

VIRTUAL FITNESS FALL SCHEDULE

2025

Last updated: September 12, 2025



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Strength & Stretch 8:30 am			
Total Body Workout 9:30 am	Pilates 9:30 am	Bollywood 9:30 am		Yoga 9:30 am	Total Body Workout 9:30 am	Yoga/Pilates Blend 9:30 am
			SEATED Strength & Stretch 10:30 am			
Low Impact & Pilates 12:15 pm	Yoga & Tone 12:15 pm	Total Body Workout 12:15 pm	Zumba 12:15 pm	Low Impact & Tone 12:15 pm	All classes are 45-min. Please note we have format and time changes for classes with the Summer Schedule.	
SEATED Stretch & Strength 1:30 pm						
Strength & Stretch 5:15 pm	Total Body Toning 6:15 pm	Low Impact & Tone 7:15 pm	Yoga 6:15 pm			

For access to virtual fitness classes:

- To purchase a Virtual Fitness membership visit www.mississauga.ca/memberships
- If you are a current Fit, Fit+, All-In, or 65+ Fit member, you can opt in to the virtual classes by adding **Virtual Fitness with 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

VIRTUAL FITNESS CLASS DESCRIPTIONS

YOGA/PILATES 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.

YOGA. 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.

LOW IMPACT & 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.

BOLLYWOOD. This class includes easy-to-follow moves inspired by Hindi dance and Bollywood style hip-hop combined with toning and conditioning for a full body workout.