

HERSHEY SPORTZONE FITNESS CENTRE

Hours of Operation (Fitness Centre):

Monday to Friday 6:30 am to 10:00 pm
Saturday & Sunday 8:00 am to 5:00 pm

Weight Room Supervision:

Thursday 9:00 am to 11:00 am
Monday to Friday 5:00 pm to 8:30 pm
Saturday & Sunday 8:30 am to 10:30 am

Fitness membership includes:

- Conditioning Area (*Weights & Cardio Equipment*)
- Fitness Classes (*See Class Schedule*)
- Fitness Change Room (*Lockers for day use only*)
- Access to all 7City of Mississauga Fitness Centers amenities and services.

Membership includes access to all Fitness Locations:

Huron Park Fitness Centre
830 Paisley Blvd. West
(Mavis Rd & Dundas Av.)
905-615-4820

Malton Fitness Centre
3540 Morning Star Dr
(Goreway and Morning Star)
905-615-4640

Meadowvale Fitness Centre
6655 Glen Erin Dr
(between Battleford &
Aquitaine Rd)
905-615-4710

River Grove Fitness Centre
5800 River Grove Ave
(between Britannia and Bristol Rd)
905-615-4780

South Common Fitness Centre
2233 Millway Dr
(Collegeway between Erin Mills &
Winston Churchill)
905-615-4770

**Terry Fox Fitness Centre
Mississauga Valley CC**
1275 Mississauga Valley Blvd.
(near Hwy. 10 & Burnhamthorpe Rd)
905-615-4670

www.mississauga.ca/fitnessmembership

HERSHEY SPORTZONE FITNESS CENTRE



Hershey Sportzone Fitness Centre

(905) 615-3200 x3988
5600 Rose Cherry Place
Mississauga, ON L4Z 4B6
www.hersheycentre.com

Fitness Centre Starter Appointment—FREE:

- Let us help you get started with a basic fitness program.
- During this session, a qualified trainer will provide you a beginner exercise program, showing you how to use some of the equipment.
- *To book an Fitness Starter appointment (60 minutes), please inquire at the Customer Service Desk.*

Personal Training:

- We offer Private (1 person) and Semi-private (2 people) training sessions.
- Our trainers provide safe, motivating and progressive programs to help you meet your personal fitness goals.
- *To get started speak with a trainer or visit the Customer Service Desk for details. All training sessions are 1 hour each. Prices exclude taxes.*

	Private (Individual)	Semi-Private (2 people)
1-4 sessions	\$41.92/session	\$30.67/session/person (\$61.34)
5 or more sessions	\$37.41/session	\$26.45/session/person (\$52.90)

Fitness Centre (Etiquette & Rules):

- All customers entering the fitness centre must check in at the customer service desk every visit.
- Participants must be 10 years of age or older. All youth 10-13 years of age **must** be directly supervised by a parent or guardian at all times.
- Be respectful of other members and staff. Keep the centre clean, share equipment while resting between sets, and follow the cardio reservation policy when using cardio equipment.
- Proper exercise attire and athletic footwear must be worn in the fitness centre at all times.
- Personal belongings such as gym bags and jackets are not permitted in activity areas. Secure all belongings in a locked locker. Lockers are for day use only.
- No profanity, horseplay or excessive noise.
- Anyone unfamiliar with the facility or proper use of equipment ask our Fitness Staff or the Customer Service Staff for assistance.
- Use all equipment as designed and use spotters if required.
- Do not bang or drop equipment and return all equipment after use.
- Be courteous to others and wipe down your equipment after use. For your personal assurance we encourage you to wipe the equipment before use.
- Food is not permitted in activity areas. All beverages must be in plastic bottles.

For complete details on fitness centre rules and guidelines please see the Customer Service Staff.

Cardio Equipment Reservations:

- All cardiovascular equipment is first come, first served. Restrict your use to 30 minutes during busy times.

Change Room Rules:

- Use of any device capable of rendering a photographic image is prohibited.
- The City of Mississauga is not responsible for lost or stolen items. Place all personal belongings in a locked locker and leave valuables at home. Lockers are for day use only. Locks left overnight will be removed.
- For reasons of public hygiene do not sit directly unclothed on change room benches and stools.
- Keep the washrooms and vanity area clean. Dispose of paper towels and garbage in the bins provided.
- No shaving in the shower.
- Reserve personal grooming such as nail clipping and dying hair for your home.
- Towel dry before exiting the shower area.

Meeting Room & Fitness Studio Rules:

- Anyone participating in a fitness class must check in at the customer service desk every visit. Reservation policies may apply.
- Use of the meeting rooms is restricted to participants only, during class times.
- Return all equipment and weights to proper place after use.
- Appropriate or approved activity in the meeting room only. Use all equipment as intended. No profanity, horseplay or excessive noise.
- Personal belongings such as gym bags and jackets are not permitted in activity areas. Secure all belongings in a locked locker. Lockers are for day use only.
- Be courteous to others and wipe down your mat after use. For your personal assurance we encourage you to wipe the mats before use.
- Be respectful of other members and staff. Share the space and equipment.
- Food is not permitted in activity areas. All beverages must be in plastic bottles.

Fitness Class Reservations:

- You may reserve a spot in a class up to 7 days in advance at the Customer Service Desk.
- Your reservation **EXPIRES** if you are not present and checked in 5 minutes prior to the start of the class and may be reassigned to someone on the waiting list.
- When the reserved space for class is full, we will keep a waiting list. At 5 minutes prior to class time we will begin to fill cancelled class spaces with people on the waiting list who are present and waiting in consecutive order.
- Anyone attending a fitness class must sign-in and collect a fitness pass. Please give your pass to the instructor.