

**PARAMOUNT FINE FOODS CENTRE – FITNESS CENTRE** (905) 615-3200 ext 2895

Hours of Operation: Mon - Fri 4:45pm to 7:15 pm Sat 8:45am to 11:15am

Effective: Fall 2020 (Tuesday September 8 – Saturday December 19)



**Fitness class schedule** - *classes for Fit, Fit+ or All-in memberships*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Toning 9:30 am (FS-1) Kristie			Total Body Toning 9:30 am (FS-1) Lou		Kettlebell 8:45 am (FS-1) Caroline	
Boot Camp 12:15-1:00 pm (FS-1) Kristie	Total Body Toning 12:15-1:00 pm (FS-1) Diane	Boot Camp 12:15-1:00 pm (FS-1) Wendy	Total Body Toning 12:15-1:00 pm (FS-1) Diane		Classes are 45 minutes unless otherwise noted. All classes include set up & take down time.  <b>Class locations/notations:</b> (FS-1) – Fitness studio #1 (FS-2) – Fitness studio #2	
Boot Camp 6:00 pm (FS-2) Caroline	Yoga 7:00 pm (FS-2) Wendy	Total Body Toning 6:30 pm (FS-2) Kristie / Karina	Boot Camp 6:00 pm (FS-2) Sophie / Habib	Yogalates 6:00 pm (FS-2) Wendy <b>Starts Oct 2</b>		

**FITNESS CLASS DESCRIPTIONS**

**BOOT CAMP:** A high energy workout with circuits of strength training and cardio.

**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.

**TOTAL BODY TONING:** Increase muscle strength and endurance using a variety of resistance equipment (weights, kettlebells, tubing, etc). No cardio component.

**YOGA:** Basic yoga moves utilizing a variety of stretching combined with breathing and relaxation to reduce muscle tension and stress.

**YOGALATES:** Blend of movements from the disciplines of Yoga and Pilates with a focus on improving strength, balance and flexibility

**For all group exercise classes:**

- All classes require reservation in advance (up to 7 days) online at [activemississauga.ca](http://activemississauga.ca) or at the Community Centre.
- When you arrive for classes, please check in at the Customer Service Desk to verify your membership or pay the drop-in fee.
- Participants can check in at the front desk **15 minutes** prior to class start time.
- Come prepared to work out as there will be no access to change rooms and change room amenities. Bins will be provided for any belongings, but please leave any valuables at home.
- Please bring your own mat as one will not be provided.
- **Wrist band policy is in effect for all classes and weight room access**