

**BURNHAMTHORPE  
COMMUNITY CENTRE**  
Fitness Schedule - SPRING 2010



| Monday                                       | Tuesday  | Wednesday                           | Thursday                               | Friday  | Saturday  | Sunday                          |
|--|--|-------------------------------------|--|---|---|---------------------------------|
| <b>Bikini Bootcamp</b><br>6:30pm (Reg)       | <b>Low Impact</b><br>(Reg/DI) 9:15am           |                                     | <b>Low Impact</b><br>(Reg/DI) 9:15am   |   | <b>Butt Legs &amp; Core</b> (Reg/DI)<br>8:30 am | <b>Pilates</b><br>(Reg) 8:45 am |
| <b>Basic Fitness Sampler</b><br>7:30pm (Reg) | <b>Osteo</b><br>(Reg)(DI)<br>10:15 am          |                                     | <b>Osteo</b><br>(Reg)(DI)<br>10:15 am  |   | <b>Yoga</b><br>9:30am (Reg)                     |                                 |
| <b>Yoga</b><br>(Reg) 7:30 pm                 | <b>Butt Legs &amp; Core</b><br>(Reg/DI) 6:30pm | <b>Nia</b><br>(Reg) (DI)<br>6:30pm  | <b>Dance Fit</b><br>(Reg/DI) 6:30pm    | <b>Latin Rhythm Fitness</b><br>6:30pm (DI/Reg)  | <b>BellyCore</b><br>(DI/Reg)<br>11:00am         |                                 |
| <b>Zumba</b> (DI/Reg)<br>8:30 pm             | <b>Yoga Mixed</b><br>(Reg) 7:30 pm             | <b>Yoga 60 min</b> (Reg)<br>8:30 pm | <b>Zumba</b> (DI/Reg)<br>7:30 pm       | <b>Calypso Reggae Cardio</b><br>7:30pm (DI/Reg) | <b>Bikini Bootcamp</b><br>12:00pm<br>(DI/REG)   |                                 |
|  | <b>ABsession</b><br>7:45pm (DI/Reg)            |                                     | <b>Yoga 60 min</b><br>(Reg)<br>7:30 pm |   |   |                                 |

These fitness classes are not included in Fitness Membership offerings at Fitness Centre Locations and can be taken as either a Registered or Drop-In program, only. (Reg) Registered Program only. (Reg/ DI) Drop-In may be available. (FM) Included in Fitness Membership

**Fitness Class Reservations**



**Burnhamthorpe Community Centre**  
1500 Gulleden Drive, Mississauga L4X 2T7  
Phone: 905-615-4630

[www.mississauga.ca/fitness](http://www.mississauga.ca/fitness)

You can Drop-In to select Registered Programs with Pay-As-You-Go rates if there is space available from 10 minutes prior to the class time, or call ahead to confirm.

If the Registered Program fitness class you want is full, we will keep your name on a waiting list and attempt to contact you when cancellations occur, so that you can register at a reduced rate, after the program starts.

**Class Descriptions**

**ABsession:** This half hour class focusing on strengthening & toning your core

**Buttocks, Legs, & Core:** Muscle conditioning focusing on your buttocks, legs, & core.

**Zumba:** High energy and motivating music, dance sculpting combo class.

**Dance Fit Class:** Latin Dance, exercise and stretch combined.

**Basic Fitness:** Variety of fitness class styles each week.

**Low Impact:** Low impact exercise, suitable for all levels.

**Osteo Fitness:** Short low impact segment, weight resistance work and gentle stretching.

**Pilates:** Strength for core and full body workout. Breath, body alignment, control, and form.

**Nia:** blend of dance, martial arts, fitness and healing arts.

**Yoga:** Muscle stretching, breathing, relaxation techniques to reduce muscle tension and stress, improve muscle tone and increase flexibility.

**Community Centre  
Hours of Operation**

|           |                   |
|-----------|-------------------|
| Mon – Fri | 8:30 am –9:00 pm  |
| Sat - Sun | 8:30 am – 2:00 pm |

### Active Living Fitness Classes – Registered Program Rates

|   | Registered Program   | 5 Visits                                  | Single Visit (pay-as-you-go) |
|---|--|---|------------------------------|
| Adult   | Registered Program rates for fitness classes vary. Please check the Active Guide, website or ask the Community Centre Customer Service Staff to provide you with prices. | \$7.26 e/ (\$36.30)                       | \$8.34                       |
| Older Adult ( 60 yrs +), Persons with Disability/ Youth (14 to 17 yrs), |  | \$5.45 e/ (\$27.25)<br>\$5.10 e/(\$25.50) | \$6.23<br>\$5.84             |
| Student w/ ID   |  | \$5.85 e/ (\$29.75)                       | \$6.67                       |

### What can I use my Fitness Membership for here...

at Burnhamthorpe Community Centre?

