

HURON PARK FITNESS CENTRE

Fitness Schedule - Spring 2010

Effective April 19, 2010



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio & Ball R, DI, FM,B 9:15 am	Drop-in Yoga DI, FM 9:15 am	Cardio & Ball R,DI,FM,B 9:15 am		Step & Tone DI,FM,B 9:15am		Cardio & Weights DI,FM 9:30 am
Yoga R, B 9:30 am	Totally Toning DI, FM 9:15am	Yoga R,B 9:30 am		Drop-in Yoga DI,FM,B 10:15 am	Weekend Wakeup DI,FM 9:30 am	Low Impact R,DI,FM 10:45 am
Low & Tone DI,FM,B 10:30am	Totally Toning DI,FM 10:30 am	Therapeutic Body R,DI,FM,B 10:30 am	Totally Toning DI,FM 10:00 am	Chair-ercise R,DI,FM 11:30 am	Fitness Boxing R,DI,FM,A 9:30 am	Fitness Boxing R,DI,FM,A 12:00 pm
Mind, Body R,DI,FM,B 10:30 am		Osteo-Fitness R,DI,FM 11:30 am		Drop-in Tai Chi DI,FM 1:30pm	Gentle Low Impact R,DI,FM 10:15 am	Youth Fitness Boxing R 1:15 pm
Bootcamp DI,FM 11:40 am		Bootcamp DI,FM 11:40 am	Cardio & Ball R,DI,FM 5:30 pm		Fitness Boxing DI,FM,A 10:30 am	Teen Jiu Jitsu R 1:30 pm
	TAWS R,DI,FM 6:15 pm		Stretch Class DI,FM 5:45 pm	Heated Yoga R 6:00 pm		Adult Jiu Jitsu R,DI,FM 2:30 pm
Stretch Class DI,FM 5:45 pm	Fitness Boxing DI,FM,A 6:30 pm	Drop-in Yoga 6:00 pm	Total Body W/O R,DI,FM 6:30 pm	R -Registration Class DI - Drop-In B - Babysitting Available		A -Additional Fee FM -Fitness Membership
Total Body W/O R,DI,FM 6:30pm	Fitness Boxing DI,FM,A 7:30 pm	BLC R,DI,FM 7:00 pm	Fitness Boxing DI,FM,A 6:30 pm	<p>Fitness Class Reservations</p> <p>You may reserve a spot in one class per/day for yourself and one friend up to 7 days in advance in person and 1 day in advance by phone.</p> <p>You must arrive at the Customer Service Desk by class start time or your reservation expires.</p> <p>When the class is full we will keep a waiting list and attempt to contact you when cancellations occur. At 10 mins prior to the class time we will begin to fill free spaces.</p> <p>Babysitting available, Mon, Wed, Fri: 9am to 12 pm</p>		
Fitness Boxing R, DI,FM A 6:45pm	Mind, Body Class R,DI,FM 6:45 pm		Fitness Boxing R,DI,FM,A 7:30 pm			
Low Impact R, DI, FM 7:00 pm	Yoga R 8:00 pm	Tai Chi Qigong R, DI, 8:00 pm	Youth Jiu Jitsu R 7:45 pm			
	Adult Jiu Jitsu R, DI, FM 8:30 pm	Fitness Boxing R,DI,FM,A 8:00 pm	Adult Jiu Jitsu R, DI, FM 8:45 pm			

Class Descriptions

Drop-in Yoga: Utilizes all the principles of yoga in a fitness class format. Suitable for all levels.

Jiu Jitsu: The fighting art of the Buschi, combining flexibility, muscular conditioning and self-defence techniques.

Fitness Boxing: Heavy Bag, target mitts, double-end and speed bags are used.

TAWS: Includes Tai Box, Abdominal work, Weights and Stretching.

Tai Chi: Slow meditative movements combined with deep breathing to cultivate inner energy (Chi or Qi).

Step & Tone: Step and muscle conditioning.

BLC: Muscle conditioning - buttocks, legs and core.

Cardio & Weights: Hi/ low impact cardio, then toning.

Cardio with Ball Work: Energetic hi/low cardio workout followed by muscle conditioning on a stability ball.

Chair-Ercise: Assisted exercising using chair. Focus on upper, core & leg strengthening with stretching & flexibility.

Gentle Low Impact: Slower-paced, less intense class perfect for beginner.

