



FITNESS AND HEALTH

FITNESS GENERAL INFORMATION

BEFORE YOU START A FITNESS CLASS

Consult with your personal physician before increasing your level of activity.

ADVENTURE RACE TRAINING

Are you ready to train...We mean really train? This program is designed to prepare you for race day. We will help you get race day ready for your favourite obstacle course event or adventure races. Training takes place outdoors, rain or shine - just like race day!

Required Equipment: This program occurs outdoors regardless of the weather, please dress appropriately.

Age: 14+

Class Length: 55 Minutes

SUMMER

Chinguacousy Ski Chalet

Mon 6:30 pm Jul 8 7 \$83.30 938348

AQUA THERAPY

Designed to provide a smaller class setting with greater one-on-one attention and provide therapeutic exercise and movements for specific needs. Participants who have sore muscles/joints, are recovering from an accident, post-operation or have been referred by a doctor/health care professional will benefit.

Age: 14+

Class Length: 1 Hour

SPRING

Chinguacousy Wellness Centre

Mon 2:00 pm Mar 25 11 \$95.37 930978

Sat 2:00 pm Mar 30 11 \$95.37 930979

SUMMER

Chinguacousy Wellness Centre

Sat 9:00 am Jul 6 7 \$60.69 934007

Mon 2:00 pm Jul 8 7 \$60.69 933997

AQUA THERAPY ARTHRITIS

This gentle class in warm water is directed to those with Arthritis, Fibromyalgia, Osteoporosis, and other similar conditions. This class will focus on increasing flexibility, muscle strength, and the range of motion of joints.

Age: 14+

Class Length: 1 Hour

SPRING

Chinguacousy Wellness Centre

Fri 2:00 pm Mar 29 12 \$104.04 931008

SUMMER

Chinguacousy Wellness Centre

Fri 2:00 pm Jul 5 9 \$78.03 934017

AQUA THERAPY HIPS AND KNEES

This class in warm water will focus on therapeutic exercises and movements that will increase the range of motion and condition muscles associated with the hips and knees. This program is recommended for participants preparing for surgery or for those looking to strengthen their hips and/or knees after surgery or an injury.

Age: 14+

Class Length: 1 Hour

SPRING

Chinguacousy Wellness Centre

Tue 9:00 am Mar 26 13 \$112.71 930986

Tue 6:00 pm Mar 26 13 \$112.71 950103

Wed 2:00 pm Mar 27 13 \$112.71 930990

Thu 9:00 am Mar 28 13 \$112.71 930992

Thu 6:00 pm Mar 28 13 \$112.71 950104

SUMMER

Chinguacousy Wellness Centre

Tue 9:00 am Jul 2 9 \$78.03 934022

Wed 2:00 pm Jul 3 9 \$78.03 934025

AQUA THERAPY SHOULDERS, BACK, AND CORE

This class in warm water will focus on therapeutic exercises and movements that will improve posture and alignment while challenging the core and effective shoulder stabilization. Recommended for those with chronic back pain and orthopaedic conditions intended to improve walking and activities of daily living. Those with Parkinson's, poor balance and posture, or challenges walking after a surgery or an injury will also benefit from this class.

LISTINGS LEGEND

Day	Time	Date	No.	Cost	Code
Tue	6:00pm	Dec 5	12	\$34	123456
Day, Time, and Date identify when the course begins					
No. indicates how many classes are part of the course					
Cost is the price					
Code is needed for registering					

REGISTERED PROGRAMS

Age: 14+

Class Length: 1 Hour

SPRING

Chinguacousy Wellness Centre

Tue 10:00 am Mar 26 13 \$112.71 930996
Thu 6:00 pm Mar 28 13 \$112.71 930997

SUMMER

Chinguacousy Wellness Centre

Thu 9:00 am Jul 4 9 \$78.03 934031
Thu 6:00 pm Jul 4 9 \$78.03 934033

BOOT CAMP

This program will challenge you through athletic conditioning intervals using body weight and a variety of equipment. Variations will be provided for individuals of all fitness levels. This course is FREE for annual Fitness/Neighbourhood members.