- **Burnhamthorpe Arena:** Is closed during the Spring and Summer.
- **Glen Forest Pool:** Public Swims, Lane Swims, Swim to Survive

### City of Mississauga Fitness Memberships Rates (Prices exclude applicable taxes)

|   | 12 Months (Best Buy)                   | 3 Months (monthly pay n/a) | 1 Month | 5 Visits Card                               | Single Visit (pay-as-you go) |
|---|--|----------------------------|---------|---|------------------------------|
| <b>Adult*</b>   | <b>\$35.74 /mth</b><br><b>\$428.92</b> | \$139.25                   | \$52.33 | \$7.26 e/ (\$36.30)                         | \$8.34                       |
| <b>Older Adult ( 60 yrs +) and Person with Disability*</b>  | <b>\$26.81 /mth</b><br><b>\$321.69</b> | \$104.44                   | \$39.25 | \$5.45 e/ (\$27.25)                         | \$6.23                       |
| <b>Youth (14 – 17 yrs)*</b>   | <b>\$25.02 /mth</b><br><b>\$300.24</b> | \$97.48                    | \$36.63 | \$5.10 e/ (\$25.50)                         | \$5.84                       |
| <b>Student with ID*</b>   | <b>\$28.60 /mth</b><br><b>\$343.14</b> | \$111.40                   | \$41.86 | \$5.84 e/ (\$29.20)                         | \$6.67                       |
| Walking Track Membership** only (without Fitness Membership) Adult  | \$11.39 /month                         | \$65.43                    | \$32.86 | 10 Visits<br>\$2.16 e/ (\$21.60)            | \$3.38                       |
| Older Adult/ Youth  | \$6.27 /month                          | \$35.98                    | \$18.07 | \$1.17 e/ (\$11.70)                         | \$1.87                       |
| <b>Add-on options exclusive to Fitness Members</b>  |  |                            |         |   |                              |
| <b>Cycle or Fitness Boxing **</b>   | \$10.00 /month                         | \$42.96                    | \$19.13 | \$4.66 e/ (\$23.30)                         | \$5.69                       |
| Non Fitness Member  | \$120.07                               | --                         | --      | \$8.29 e/ (\$41.45)                         | \$9.61                       |
| <b>Therapy Pool**</b>   | \$11.38 /month                         | \$46.48                    | \$20.76 | --  | --                           |
| Non Fitness Member  | --                                     | --                         | --      | <b>\$36.00 (\$7.20 e/)</b>                  | <b>\$8.25</b>                |
| Child Care  | \$10.00 /month<br>\$120.07             | \$42.96                    | \$19.13 | \$24.72 (8 hr card)<br>\$37.75 (15 hr card) | \$3.91                       |
| *denotes appropriate documentation required   |  |                            |         |   |                              |
| **denotes specific Community Centre location: Walking Track- Cawthra; Indoor Cycling- Mississauga Valley; Fitness Boxing and Therapy Pool- Huron Park; Child Care is available at Community Centres with Fitness Centres only, except Malton. |  |                            |         |   |                              |

### A Fitness Membership includes...

Access to the following City of Mississauga amenities and services:

- **Cardio & Weight Rooms**
- **Courts-** Squash/ Racquetball
- **Select Fitness Classes**
- **Arenas:** Fun Skate (for all ages); Family Skate (children under 16 must be accompanied by a skating adult); Adult/Senior Skate (18 years +)
- **Pools:** Public Swims, Lane Swims, Huron Park Therapy Pool, Hot Tubs, Saunas

### A Therapy Pool Membership includes

- All of the above, except Courts and Fitness Classes
- Therapy Classes at a reduced rate
- Open Therapy Pool Time

**Amenities vary by location.**

**12-Month Membership is the Best Buy** not only because you pay the *lowest rate*, have a *monthly payment option* and *commit to yourself to stay active*, but also because if you are not satisfied or need to cancel, you may do so at any time and receive a pro-rated refund minus the \$10 administration fee. No contracts. No hassles. Family discounts also available!