

River Grove Community Centre River Grove Fitness Centre

Fitness Schedule- Spring 2010 (Effective April 1)

Class Descriptions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Toning 8:00 am			Torture Chamber 8:00 am			
Hi\Low & Tone 9:10 am (B)	Step Circuit 9:10 am (B)	Step 9:10 am (B)	Step\Low\Tone 9:10 am (B)	The Edge 9:10 am (B)	Hi\Low & Tone 8:45 am (70 min)	Low & Tone 8:45 am (70 min)
Toning 10:15 am (B)	Power Yoga 10:15 am (B)	Pilates 10:15 am (B)	Ball Class 10:15 am (B)	Yoga 10:15 am (B)	Step & Tone 10:00 am	Pilates 10:00 am
Zumba 5:30 pm	Toning 5:00 pm	Power Yoga 5:30 pm	Step 5:15 pm	Zumba 5:15 pm	Power Yoga 11:00 am	Step 11:00 am
Low & Tone 6:30 pm	Power Yoga 6:00 pm	Step Interval 6:30 pm	Zumba 6:15 pm	Zumba 6:15 pm	Toning 12:00 pm	
Step & Stretch 7:30 pm	Hi\Low 7:00 pm	Circuit\Toning 7:30 pm	Low & Tone 7:15 pm	Power Yoga 7:15 pm (75 min)		
Pilates 8:30 pm	Step & Tone 8:00 pm	Boot Camp 8:30 pm	Toning 8:15 pm	Schedules & Instructors are subject to change. All classes are 55 minutes unless otherwise indicated. (B) Babysitting Available.		

Fitness Class Reservations

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

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.

Hours of Operation

Mon - Fri	6:00 am – 10:00 pm
Sat & Sun	7:00 am – 7:00 pm
Stat Holidays	CLOSED

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

Ball: A muscle conditioning class to challenge all levels of fitness. Utilizing the stability ball, improve your core strength and endurance, flexibility and balance.

Circuit: Alternate between cardio and muscle conditioning exercises for a complete workout.

Edge: Our team of instructors for this class are always scouring the Fitness Industry for the latest and the hottest trends in group exercise classes. Anything goes for this.

Fusion: A blend of yoga, pilates, and fitness conditioning that challenges strength, balance and flexibility. This class increases stamina, focuses the mind and cleanses the spirit.

Hi/Low Impact: Low impact class featuring both high and low impact options during the cardio segment.

Low Impact: Low impact refers to the types of movement (no bounce), not the intensity. This class includes cardio and muscle conditioning.

Nordic Walking: Combines the aerobic and strength building benefits of cross-country skiing with walking. *Outside.*

Pilates: Pilates is a series of exercises that focus on strengthening your core. Emphasis is placed on breathing, proper alignment, posture and execution of the movements.

Step: Low impact aerobic choreography on and around a variable height step. This class includes cardio and muscle conditioning



River Grove Community Centre

5800 River Grove Ave.,
Mississauga, ON, L5M 4R8
Phone: 905-615-4780
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
Add-on options exclusive to Fitness Members					
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

* prices subject to change

Registration Programs Available at River Grove

Karate
Adult Floor Hockey
Yoga
Pilates
Badminton

Please see the Active Mississauga Guide

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 River Grove Community Centre?

- **Weight and Cardio Equipment and Select Fitness Classes**
- **Pool:** Public Swims, Lane Swims
- **Courts:** Squash
- **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

Amenities vary by location.