Age: 8 – 13

Class Length: 55 Minutes

SPRING

Cassie Campbell Community Centre

Sun 1:30 pm Mar 31 12 \$62.88 939571

Chinguacousy Wellness Centre

Tue 6:15 pm Mar 26 13 \$68.12 932252

Earncliffe Recreation Centre

Sun 3:15 pm Mar 31 12 \$62.88 934434

Gore Meadows Community Centre

Sun 9:00 am Mar 31 13 \$62.88 936832

Jim Archdekin Recreation Centre

Fri 5:30 pm Mar 29 12 \$62.88 943857

SUMMER

Cassie Campbell Community Centre

Thu 4:30 pm Jul 4 9 \$47.16 940549

Chinguacousy Wellness Centre

Tue 6:15 pm Jul 2 9 \$47.16 932350

Earncliffe Recreation Centre

Sun 3:15 pm Jul 7 8 \$41.92 934443

Gore Meadows Community Centre

Sun 9:00 am Jul 7 9 \$47.16 937308

BOOT CAMP

This course is FREE for annual Fitness/Neighbourhood members.

Age: 14+

Class Length: 55 Minutes

SPRING

Century Gardens Recreation Centre

Mon 6:00 pm Apr 1 11 \$88 954051

Earncliffe Recreation Centre

Mon 6:15 am Mar 25 11 \$88 934226

Wed 6:15 am Mar 27 13 \$104 934227

Thu 7:30 pm Mar 28 13 \$104 934229

Fri 6:15 am Mar 29 12 \$96 934228

Flower City Seniors Centre

Tue 5:15 pm Apr 30 7 \$56 947099

Jim Archdekin Recreation Centre

Fri 6:30 pm Mar 29 12 \$96 943844

South Fletcher's Sportsplex

Mon 12:15 pm Mar 25 12 \$48 935419

Mon 5:30 pm Mar 25 12 \$96 935455

Wed 12:15 pm Mar 27 14 \$56 935434

Fri 12:15 pm Mar 29 13 \$52 935448

Fri 5:30 pm Mar 29 13 \$104 935457

SUMMER

Century Gardens Recreation Centre

Mon 6:00 pm Jul 8 8 \$64 954058

Earncliffe Recreation Centre

Wed 6:15 am Jul 3 9 \$72 934216

Thu 7:30 pm Jul 4 9 \$72 934224

Fri 6:15 am Jul 5 9 \$72 934218

Mon 6:15 am Jul 8 7 \$56 934203

Flower City Seniors Centre

Tue 5:15 pm Jul 2 7 \$56 947100

Jim Archdekin Recreation Centre

Fri 6:30 pm Jul 5 9 \$72 946857

South Fletcher's Sportsplex

Wed 12:15 pm Jul 3 9 \$36 935523

Fri 12:15 pm Jul 5 9 \$36 935524

Fri 5:30 pm Jul 5 9 \$72 935529

Mon 12:15 pm Jul 8 7 \$28 935517

Mon 5:30 pm Jul 8 7 \$56 935530

BOOT CAMP OUTDOOR

This course is FREE for annual Fitness/Neighbourhood members.

Required Equipment: This program occurs outdoors regardless of the weather, please dress appropriately.

Age: 14+

Class Length: 55 Minutes

SPRING

Earncliffe Recreation Centre

Sun 2:00 pm Mar 31 12 \$96 934287

SUMMER

Chinguacousy Ski Chalet

Wed 6:30 pm Jul 3 9 \$72 938657

Earncliffe Recreation Centre

Sun 2:00 pm Jul 7 8 \$64 934330

CARDIO FITNESS

Increase your cardio-vascular fitness in this low impact aerobics class. Move your body and your feet to burn calories and breathe. Minimum 30 minutes of aerobics followed by light resistance and flexibility components.

Age: 55+

Class Length: 55 Minutes

SPRING

Chris Gibson Recreation Centre

Tue 10:30 am Mar 26 13 \$49.40 934370

Thu 10:30 am Mar 28 13 \$49.40 934371

CHAIR EXERCISE

This is a fun cardiovascular and muscle-conditioning workout using a chair for additional support. This low-key workout is ideal for beginners. This course is FREE for annual Fitness/Neighbourhood members.

Age: 55+

Class Length: 55 Minutes

SPRING

Knightsbridge Seniors Centre

Fri 2:15 pm Mar 29 7 \$26.60 944170

Fri 2:15 pm May 24 5 \$19 944174

SUMMER

Knightsbridge Seniors Centre

Fri 2:15 pm Jul 5 4 \$15.20 944743

Fri 2:15 pm Aug 9 4 \$15.20 944744

CIRCUIT TRAINING

Participants are guided through a variety of exercises using different cardiovascular and resistance exercises. This class takes place on the fitness floor using machines and free weights. This course is FREE for annual Fitness/Neighbourhood members.

