

VIRTUAL FITNESS SUMMER SCHEDULE

Starting July 1, 2026



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			
Bollywood 9:30 am	Pilates 9:30 am	Total Body Workout 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	30-min Foam Roller 10:20 am	30-min Functional Stretch 10:20 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	<p>Classes are 45-min. unless noted</p> <p><i>Working at your own pace, participate and enjoy any or all classes in the comfort of your own space.</i></p> <p><i>If you enter classes after the designated start time, for safety and comfort, please warm-up gradually.</i></p>	
SEATED Stretch & Strength 1:30 pm	Mobility & Stability 1:30 pm					
Strength & Stretch 5:15 pm	Total Body Toning 6:15 pm	Zumba 7:30 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
- Members (Virtual Fitness and Virtual Fitness with Membership) will receive an email by 10:00 pm with the links for all classes for the next 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

30-MIN Foam Roller. This class provides a form of self-massage and is beneficial for loosening up sore muscles, aiding in muscle recovery and improving flexibility.

30-MIN FUNCTIONAL STRETCH. This class focuses on improving mobility and flexibility through a variety of stretching techniques you can take on its own or add to your current workout.

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.

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

LOW IMPACT & Pilates. Easy-to-follow moves that strengthen your heart, lungs and muscles. Followed by a Pilates segment.

Mobility & Stability. Improve your posture and balance through gentle cardio and resistance routines with an emphasis on mobility and core stability. Stand tall and walk with confidence!

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

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

TOTAL BODY TONING. This full body strength workout using various types of equipment and body weight exercises. No cardio component.

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

YOGA. Combines breathing and movement to improve range with muscles and joints to increase everyday comfort and movement.

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.