

## Exercise Classes Schedule—For Fitness Centre Members or Pay As You Go Participants

Fitness Members can attend any of these classes at any of these locations. Attending is as easy as 1,2,3.

1. Pick a location convenient for you
2. Check the legend at the bottom for a class that interests you
3. Choose a convenient time and attend the class

For more specific information contact the Fitness Centre directly.

Fitness Centre	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Huron Park RC</b> 830 Paisley Blvd. W. 905-615-4820	9:15 am-SB 10:30 am-CT 10:30 am-MB 6:00 pm-SB 6:30 pm-CT 6:45 pm-FB 7:00 pm-CT 7:45 pm-FB	9:15 am-MB 10:30 am-T 12:00 pm-T 6:15 pm-CT 6:30 pm-FB 6:45 pm-MB 8:30 pm-MA	9:15 am-SB 9:30 am-TF 10:30 am-CT 11:10 am TF 6:00 pm-MB 7:00 pm-T 8:00 pm-FB	9:30 am-MB 10:30 am-T 5:30 pm-SB 6:30 pm-CT 6:30 pm-FB 7:30 pm-FB 8:45 pm-MA	9:15 am-ST 10:30 am-MB 11:30 am-TF	9:30 am-CT 9:30 am -FB 10:15 am GT 10:30 am-FB	9:30 am-CT 10:45 am-CT 12:00 pm-FB 2:30 pm-MA
<b>Malton Fitness</b> 3540 Morning Star Dr. 905-615-4640	9:30 am-CT 10:30 am-MB 12:10 pm-ST 6:30 pm-T 7:30 pm-MA	9:30 am-GF 12:10 pm-T 6:30 pm-CT 7:30 pm-ST	9:30 am-CF 10:30 am-MA 6:00pm-MB 7:00pm-MB	9:30 am-GF 12:10pm-CT 6:00pm-CT 7:00pm-T	9:30 am-CT 10:30 am-MB	9:15 am-CT	
<b>Meadowvale Fitness</b> 6655 Glen Erin Dr. 905-615-4710	9:10 am-S 10:15 am-CF 5:20pm-S 6:20 pm-CF 7:20pm-CF 8:20pm-MB	9:10 am-CF 10:15 am-T 5:30 pm-CF 7:20 pm-S 8:20 pm-T	9:10 am-S 10:15 am-CF 5:20 pm-S 6:20 pm-T 7:20 pm-S 8:20 pm-CF	9:10 am-T 10:15 am-FB 5:30 pm-CF 7:20 pm-FB 8:20 pm-T	9:10 am-S 10:15 am-T 6:15 pm-CF	9:00 am-S 10:05 am-T 11:10 am-CF	8:45 am-CF 10:05 am-T
<b>River Grove Fitness</b> 5800 River Grove Ave. 905-615-4780	8:00 am-CT 9:10 am-CT 10:20 am-CT 5:20 pm-CT 6:30 pm-CT 7:30 pm-S 8:30 pm-MB	9:10 am-CT 10:20 am-CT 1:15 pm-MB 5:00 pm-CT 6:00 pm-MB 7:00 pm-CF 8:00 pm-S	8:00 am-CT 9:10 am-S 10:20 am-CT 5:30 pm-MB 6:30 pm-S 7:30 pm-CT 8:30 pm-CF	9:10 am-S 10:15 am-T 5:15 pm-S 6:15 pm-MB 7:15 pm-CT 8:15 pm-T	9:10 am-CT 10:15 am-MB 6:15 pm-CT	8:45 am-CT 10:00 am-S 11:00 am-MB 12:00 pm-T	8:45 am-CT 10:00 am MB 11:00 am-S
<b>South Common Fitness</b> 2233 South Millway 905-615-4770	9:05 am-T 9:10 am-GF 10:10 am-CF 11:10 am-MB 12:15 pm-T 5:30 pm-CF 6:30 pm-MB 7:30 pm-S 8:30 pm-CF	9:05 am- 20/20/20 10:10 am-T 11:10 am-SB 1:15 pm-CF 5:20 pm-CF 6:15 pm-D 7:15 pm-CF 8:15 pm-T	9:05 am-CF 10:10 am-CF 10:10 am-GF 11:10 am-MB 12:15 pm-T 5:20 pm-CF 6:15 pm-T 7:15 pm-S 8:15 pm-MB	9:05 am-T 10:10 am-S 11:10 am-SB 5:30 pm-T 6:30 pm-D 7:30 pm-S 8:30 pm-T	9:05 am-S 10:10 am-T 11:10 am-GF 12:15 pm-T 6:15 pm-CF	8:45 am-CF 10:00 am- 20/20/20 11:15 am-CF 12:15 pm-SB	9:00 am-T 10:00 am-CF 11:00 am-CF 12:00 pm-STR
<b>Terry Fox Fitness</b> (located in Miss. Valley CC) 1275 Mississauga Valley Blvd. 905-615-4670	9:15 am-CT 9:30 am-C 10:15 am-T 5:30 pm-CT 6:15 pm-C 6:30 pm-CT 7:30 pm-SB	9:15 am-CT 10:15 am-GF 5:30 pm-T 6:15 pm-C 6:30 pm-CT 7:10 pm-T 7:30 pm-MB	7:00 am-MA 9:15 am-CT 9:30 am-C 10:15 am-MB 5:30 pm-CT 6:15 pm-C 6:30 pm-SB 7:30 pm-CT	9:15 am-MB 10:15 am-GF 5:30 pm-CT 6:15 pm-C 6:30 pm-CT 7:30 pm-CT	9:15 am-S 5:30 pm-CT 6:15 pm-T	9:00 am-C 9:15 am-CF 10:15 pm-ST	8:45 am-C 9:00 am-CF 10:15 pm-CT

### Legend for Classes

**C–Cycle**–Set your own pace and turn the stationary bike into a terrific cardio workout.  
**CF–Classic Fitness**–This high and/or low impact class provides an excellent workout with options for different levels of intensity  
**CT–Cardio & Tone**–This class balances the cardio portion with the toning portion of the class.  
**D–Dance**–This class is a classic Fitness class in which dance moves are used.  
**FB–Fitness Boxing**–Train like a boxer and gain all the conditioning benefits. Heavy Bag, target mitts, double-end bags and speed bags are used during this workout.  
**GF–Gentle Fitness**–This class is just right for the beginner or those wanting a less intense class. These classes have an emphasis on: a longer warm-up; low impact cardio portion; toning exercises; and an extended cool down.  
**MA–Martial Arts**–This unique fitness class includes self defence and discipline training as well as flexibility, muscular strength and cardio conditioning.

**MB–Mind Body Class**–Includes Yoga Fit, Pilates Fit and Fusion.

**S–Step Class**–This class uses an exercise step to work out.

**SB–Stability Ball**–This class uses a fitness ball as part of the work out.

**ST–Step and Tone**–This class has a cardio step portion balanced with a muscular strength and endurance portion.

**STR–Stretch**–The class is designed to improve body alignment/posture through controlled stretching.

**T–Toning Classes**–The focus of this class is on muscle strength and endurance. A variety of equipment maybe used in this class.

**TF–Therapeutic Fitness**–This class is specifically for people with reduced mobility. The goal is to improve body alignment/posture, and core strength through muscles stretching and functional development.

**20/20/20**–This class is designed with 20 minutes of step and 20 minutes of Hi/Low and 20 minutes of toning.