 8:10pm (Reg/DI)	Pole Fitness 7:30pm (Reg) @ Lion's Hall		
	Pilates 7:35pm (Reg)			Turbo Kick 8:10pm (Reg/DI)		
	Buttocks Legs, Core 8:10pm (Reg/DI)			Pole Fitness 8:30pm (Reg) @ Lion's Hall		

These fitness classes are not included in the Fitness Membership offerings at Fitness Centre Locations. These fitness classes can be taken as either a Registered or Drop-In program, only. (Reg) Registered Program only. (Reg/ DI) Drop-In may be available.

Cawthra Community Centre
1399 Cawthra Road, Mississauga L5G 4L1
Phone: 905-615-4800

www.mississauga.ca/fitness

Fitness Class Reservations

You can Drop-In to select Registered Programs with Pay-As-You-Go rates if there is space available from 10 minutes prior to the class time, or call ahead to confirm space.

If the Registered Program fitness class you want is full, we will keep your name on a waiting list and attempt to contact you when cancellations occur, so that you can register at a reduced rate, after the program starts.

Class Descriptions

ABsession: an intense 30 minute class focused on your core muscles including your back.

Boot Camp Outdoors: takes place off site at Lakefront Promenade; a hard core interval style class.

Bikini Boot Camp: This intense interval style class will get you bikini ready!

Buttocks, Legs, & Core: Muscle conditioning focusing on your buttocks, legs, & core.

Dance Fit: Dance, ball work and stretch combined.

Kickbox Cardio: Get a workout while learning practical kickboxing techniques in a fitness class.

Pilates Beginner: Full body workout that focuses on core stability.

Pilates Intermediate: Full body workout that focuses on core stability, Pilates experience required.

Pole Fitness: offered off site at Lion's Hall. A full body workout including: mat work, strength work on the poles and stretching.

PiYo: Athletic fusion of strength and flexibility.

Total Body Workout: Challenge both your cardio and muscular components.

Turbo Kick
Athletic kickboxing including sports drills and dance.

Yoga/Yoga in the Park: help to reduce muscle tension and stress while strengthening using yoga poses.

Yoga Abs: Focus on strengthening your core, no standing postures used.

Zumba Fitness: This high energy dance based class is a great cardio-sculpting combo class.

**Customer Service
Hours of Operation**

Mon – Fri 8:30 am – 8:30 pm
Sat 8:30am – 2:00pm

Active Living Fitness Classes – Registered Program & Drop-In Rates			Available here.	
	Registered Program	5 Visits	Single Visit (Pay-As-You-Go)	
Adult	Registered Program rates for fitness classes vary. Please check the Active Guide, website or ask the Community Centre Customer Service Staff to provide you with prices.	\$7.40 e/ (\$37.00)	\$8.50	
Older Adults (60 yrs), and Person with Disability*		\$5.55 e/ (\$27.75)	\$6.35	
Youth (14-17 yrs)		\$5.20 e/ (\$26.00)	\$5.95	
Student with ID		\$5.95 e// (\$29.75)	\$6.80	

What can I use a Fitness Membership for here, at Cawthra Community Centre?

- Cawthra Arena: Fun Skate (for all ages); Family Skate (children under 16 must be accompanied by a skating adult); Adult/Senior Skate (18 years +)
- Cawthra Pool: Public Swims, Lane Swims,

Fitness Membership – Monthly/ Unit Rates

This location does not offer a cardio nor weight room and Fitness Memberships cannot be used for Active Living fitness classes at this Centre.

	12 Months (Best Buy)	3 Months	1 Month	5 Visits Card	Single Visit (Pay-As-You-Go)
Adult	\$36.44 /month (\$437.25/yr)	\$141.95	\$53.35	\$7.40 e/ (\$37.00)	\$8.50
Older Adult (60 yrs +) and Person with Disability	\$27.33 /month (327.50/yr)	\$106.45	\$40	\$5.55 e/ (\$27.75)	\$6.35
Youth (14 – 17 yrs)	\$25.50 /month (306.05/yr)	\$99.35	\$37.35	\$5.20 e/ (\$26.00)	\$5.95
Student w/ ID	\$29.15 /month (349.80/yr)	\$113.55	\$42.70	\$5.95 e/ (\$29.75)	\$6.80
Walking Track <i>not included in fitness membership</i> Adult	\$11.27 /month (\$139.35/yr)	\$66.70	\$33.50	10 Visits \$2.20 e/ (\$22.20) \$3.45	
Older Adult/ Youth/Person with Disability	\$6.39 /month (\$76.65/yr)	\$36.65 /month	\$18.40	\$1.20 e/ (\$12.00)	\$1.90

A Fitness Membership includes access to the following City of Mississauga amenities and services:

- Cardio and Weight Rooms
 - Squash/ Racquetball Courts
 - Arenas: Fun Skate (for all ages); Family Skate (children under 16 must be accompanied by a skating adult); Adult/Senior Skate (18 years +)
 - Pools: Public Swims, Lane Swims, Huron Park Therapy Pool, Hot Tubs, Saunas
- Amenities vary by location.

Optional Add-on Fees

Child Care	\$9.71 /month (122.40/yr)	\$41.71	\$18.57	\$24 (8 hr card) \$36.65 (15 hr card)	\$3.80
Cycle/Fitness/Boxing** Non Member Fee	\$10.20 /month N/A	\$43.80 N/A	\$19.50 N/A	\$4.75 e/ (\$23.75) \$8.45 e/ (\$42.25)	\$5.80 \$9.80
Therapy Pool – Member Non Fitness Member	\$11.95 /month N/A	\$48.80 N/A	\$21.80 N/A	N/A \$37.00 (\$7.40 e/)	N/A \$8.50

**denotes specific location: Indoor Cycling is at Mississauga Valley & Erin Meadows; Fitness Boxing and Therapy Pool are at Huron Park.

The **12-Month Membership is the Best Buy** not only because you pay the lowest rate and commit to yourself to stay active, but also because if you are not satisfied or need to cancel your membership, you may do so at any time and receive a pro-rated refund minus the \$10 administration fee. No contracts. No hassles. Family discounts are also available. Inquire within.