Age: 14+

Class Length: 55 Minutes

SPRING

South Fletcher's Sportsplex

Wed 6:00 pm Mar 27 14 \$112 935475

Thu 6:00 pm Mar 28 14 \$112 935476

SUMMER

South Fletcher's Sportsplex

Wed 6:00 pm Jul 3 9 \$72 935543

Thu 6:00 pm Jul 4 9 \$72 935544

CIRCUIT TRAINING FEMALE ONLY

For female participants only. Participants are guided through a variety of exercises using different cardiovascular and resistance exercises. This class takes place on the fitness floor using machines and free weights. This course is FREE for annual Fitness/Neighbourhood members.

Age: 14+

Class Length: 55 Minutes

SPRING

South Fletcher's Sportsplex

Tue 6:00 pm Mar 26 14 \$112 935465

SUMMER

South Fletcher's Sportsplex

Tue 6:00 pm Jul 2 9 \$72 935540

DRUM! FITNESS

DRUM! Fitness (8 to 13 Years) is a 55 minute class that is a perfectly balanced combination of drumming cardio movements, bodyweight training and drumming games to maximize your workout DRUM! Fitness (8 to 13 Years) combines the use of drumsticks and hi-lo movements, with portions of full body resistance and bodyweight training along with interactive games to upbeat music with a hard downbeat.

Age: 8 – 13

Class Length: 55 Minutes

SPRING

Chinguacousy Wellness Centre

Thu 5:30 pm Mar 28 13 \$68.12 932201

SUMMER

Chinguacousy Wellness Centre

Thu 5:30 pm Jul 4 9 \$47.16 932338

EASY FIT

A gentle fitness class that is geared towards anyone who is looking for a low-impact exercise session that focuses on cardiovascular and resistance training. This course is FREE for annual Fitness/Neighbourhood members.

Age: 55+

Class Length: 55 Minutes

SPRING

Brampton Soccer Centre

Wed 9:15 am Mar 27 13 \$49.40 938693
Wed 10:15 am Mar 27 13 \$49.40 938701

Knightsbridge Seniors Centre

Tue 12:00 pm Mar 26 7 \$26.60 945682
Thu 12:00 pm Mar 28 7 \$26.60 945688
Tue 12:00 pm May 21 5 \$19 945686
Thu 12:00 pm May 23 5 \$19 945689

SUMMER

Brampton Soccer Centre

Wed 9:00 am Jul 3 9 \$34.20 939802

Knightsbridge Seniors Centre

Tue 12:00 pm Jul 2 4 \$15.20 945690
Thu 12:00 pm Jul 4 4 \$15.20 945692
Tue 12:00 pm Aug 6 4 \$15.20 945691
Thu 12:00 pm Aug 8 4 \$15.20 945693

FIT CLUB FEMALE ONLY

A women's only club held in a studio with a personal trainer. By using equipment and your own body, this highly intense class will teach you the importance of exercise techniques to achieve your fitness goals. There is a 50%

discount for annual Fitness/Neighbourhood members.

Age: 14+

Class Length: 55 Minutes

SPRING

Century Gardens Recreation Centre

Tue 6:00 pm Mar 26 6 \$71.40 935352
Tue 6:00 pm May 14 6 \$71.40 935353

Gore Meadows Community Centre

Wed 7:30 pm Mar 27 13 \$154.70 936820
Sat 10:00 am Mar 30 13 \$154.70 936826

SUMMER

Century Gardens Recreation Centre

Tue 8:00 pm Jul 2 7 \$83.30 935400

Gore Meadows Community Centre

Wed 7:30 pm Jul 3 9 \$107.10 937280
Sat 9:00 am Jul 6 9 \$107.10 937285

FITNESS IN THE PARK FOR KIDS

Climb, crawl, run, jump and have fun.

Introduce participants to cardio and strength training exercises bundled into a whole lot of fun. Enjoy fresh air while using playing fields, playgrounds, fitness equipment and your imagination to develop healthy exercise habits for life.

Age: 6 – 13

Class Length: 55 Minutes

SPRING

Chinguacousy Park

Sat 10:30 am May 25 5 \$26.20 943100

SUMMER

Chinguacousy Park

Sat 10:30 am Jul 6 9 \$47.16 938389

HIT THE TRAILS

Take your fitness routine outdoors and on the trails. This circuit style program will include cardiovascular training with an emphasis on toning using body weight and nature's elements.

Age: 14+

Class Length: 55 Minutes

SPRING

Jim Archdekin Recreation Centre

Thu 7:00 pm Mar 28 13 \$104 931738

SUMMER

Chinguacousy Park

Sun 10:00 am Jul 7 9 \$72 938403

HULA HOOP FITNESS

This class uses a specialized hula-hoop designed to incorporate a fun-filled, all levels, low-impact and calorie blasting fitness class. This course is FREE for annual Fitness/Neighbourhood members.

