

**ERIN MEADOWS
COMMUNITY CENTRE**
Fitness Schedule – Spring 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mall Walkers (Reg) 8:00 am	Bikini Bootcamp (Reg)(DI) 6:45am	Mall Walkers (Reg) 8:00 am	Bikini Bootcamp (Reg) (DI) 6:45am	Mall Walkers (Reg) 8:00 am	Cycling Workout (Reg) 8:30am
	Zumba Fitness (Reg)(DI) 9:15-10:15am		Cardio and Resistance (Reg)(DI) 9:00am	Fitness for Older Adults (Reg)(DI) 8:00am	Low Impact Yoga (Reg) 9:15am	Body Flex (Reg)(DI) 10:00am
Cycle and Lift 5:15pm-6:15pm (Reg)	Zumba Mom & Babies (Reg)(DI) 10:30am-11:30am	Kickbox Cardio Reg) 6:00pm	Stroller Fit (Reg)(DI) 10:05am	Yoga (Reg)(DI) 9:00-10:00am	Yoga for Seniors (Reg)(DI) 9:00-10:30am	Butt Legs & Core (Reg)(DI) 11:05am
Cycle and Lift Youth 6:15pm-7:15pm (Reg)	Zumba Gold-Older Adults 11:35am-12:35pm	Karate (Reg) 7:15pm Karate Yellow Belt & Up (Reg) 8:30pm	Yoga Gentle (Reg) 1:00pm Yoga Mixed (Reg)(DI) 4:30pm	Cycle Mommies (Reg) 1:00pm Absession (Reg)(DI) 5:30pm Zumba (Reg) 6:05pm	Yoga Parent & Baby (Reg) 1:00pm Yoga for Youth (Reg) 4:30pm	Karate Yellow Belt (Reg) 12:30pm Karate (Reg) 2:00-3:15pm
	NIA Technique (Reg)(DI)- 8:00pm Yoga Sampler (Reg) (DI) 7:45pm Total Body Workout (Reg)(DI)	Latin Fitness (Reg) (DI) 8:05pm	Cycle Workout (Reg) 6:30pm Cycling Workout (Reg) 7:30pm Cycle & Lift (Reg) 8:30pm	Bikini Boot Camp (Reg)(DI) 7:05pm Yoga Power (Reg) 7:50pm Yoga (Reg) 8:15pm	Jiu Jitsu (Reg) 6:45pm Jiu Jitsu Teen (Reg) 7:45pm Jiu Jitsu Adult (Reg) 8:45pm	Karate Classes (Reg) 3:30pm Karate Semi Private (Reg) 5:00-5:30 (Reg) 5:30-6:00

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.



Erin Meadows Community Centre
2800 Erin Centre Blvd., Mississauga L5M 6R5
Phone: 905-615-4750

www.mississauga.ca/fitness

Fitness Class Reservations

Call ahead to guarantee your reservation time and arrive at the Customer Service Desk by class start time so that your reservation does not expire.

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

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

Bikini Bootcamp: Cyclists, tri-athletes, runners and other fitness enthusiasts can benefit from a season of indoor riding.

Body Flex: is a group weight training class set to motivating music. This work out will strengthen, tone, and define muscles.

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

Cycle & Lift: Enjoy a 30 minute cycle class followed by 30 minutes of muscle conditioning.

Cycling Workouts: Cyclists, tri-athletes, runners and other fitness enthusiasts can benefit from a season of indoor riding. Intro course will learn proper riding techniques

Fitness- Older Adults: This class is specifically designed for the 50+ adult that wants to get fit or stay fit.

Jiu Jitsu Teen/Adult: The fighting art of the Bushi, combining flexibility, muscular conditioning and self defense techniques.

Karate: Karate is a self defense sport that uses blocks, kicks and strikes.

Kickbox Cardio Get a great fitness workout while learning practical techniques.

Latin Fitness: Fun fitness class that teaches you steps from a variety of Latin dances such as the cha cha, samba, tango and more.

Nia: Blend of dance, martial arts, fitness and healing arts.

Stroller Fit: A qualified instructor will lead participants with strollers through 30 to 40 minutes of walking exercises followed by muscle conditioning exercises.

Total Body Workout: This very demanding class uses a variety of conditioning techniques to increase your cardio, muscle strength and endurance.

Yoga: Muscle stretching, breathing, relaxation techniques to reduce muscle tension and stress, improve muscle tone and increase flexibility.

Types of Yoga Offered:

Yoga Abs **Yoga Gentle** **Yoga Parent & Baby**
Yoga Power **Yoga Sampler** **Yoga for Seniors**

Zumba: Combines high energy and motivating music with unique moves and combinations. Dance away your worries and get fit in this dance-sculpting-combo class.

Active Living Fitness Classes – Registered Program & Drop-In Rates Available here.

Registered Program		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.	\$8.25
Senior (60 yrs), Youth (14 – 17 yrs), and Special Needs		\$5.95
Student w/ ID		\$8.25

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	\$35.38 /month	\$45.93 /month	\$51.80	\$7.20 e/ (\$36.00)	\$8.25
Senior (60 yrs +)	\$25.75 /month	\$30.83 /month	\$39.00	\$4.85 e/ (\$24.25)	\$5.95
Youth (14 – 17 yrs) and Special Needs	\$22.65 /month	\$28.61 /month	\$35.35	\$4.85 e/ (\$24.25)	\$5.95
Student w/ ID	\$28.33 /month	\$36.61 /month	\$41.50	\$7.20 e/ (\$36.00)	\$8.25

Optional Add-on Fees Not Available at Erin Meadows.

Child Care	\$9.90 /month	\$13.50 /month	\$18.05	---	\$3.70
Cycle/Fitness/Boxing** Non Member Fee	\$9.90 /month N/A	\$13.50 /month N/A	\$18.05 N/A	\$4.60 e/ (\$23.00) \$8.20 e/ (\$41.00)	\$5.65 \$9.50
Walking Track - Adult Senior/ Youth	\$11.27 /month \$5.60 /month	\$21.56 /month \$10.80 /month	\$32.50 \$16.25	10 Visits \$2.15 e/ (\$21.50) \$1.10 e/ (\$11.00)	\$3.35 \$1.85
Therapy Pool – Member Non Member Senior	\$11.60 /month N/A N/A	\$15.80 /month N/A N/A	\$21.15 N/A N/A	N/A \$36.00 (\$7.20 e/) \$24.25 (\$4.85 e/)	N/A \$8.25 \$5.95

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

Registered Active Living at Erin Meadows Try Something Different on Family Day!
Yoga Adult & Teen Drop In
Active Living Studio

9:30 - 10:30 am

\$ 8.25

Regular practice of Yoga can improve your muscle tone and increase flexibility. Each yoga class uses a variety of muscle stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Kickbox Cardio Adult & Teen Drop In
Active Living Studio

1:00 - 2:00 pm

\$8.25

Learn practical and effective techniques, such as punching, kicking, elbow and knee strikes. A great cardiovascular and muscular workout.

Call Erin Meadows Community Centre for More Information

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.