

MISSISSAUGA VALLEY Terry Fox Fitness Centre

Fitness Schedule- Spring 2010 (Effective April 1)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Low & Tone 9:15 am (B)	Cardio Pump 9:15 am (B)	Low & Tone 9:15 am (B)	Fusion 9:15 am (B)	Step 9:15 am (B)	Cycle* 9:00 am	Cycle* 8:45 am
Cycle* 9:30 am (B)	Gentle Low 10:15 am (B)	Cycle* 9:30 am (B)			Hi/ Low & Tone 9:15 am	Hi/ Low & Tone 9:00 am (75 mins)
BLT 10:15 am (B)	Flex & Sculpt 5:30 pm	Yoga Fit 10:15 am (B)	Gentle Low 10:15 am (B)		Step & Tone 10:15 am	Boot Camp 10:15 am (75 mins)
Low & Tone 5:30 pm	Cycle* 6:15 pm	Low & Tone 5:30 pm	20-20-20 5:30 pm	Boot Camp 5:30 pm (75 mins)		
Cycle* 6:15 pm	Cardio Plus 6:30 pm	Cycle* 6:15 pm	Cycle* 6:15 pm			
Cardio, Pump & Crunch 6:30 pm	Mainly Abs 7:10 pm (20 mins)	TMC (Ball Work) 6:30 pm	Power Yoga Flow 6:30 pm			
Abs & Back (Ball Work) 7:30 pm	Mind, Body & Core 7:30 pm	Low & Tone 7:30 pm	Boot Camp 7:30 pm (75 mins)	Schedules & Instructors are subject to change. (B) Babysitting Available. *Cycle-PAYG/ Membership fees required.		

Class Descriptions

20-20-20: 20 mins of aerobics, 20 mins of step and 20 mins of muscle conditioning.

Abs & Back: Mat work and use of a stability ball will help to strengthen your back and abdomen.

Boot Camp: A military style workout with intervals of strength training and cardio.

BLT: A muscle conditioning class using a variety of exercise techniques with or without equipment.

Cardio Plus: An extended cardio section followed by abdominal work and stretching.

Cardio Pump: Intervals of cardio and resistance training ending with stretching and relaxation.

Cardio, Pump and Crunch: A shorter cardio component followed by a toning segment.

Cycle: Set your own pace and turn the stationary bike into a terrific cardio workout.

Flex & Sculpt: Short intervals of power moves and resistance training.

Fusion/Mind, Body, & Core: A blend of yoga, pilates, and fitness conditioning.

Gentle Low: Emphasis is placed on a longer warm-up and controlled toning exercises.

Low & Tone: Low impact cardio moves, a toning segment with resistance equipment ending with a stretch and relaxation component.

Mainly Abs: A 20 minute class to strengthen your back and abdomen.

Power Yoga Flow: Develop poise, balance and flexibility while relieving tension and anxiety.

Step: Step moves followed by a toning segment. Ending with a stretch and relaxation.

Step and Tone: Intervals of Step routines and resistance training.

TMC: Strengthens your back, improve postural alignment, abdominal strength, coordination, balance and flexibility.

Yoga Fit: Basic yoga moves utilizing a variety of stretching combined with breathing and relaxation.

Fitness Class Reservations

You may reserve a spot in class, in person up to 7 days in advance at the Customer Service Desk or 1 day in advance by phone.

Please contact the Customer Service Staff should you discover that you cannot attend a class so we can remove your name from the reserved list.

Your reservation EXPIRES if you are not present and checked in at the start of the class. Your spot may be re-assigned to someone on the waiting list. Babysitting is available, except on Statutory Holidays. Opt out at anytime; \$10 administration fee will apply.

Hours of Operation

Mon - Thurs	6:15 am – 10:30 pm
Fri	6:15 am – 10:00 pm
Sat & Sun	7:00 am - 4:30 pm



Mississauga Valley Community Centre

1275 Mississauga Valley Blvd,
Mississauga, ON, L5A 3R8
Phone: 905-615-4670
www.mississauga.ca/fitness

City of Mississauga Fitness Memberships Rates (Prices exclude applicable taxes)

	12 Months (Best Buy)	3 Months (monthly pay n/a)	1 Month	5 Visits Card	Single 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 /month	\$65.43	\$32.86	10 Visits \$2.16 e/ (\$21.60)	\$3.38
Older Adult/ Youth	\$6.27 /month	\$35.98	\$18.07	\$1.17 e/ (\$11.70)	\$1.87
Add-on options exclusive to Fitness Members					
Cycle or Fitness Boxing ** Fitness Member	\$10.00 /month \$120.07	\$42.96 --	\$19.13 --	\$4.66 e/ (\$23.30)	\$5.69
Non Fitness Member	NA	NA	NA	\$8.29 e/ (\$41.45)	\$9.61
Child Care	\$10.00 /month \$120.07	\$42.96	\$19.13	\$24.72 (8 hr card) \$37.75 (15 hr card)	\$3.91

*denotes appropriate documentation required

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

Huron Park Therapy Pool - For more information contact the centre at 905-615-4820 or pick up the Wellness Program flyer for Huron Park Therapy Pool at any community centre.

Active Living Fitness Classes – Registered Program Rates
 (Prices exclude applicable taxes)

	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.	\$7.26 e/ (\$36.30)	\$8.34
Older Adult (60 yrs +), Persons with Disability/ Youth (14 to 17 yrs),		\$5.45 e/ (\$27.25) \$5.10 e/(\$25.50)	\$6.23 \$5.84
Student w/ ID		\$5.84 e/ (\$29.20)	\$6.67

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 also available!

What can I use my Fitness Membership for here... at Mississauga Valley Community Centre?

- **Weight and Cardio Equipment and Select Fitness Classes**
- **Pool:** Public Swims, Lane Swims
- **Courts:** Squash/ Racquetball
- **Arena:** Free Skate
- **Sauna**

Personal Training (60 min session)

	Private	Semi Private (2 people)
1-4 sessions	\$40.90	\$29.92/ person
5 or more	\$36.49	\$25.80/ person

Squash Lessons (40 min lesson)

	Private	Semi Private (2 people)
1-2 lessons	\$29.92	\$23.74/ person
3 or more	\$25.80	\$19.32/ person

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.