

MALTON FITNESS CENTRE

Fitness Schedule – Spring 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Toning 9:30 am	Zumba *** 8:30-9:30am (R)	Low Impact 9:30 am	Osteo 9:30 am	Circuit 9:30 am	Hi/Low Pump 9:15 am
Yoga 10:30 am**	Osteo 9:30 am	Pilates 6:00 pm	Tai Chi 10:30 am	Yoga 10:30 am**	
BLC 6:30 pm	Low n' Tone 6:30 pm	Yoga 7:00 pm**	Low Impact 6:00 pm		
Cardio Kickboxing 7:30 pm	Step 7:30 pm	Zumba *** 8:30-9:30pm (R)	Total Muscle Conditioning 7:00 pm		
Zumba *** 8:30-9:30pm (R)				* class is 40 min in length ** class is 1.5 hrs in length *** (R) Registered program not included in fitness membership	



Malton Community Centre

3540 Morning Star Dr,
 Mississauga, ON, L4T 1Y2
 Phone: 905-615-4640
www.mississauga.ca/fitness

Class Descriptions

Circuit: Get your heart rate up by working each body part at different stations throughout the room. Cardio intervals included.

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

Cardio Kickboxing: a cardio workout incorporating kickboxing techniques.

Low Impact: exercise that is easy on the joints and great for the heart!

Hi/Low Pump: an intense cardio workout followed by resistance training.

Osteo: helps to increase bone density for those with osteoporosis. This class is perfect for a beginner or those who like a slower pace.

Pilates: based on the exercises developed by Joseph Pilates, this class will enhance your mind-body awareness.

Zumba (R): ditch the workout and join the party! This is a fun latin dance and hop based workout that is easy to follow and gets the heart pumping!

Step Class: this class uses a step platform to increase workout intensity. The step is optional.

Tai Chi: a slow motion martial art that promotes health and longevity.

Total Muscle Conditioning: a class designed to increase muscle strength and endurance using a variety of resistance equipment.

Monthly Membership & Drop-in Rates (PRICES EXCLUDE APPLICABLE TAXES)

	12 Months (Best Buy)	3 Months	1 Month	5 Visits Card	Single Visit
Adult	\$428.92 OR \$35.74 /mth +tax	\$139.25 +tax	\$52.33 +tax	\$36.30 +tax	\$8.34 +tax
Older Adult (+60 yrs)	\$321.69 OR \$26.81 /mth +tax	\$104.44 +tax	\$39.25 +tax	\$27.25 +tax	\$6.23 +tax
Youth (14 – 17 yrs)*	\$300.24 OR \$25.02 /mth +tax	\$97.48 +tax	\$36.63 +tax	\$25.50 +tax	\$5.84 +tax
Persons with a Disability*	\$321.69 OR \$26.81 /mth +tax	\$104.44 +tax	\$39.25 +tax	\$27.25 +tax	\$6.23 +tax
Student *	\$343.14 OR \$28.60/mth +tax	\$111.40 +tax	\$41.86 +tax	\$29.20 +tax	\$6.67 +tax

*Appropriate Documentation required

Your Membership Includes:

- Fun Skate (for all ages)
- Family Skate (children under 16 must be accompanied by a skating adult)
- Adult/Senior skate (18 years and older)
- Public Swims, Lane Swims, Sauna
- Access to all City of Mississauga Fitness Centres

Personal Training (60 min session)

	Private	Semi Private
1-4 Sessions	\$40.90 +tax	29.92 +tax
5 sessions or more	\$36.49 +tax	\$25.80 +tax

Express Personal Training (30 min session)

	Private
1-4 Sessions	\$20.45 +tax per session
5 sessions or more	\$18.25 +tax per session

Hours of Operation

Mon - Fri	6:30 am – 10:00 pm *Access to weight room only until 9:30pm
Sat - Sun	8:30 am – 5:00 pm *Access to weight room only until 4:30pm

