

VIRTUAL FITNESS SCHEDULE

2023

Last updated: June 30, 2023



All classes are subject to change and may be altered based on feedback and availability

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Workout 9:30 am	Pilates 9:30 am	Strength & Stretch 9:30 am	Zumba® 9:30 am	Yoga 9:30 am	Total Body Workout 9:30 am	Yoga Blend 9:30 am
	Meditation & Movement 10:30 am		Seated Strength & Stretch 10:30 am			
Cardio & Tone EXPRESS 12:15 pm	Yoga EXPRESS 12:15 pm	Total Body Workout EXPRESS 12:15 pm	Zumba® EXPRESS 12:15 pm	Cardio & Tone EXPRESS 12:15 pm		
Seated Strength & Stretch 1:15 pm					All classes are 45-min. Those noted as “EXPRESS” are complete 30-min. classes for a quick workout, but they do include an optional 15-min segment focused on flexibility, core and/or technique	
Strength & Stretch 5:15 pm		Zumba® 5:15 pm				
	Total Body Workout 6:15 pm NEW TIME	Wednesday Wellness Talks 7:00-8:00 pm <i>(special monthly features)</i>	Yoga 6:15 pm NEW TIME			

For access to virtual fitness classes:

- To purchase a Virtual Fitness membership visit www.mississauga.ca/memberships
- If you are a current All-In member, you can opt in to the virtual classes by adding the [All-In with Virtual membership](#) at no additional fee
- Virtual Fitness and All-In with Virtual members will receive a daily email by 8:00 am with the links for all classes that day
- Choose the links for any and all classes you would like to attend; you have the flexibility to join for the full class or a portion of the class
- Members will be held in the waiting room until 3-5 min prior to class

VIRTUAL FITNESS CLASS DESCRIPTIONS

YOGA. Yoga focuses on improving movement, balance and strength and can help manage stress. This class will include a variety of yoga styles. You are encouraged to work at your own pace and range of ability using the options provided.

YOGA BLEND. A combination of a variety of yoga styles along with Pilates, core and functional training to support flexibility and strength.

ZUMBA®. An easy-to-follow fitness dance workout combining cardio, strength, balance and flexibility.

MEDITATION AND MOVEMENT. Combines breathing and movement to improve range with muscles and joints to increase everyday comfort and movement.

STRENGTH & STRETCH. A combination of muscle and movement to build strength and flexibility to improve mobility for everyday living.

TOTAL BODY WORKOUT. Balances cardio, strength and flexibility using body weight, resistance tools with options to make it fit for your needs.

CARDIO & TONE. Easy-to-follow moves that strengthen your heart, lungs and muscles.

PILATES. Emphasis is focused on the breath, body alignment, control and form to aid in improved posture and mobility.

WEDNESDAY WELLNESS TALKS. Monthly features with tips and information for health active living. **Register for these sessions on the Virtual Membership page.**