

## SOUTH COMMON FITNESS CENTRE

### Fitness Schedule – Spring 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Cond. 9:05am (B/FM/DI)	20/20 9:05am (B/FM/DI)	Zumba 9:05am (B/FM/DI)	Body Cond 9:05am (FM/DI)	Step 9:05am (B/FM/DI)	Hi/Low 8:45am (FM/DI)	Body Cond. 9:00am (FM/DI)
Gentle Low Imp 9:10am (B/FM/DI/R)	Body Cond. 10:10am (B/FM/DI/R)	Hi/Low Impact 9:05am (B/FM/DI)	Basic Step 10:10am (FM/DI)	Body Cond 10:10am (B/FM/DI)	20/20 10:00am (FM/DI)	Hi/Low Imp.10:00am (FM/DI)
Hi/Low Impact 10:10am (B/FM/DI)	Basic Ball 11:10am (FM/DI)	Low Interval 10:10am (B/FM/DI)	Basic Ball 11:10am (BF/DI)	Gentle Low Imp 11:10am (FM/DI/R)	Low Impact 11:15am (FM/DI)	Low Impact 11:00am (FM/DI)
Fusion 11:10am (FM/DI)		Gentle Low Imp 10:10am (B/FM/DI/R)			Ball Cond. 12:15pm (FM/DI)	Stretch 12:00pm (FM/DI)
Body Cond. 12:15pm(FM/DI)		Fusion 11:10am(FM/DI)		Body Cond. 12:15pm(FM/DI)		
Hi/Low Impact 5:30 pm(FM/DI)	Hi/Low Impact 5:20 pm(FM/DI)	Body Cond 12:15pm(FM/DI)	Body Cond 5:30 pm(FM/DI)	Low Impact 6:15pm(FM/DI)		
Fusion 6:30pm(FM/DI)	Aerobic Rhythms 6:15pm(FM/DI)	Hi/Low Impact 5:20pm (FM/DI)	Aerobic Rhythms 6:30pm(FM/DI)			
Step & Sculpt 7:30pm(FM/DI)	Low Impact 7:15pm(FM/DI)	Body Cond 6:15pm (FM/DI)	Step & Sculpt 7:30pm(FM/DI)			
Zumba 8:30pm(FM/DI)	Body Cond. 8:15pm(FM/DI)	Step & Sculpt 7:15pm (FM/DI)	Body Con 8:30pm (R/FM/DI)	<b>Babysitting times:</b> Monday to Friday 8:50 am - 11:30 am		

**getIT**  
inthecity

### South Common Community Centre

2233 South Millway  
 Mississauga, On, L5L 3H7  
 Phone: 905-615-4770  
[www.mississauga.ca/fitness](http://www.mississauga.ca/fitness)

### Fitness Class Reservations

You may reserve a spot in one class per/day for yourself and one friend. Reservations can be made up to 7 days in advance in person and 1 day in advance by phone. You must arrive at the Customer Service Desk by class start time or your reservation expires.

When the reserved list for a class is full, at **30 minutes prior to class time**, the day of the class, we will begin to fill cancelled class spaces with people on a waiting list who are present and waiting, on a first come first served basis.

### Class Descriptions

**Aerobic Rhythms:** Just move your feet, stomp to the beat. Jazz, Funk, Latin and Swing too.

**Basic Step Class:** Learn the basics of step in a class designed with the beginning stepper in mind.

**Body Conditioning:** The aerobic portion has been eliminated to allow for an extended muscular strength and endurance workout. Body bars, hand weights, resist a ball and tubing may be incorporated.

**Fusion:** A blend of Yoga, Pilates and fitness conditioning that challenges strength, balance and flexibility.

**Gentle Low Impact:** Welcoming to beginners. A complete but gentle workout of low impact cardio, muscle conditioning and stretch.

**High/Low Impact:** A combination of high and low impact routines allowing participants to modify the workout to their own fitness level.

**Low Impact:** This class reduces the physical stress associated with the aerobic activities of a high impact class. The bounce is gone but the workout is still complete.

**Low Impact Interval:** Low impact cardio alternating with muscle conditioning segments.

**On the Ball Conditioning:** A large air filled ball used to strengthen your back and abdominal muscles. Great for posture, coordination and flexibility. suitable for all levels.

**Step Class:** this class uses variable-height steps during the aerobic portion for increased leg work and cardiovascular endurance

**Step and Sculpt:** Cardiovascular step work followed by muscle conditioning exercises.

**Stretch class:** A class focussing on stretches. Designed to improve and increase flexibility.

**Zumba:** High energy and motivating music, dance combo class that is easy and fun to do.

## Monthly Membership & Drop-in Rates (Prices exclude applicable taxes)

	<b>12 Months (Best Buy)</b>	<b>3 Months</b>	<b>1 Month</b>	<b>5 Visits Card</b>	<b>Single Visit</b>
Adult	\$35.74/month \$428.92	\$139.25	\$52.33	\$7.26 each (\$36.30)	\$8.34
Older Adult ( 60 yrs+)	\$26.81/month \$321.69	\$104.44	\$39.25	\$5.45 each (\$27.25)	\$6.23
Youth (14 – 17 yrs)	\$25.02/month \$300.24	\$97.48	\$36.63	\$5.10 each (\$25.50)	\$5.84
Special Needs*	\$26.81/month \$321.69	\$104.44	\$39.25	\$5.45 each (\$27.25)	\$6.23
Student with ID*	\$28.60/month \$343.14	\$111.40	\$41.86	\$5.84 each (\$29.20)	\$6.67

## Additional Membership Services – Add on

Babysitting	\$10.00/month \$120.07	\$42.96	\$19.13	\$24.72 (8hr card) 37.75 (15 hr card)	\$3.91
Cycle/Fitness/Boxing**	\$10.00 \$120.07	\$42.96	\$19.13	\$4.66 each	\$5.69

\* Appropriate Documentation required

\*\* Indoor Cycling at Mississauga Valley/Erin Meadows  
Fitness Boxing at Huron Park

## Your Membership Includes:

- Arena's – Public skating
- Pool's – Public swims, Lane swims
- Weight and Cardio Equipment and Select Fitness classes

### Personal Training (60 min session)

	Private	Semi Private
1-4 Sessions	\$40.90 each	29.92/person
5 sessions or more	\$36.49 each	\$25.80/person

### Squash Lessons (40 min session)

	Private	Semi Private
Single Session	\$29.92	\$23.74
3 sessions or more	\$25.80	\$19.32

\*semi private lessons are prices per person  
(up to 2 people/session)

### Hours of Operation

Mon-Thur	6:00 am – 10:10 pm
Friday	6:00 am – 9:10 pm
Sat-Sun	8:00 am – 4:40 pm

