

VIRTUAL FITNESS FALL SCHEDULE

Starting Sept 1, 2026

Last updated: Aug 31, 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	Classes are 45-min. unless noted <i>Working at your own pace, participate and enjoy any or all classes in the comfort of your own space.</i> <i>If you enter classes after the designated start time, for safety and comfort, please warm-up gradually.</i>	
SEATED Stretch & Strength 1:30 pm	Mobility & Stability 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
- Virtual Fitness is included FREE for current Fit, Fit+, All-In, or 65+ Fit member; opt in each month online or with Customer Service at your community centre
- 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. A form of self-massage, beneficial for muscle recovery and improving flexibility.

30-MIN FUNCTIONAL STRETCH. A variety of techniques to improve mobility and flexibility and support recovery.

BOLLYWOOD. A full body workout with easy-to-follow moves inspired by Hindi dance and Bollywood style hip-hop combined with toning and conditioning.

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

LOW IMPACT & PILATES. Easy-to-follow moves that strengthen your heart, lungs followed by a Pilates segment.

MOBILITY & STABILITY. Improve your posture and balance through gentle cardio and resistance, mobility and core. 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.

TOTAL BODY TONING. A full body strength workout with body weight and a variety of equipment. No cardio component.

TOTAL BODY WORKOUT. A full body combination of cardio, strength and flexibility using body weight, resistance tools.

YOGA. Breathing and movement to improve range with muscles and joints to increase everyday comfort and mobility.

YOGA & TONE. Yoga practice combined with focus on building muscle strength, range, and endurance.

YOGA/PILATES BLEND. Combining the benefits and practices of yoga & Pilates.

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