Low Impact Fitness: The impact of the cardio is reduced.

Low Impact and Tone: Low impact cardio, toning with resistance equipment, with stretch & relaxation ending.

Mind, Body, Core: Creative movement class, blending pilates & yoga with strength and endurance conditioning.

Total Body Toning: Focus is development of muscular strength and endurance. Variety of equipment is used.

Total Body Workout: Challenges all cardio & muscular.

Osteoporosis Class: Especially for those with reduced bone density or limited joint mobility.

Stretch Class: A class designed to improve overall flexibility.

Therapeutic Body Movement: Improve muscular alignment, stability to move more easily.

Weekend Wake-up: 1 hour & 30-minute, high intensity fitness, challenging all aspects of physical fitness.

Huron Park Recreation Centre
830 Paisley Blvd. W. Mississauga
Phone: 905-615-4820

www.mississauga.ca/fitness



City of Mississauga Fitness Membership Rates (Prices exclude applicable taxes)				All Drop-In Exercise Class Rates	
	12 Months (Best Buy)	3 Months (monthly pay n/a)	1 Month	5 Visit Minimum Pass Card / 5 Visit Pass Book	1 Visit (pay-as-you go)
Adult	\$35.74/mth \$428.92	\$139.25	\$52.33	\$7.26 e/ (\$36.30)	\$8.34
Older Adult (60 yrs +) and Person with Disability*	\$26.81/mth \$321.69	\$104.44	\$39.25	\$5.45 e/ (\$27.25)	\$6.23
Youth (14 – 17 yrs) *	\$25.02/mth \$300.24	\$97.48	\$36.63	\$5.10 e/ (\$25.50)	\$5.84
Student with ID	\$28.60/mth \$343.14	\$111.40	\$41.86	\$5.84 e/ (\$29.20)	\$6.67
Walking Track Membership** only (without Fitness Membership) Adult	\$11.39/mth	\$65.43	\$32.86	10 Visits \$2.16 e/ (\$21.60)	\$3.38
Older Adult/ Youth & Person with Disability	\$ 6.27/mth	\$35.98	\$18.07	\$1.17 e/ (\$11.70)	\$1.87
Add-On Options For Fitness Members					
Cycle or Fitness Boxing ** Non Fitness Member	\$10.00 /month \$120.07	\$42.96 --	\$19.13 --	\$4.66 e/ (\$23.30) \$8.29 e/ (\$41.45)	\$5.69 \$9.61
Therapy Pool** Non Fitness Member Adult	\$11.38 /month --	\$46.48 --	\$20.76 --	-- \$7.20 e/ (\$36.00)	\$8.25 hour
Child Care	\$10.00/mth \$120.07	\$42.96	\$19.13	\$24.72(8 hr card) \$37.75 (15 hr card)	\$3.91 /hour

*denotes appropriate documentation required

**denotes specific Community Centre location: Walking Track- Cawthra; Indoor Cycling- Mississauga Valley; Fitness Boxing and Therapy Pool- Huron Park; Child Care is available at Community Centres with Fitness Centres only, except Malton.

Active Living Exercise Classes – Registered Programs

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.

12-Month Membership is the Best Buy not only because you pay the *lowest rate*, have a *monthly payment option* and *commit to yourself to stay active*, but also because if you are not satisfied or need to cancel, 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!

What can I use my Fitness Membership for here... at Huron Park Community Centre?

- **Fitness Centre**
- **Arena:** Public Skating Fun, Adult/ Senior
- **Pool:** Public Swims, Lane Swims, Saunas

Hours of Operation

Mon, Wed, Fri:	6:30 am – 10:00 pm
Tues, Thurs	8:00 am – 10:00 pm
Sat - Sun	8:30 am – 5:00 pm

A Fitness Membership includes...

Access to the following City of Mississauga amenities and services:

- **Cardio & Weight Rooms**
- **Courts-** Squash/ Racquetball
- **Select Fitness Classes**
- **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

A Therapy Pool Membership includes

- All of the above, except Courts and Fitness Classes
- Therapy Classes at a reduced rate
- Open Therapy Pool Time

Amenities vary by location.

Personal Training (1 hour session)

	Private	Semi Private
1-4 Sessions	\$40.90	\$29.95/person
5 sessions or more	\$36.49	\$25.80/person