

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
On the Ball 9:30-10:30 am (MR)			Fit Wall Workout 9:30-10:00 am (FC)		Kettle Bell Class 8:15-9:15 am (MR)	
Fit Wall Workout 1:00-1:30 pm (FC)	Muscle Conditioning 12:00-12:45 pm (MR)	Fit Wall Workout 1:00-1:30 pm (FC)	Boot Camp 12:00-12:45 pm (MR)		Boot Camp 9:15-10:15 am (MR)	Athletic Training Drills 9:15-10:15 am (FS)
		On the Ball 5:30-6:15 pm (MR)		Muscle Conditioning 5:30-6:15 pm (MR)		Recovery & Relaxation 10:15-11:00 am (FS)
Boot Camp 6:00-7:00 pm (MR)	Athletic Training Drills 6:00-7:00 pm (MR)	Fit Wall Workout 7:00-7:30 pm (FC)	TRX Circuit Class 6:30-7:30 pm (MR)	Yoga for Athletes 6:15-7:15 pm (MR)		
Recovery & Relaxation 7:00-7:45 pm (MR)	Fit Wall Workout 7:00-7:30 pm (FC) & 7:30-8:00 pm (FC)	Kettle Bell Class 7:30-8:30 pm (MR)	Zumba 7:30-8:30 pm (MR)			
	Yoga for Athletes 7:00-8:00 pm (MR)	Recovery & Relaxation 8:30-9:15 pm (MR)				

- Schedules & Instructors are subject to change.
- All classes take place in the Meeting Room (MR), Fitness / Dance studio (FS) or Fitness Centre (FC).

Fitness Class Reservations:

- You may reserve a spot in class, in person up to 7 days in advance at the Customer Service Desk.
- Please contact the Customer Service Staff should you discover that you cannot attend a class so we can remove your name from the reserved list.
- Your reservation EXPIRES if you are not present and checked in 5 minutes prior to the start of the class. Your spot may be re-assigned to someone on the waiting list.

Class Descriptions:

Athletic Training Drills: This high intensity class will work on various drills used in sports including speed, agility, balance, quickness and reaction time.

Boot Camp: A high energy workout with intervals of strength training and cardio. This class is designed for the intermediate to advanced fitness participant.

Fit Wall Workout: A full body workout using vertical training offering a cardiovascular, functional and metabolic strength training workout. 30 minutes is all you need. See www.FitWall.com

Kettlebell Class: Kettlebell training is a great way to get a full body workout that allows you to burn calories, increase your flexibility and develop overall strength.

Muscle Conditioning: A fitness class designed to increase muscle strength and endurance using a variety of resistance equipment. No cardio component.

On the Ball: Increase muscle tone, strength and flexibility as you roll with us using a stability ball. Class may include the use of other balls (i.e. Bosu).

Recovery & Relaxation: The class will promote recovery from daily activities and help release muscle tension. An active warm-up is followed by the use of foam rollers and stretching.

TRX Circuit Class: This class consists of cardio work with intervals using the TRX suspension system for an overall workout and core strength. The TRX can be adapted for all fitness levels.

Yoga for Athletes: Whether you are looking to improve flexibility or complement your regular training sessions, this class will practice postures and stretches that target muscles used in various sporting activities.

Zumba: Combines high energy and motivating music with unique moves and combinations in a dance sculpting combo class.



A Fitness Membership includes...

Access to all 7 City of Mississauga Fitness Centre amenities and services:

- **Cardio & Weight Room Equipment**
- **Fitness Starter Program:** A complimentary 45 min session with a trainer that will provide you with a basic exercise program to help get you started.
- **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

Amenities vary by location.

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)
Adult (18 yrs +)	\$36.64 /mth \$439.65	\$142.73	\$53.64	\$7.44 e/ (\$37.20)	\$8.54
Older Adult (60 yrs +) and Person with Disability* (25% off reg. adult price)	\$27.48 /mth \$329.74	\$107.05	\$40.23	\$5.58 e/ (\$27.90)	\$6.40
Youth (14 – 17 yrs)* (30% off reg. adult price)	\$25.65 /mth \$307.76	\$99.91	\$37.55	\$5.23 e/ (\$26.15)	\$6.00
Student with ID* (20% off reg. adult price)	\$29.31 /mth \$351.72	\$114.18	\$42.91	\$6.00 e/ (\$30.00)	\$6.85

*denotes appropriate documentation required

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 and corporate discounts also available!

Give Us Your Goals, We'll Get You Results!

A Personal Trainer can empower you with the motivation and skills you need to boost your fitness routine results. Affordably priced and a Fitness Membership is not required. For more details see the Customer Service Desk or contact the centre.

Personal Training: (60 min session)

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

Hours of Operation

Mon – Fri 6:30 am - 10:00 pm
 Sat & Sun 8:00 am - 5:00 pm

Hershey Sport Zone Fitness Centre

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 Phone: 905-615-3200 x3988
 www.hersheycentre.com

