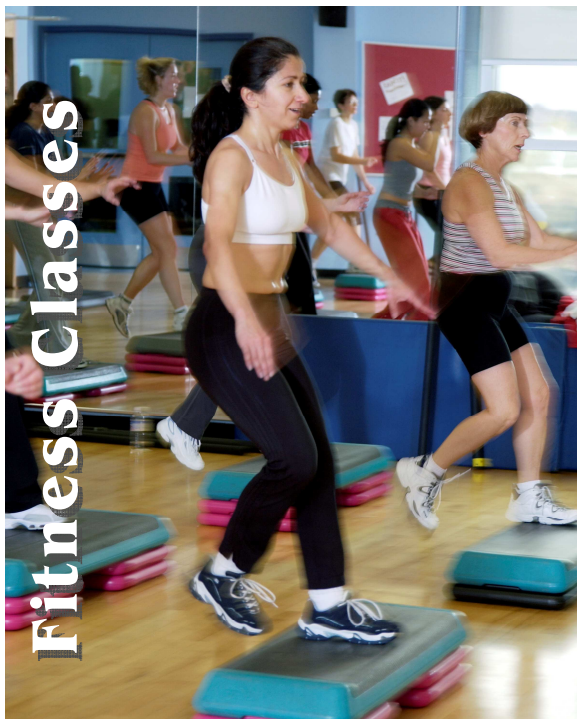


Mississauga Valley Community Centre and Library

The Centre of your Community



Terry Fox Fitness Centre
1275 Mississauga Valley Blvd.

905-615-4670



Class descriptions:

20-20-20: 20 minutes of low impact aerobics, 20 minutes of step and 20 minutes of muscle conditioning.

Abs & Back: Mat work and use of a stability ball will help to strengthen your back and abdomen.

BLT: A muscle conditioning class using a variety of exercise techniques with or without equipment.

Cardio Plus: An extended cardio section followed by abdominal work and stretching.

Cardio Pump: Intervals of cardio and resistance training ending with a stretch and relaxations component.

Cardio, Pump and Crunch: A shorter cardio component followed by a toning segment with resistance equipment and mat work.

Cycle: Set your own pace and turn the stationary bike into a terrific cardio workout.

Flex & Sculpt: Short intervals of power moves and resistance training.

Fusion/Mind, Body, & Core: A blend of yoga, Pilates, and fitness conditioning that challenges strength, balance and flexibility.

Gentle Low: A slower paced fitness class. Emphasis is placed on a longer warm-up, controlled toning exercises and an extended cool down/relaxation.

Low, Tone & Stretch - Low impact cardio moves, a toning segment with resistance equipment ending with a stretch and relaxation component.

Mainly Abs- A 20 minute class to strengthen your back and abdomen.

Step: Step moves followed by a toning segment and ending with a stretch and relaxation.

Step and Tone: Intervals of Step routines and resistance training ending with a stretch and relaxations component.

TMC: The resist-a-ball class strengthens your back, improve postural alignment, abdominal strength, coordination, balance and flexibility.

Yoga Fit: Basic yoga moves utilizing a variety of stretching combined with breathing and relaxation techniques.

With our wide range of classes from Yoga Fit to Cardio Pump and Gentle Low Impact there's something to suit every interest and goal. Our friendly and expert instructors are guaranteed to provide you with a great workout that's both challenging and safe.

Regular physical activity helps maintain a healthy weight, increases your energy level and reduces anxiety and depression.