

**BURNHAMTHORPE
COMMUNITY CENTRE**
Fitness Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bikini Boot Camp 6:30pm (Reg/DI)	Low Impact (Reg/ DI) 9:15am		Low Impact (Reg/ DI) 9:15am		Butt Legs & Core (Reg/DI) 8:30 am	Pilates (Reg) 8:45 am
Pilates with Ball (Reg) 6:30pm	Osteo (Reg)(DI) 10:15 am		Osteo/ Senior (Reg)(DI) 10:15 am			
Zumba (Reg/DI) 8:30pm	Butt Legs & Core (Reg/DI) 6:30pm	Nia (Reg) (DI) 6:30pm	Basic Fitness (Reg/DI) 6:30pm			
Yoga (Reg) 7:30 pm	ABSession 7:30pm (Reg/DI)		Dance Fit (DI/Reg) 6:30 pm Cardio Groove (Reg) 7:30pm	Calypso Reggae Cardio (Reg/DI) 7:30pm		
	Yoga Mixed (Reg) 7:30 pm		Zumba (DI/Reg) 8:30 pm Yoga (Reg) 8:30 pm	Latin Rhythm Fitness (Reg/DI) 8:30pm		

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

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	6:00 am – 10:00 pm
Sat - Sun	7:00 am – 7:00 pm



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

www.mississauga.ca/fitness

Fitness Class Reservations

Call ahead to guarantee your reservation time (max. 1 p/ day for up to 2 people) and arrive at the Customer Service Desk by class start time so that your reservation does not expire.

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.

Active Living Fitness Classes – Registered Program & Drop-In 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.	\$7.40 e/ (\$37.00)	\$8.25
Older Adult (60 yrs +), Persons with Disability/ Youth (14 to 17 yrs),		\$5.55 e/ (\$27.50) \$5.20 e/(\$26.00)	\$5.95
Student w/ ID		\$5.95 e/ (\$29.75)	\$6.80

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

at Burnhamthorpe Community Centre?

- **Burnhamthorpe Arena:** Fun Skate (for all ages); Family Skate (children under 16 must be accompanied by a skating adult); Adult/Senior Skate (18 years +)
- **Glen Forest Pool:** Public Swims, Lane Swims, Hot Tubs, Saunas

City of Mississauga Fitness Memberships Rates

	12 Months (Best Buy)	3 Months (monthly pay n/a)	1 Month	5 Visits Card	Single Visit (pay-as-you go)
Adult	\$36.44 /month	\$141.95	\$53.35	\$7.40 e/ (\$37.00)	\$8.50
Older Adult (60 yrs +) and Person with Disability	\$27.33 /month	\$106.45	\$40.00	\$5.55 e/ (\$27.75)	\$6.35
Youth (14 – 17 yrs)	\$22.65 /month	\$86.70	\$37.35	\$5.20 e/ (\$26.00)	\$5.95
Student with ID	\$29.15 /month	\$113.55	\$42.70	\$7.20 e/ (\$36.00)	\$8.25
Walking Track Membership** only (without Fitness Membership) Adult	\$11.61 /month	\$66.70	\$33.50	10 Visits \$2.20 e/ (\$22.20)	\$3.45
Older Adult/ Youth	\$6.39 /month	\$36.65	\$18.40	\$1.90 e/ (\$19.00)	\$1.85
Add-on options exclusive to Fitness Members					
Cycle or Fitness Boxing ** Non Fitness Member	\$10.20 /month --	\$43.80 --	\$19.50 --	\$4.75 e/ (\$23.75) \$8.45 e/ (\$42.25)	\$5.80 \$9.80
Therapy Pool** Non Fitness Member	\$11.95 /month --	\$48.80 --	\$21.80 --	-- \$36.00 (\$7.20 e/)	-- \$8.25
Child Care	\$9.71 /month	\$41.71	\$18.57	\$24.00 (8 hr card) \$36.65 (15 hr card)	\$3.80

*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!