Age: 14+

Class Length: 55 Minutes

SPRING

Earnscliffe Recreation Centre

Fri 9:30 am Mar 29 12 \$96 934366



FitZone for Youth

Ages 7-14

Century Gardens Recreation Centre
905.874.2814

- Fitzone is a unique youth-friendly drop-in fitness centre
- Exercise designed specifically for youth
- Special gaming systems focused on keeping participants active
- Our team will guide youth through their FitZone experience

Rates:

\$2.00 (max 2-hour visit)

Annual membership* \$102.50

*Membership includes use of recreational swimming, skating and shinny hockey.

Call and ask about our FitZone birthday parties!

REGISTERED PROGRAMS

KAYAK WORKOUT

Kayaking provides both a fantastic core workout and cardio training. Through a variety of paddling drills and training sets, you will get a great workout, learn efficient paddling techniques and have fun! All equipment will be provided.

Prerequisite: Participants should have canoe or kayak experience. No swimming ability required, but participants must be comfortable in deep water with a lifejacket.

Required Equipment: This program occurs outdoors regardless of the weather, please dress appropriately.

Age: 14+

Class Length: 55 Minutes

SPRING

Professor's Lake Recreation Centre

Sat 9:15 am Jun 1 4 \$90.20 932274

SUMMER

Professor's Lake Recreation Centre

Sat 9:15 am Jul 6 9 \$202.95 932437

KETTLEBELL

This conditioning class will build muscular strength and endurance using Kettlebells. This course is FREE for annual Fitness/Neighbourhood members.

Age: 14+

Class Length: 55 Minutes

SPRING

Cassie Campbell Community Centre

Mon 7:30 pm Mar 25 11 \$88 934374

Century Gardens Recreation Centre

Wed 7:00 pm Mar 27 12 \$96 935365

Earncliffe Recreation Centre

Fri 6:30 pm Mar 29 12 \$96 934454

Gore Meadows Community Centre

Tue 7:30 pm Mar 26 13 \$104 936818

Sun 9:00 am Mar 31 12 \$96 936819

SUMMER

Cassie Campbell Community Centre

Mon 7:30 pm Jul 8 7 \$56 939961

Century Gardens Recreation Centre

Wed 7:15 pm Jul 3 9 \$72 935373

Earncliffe Recreation Centre

Fri 6:30 pm Jul 5 9 \$72 934452

Gore Meadows Community Centre

Tue 7:30 pm Jul 2 9 \$72 937274

Sun 9:00 am Jul 7 9 \$72 937292

KICKBOXING

A combination of punches, kicks, and skipping to get your heart pumping! Relieve stress, increase self-confidence, while improving overall fitness.

Required Equipment: Participants are required to purchase and bring their own boxing gloves and hand wraps.

Age: 10 – 13

Class Length: 55 Minutes

SPRING

Cassie Campbell Community Centre

Fri 4:30 pm Mar 29 12 \$93.60 939532

Terry Miller Recreation Centre

Tue 6:15 pm Mar 26 13 \$101.40 936804

SUMMER

Cassie Campbell Community Centre

Fri 4:30 pm Jul 5 9 \$70.20 940849

Greenbriar Recreation Centre

Tue 6:00 pm Jul 2 9 \$79.29 947149

KICKBOXING

A combination of punches, kicks, and skipping to get your heart pumping! Relieve stress, increase self-confidence, while improving overall fitness. There is a 50% discount for annual Fitness/Neighbourhood members.

Required Equipment: Participants are required to purchase and bring their own boxing gloves and hand wraps.

Age: 13 – 17

Class Length: 55 Minutes

SPRING

Terry Miller Recreation Centre

Tue 7:30 pm Mar 26 13 \$114.53 936807

Cassie Campbell Community Centre

Fri 4:30 pm Mar 29 12 \$105.72 934762

SUMMER

Cassie Campbell Community Centre

Fri 4:30 pm Jul 5 9 \$79.29 940841

Greenbriar Recreation Centre

Tue 7:15 pm Jul 2 9 \$79.29 947150

KICKBOXING

There is a 50% discount for annual Fitness/Neighbourhood members.

Required Equipment: Participants are required to purchase and bring their own boxing gloves and hand wraps.

Age: 14+

Class Length: 75 Minutes

SPRING

Cassie Campbell Community Centre

Wed 8:30 pm Mar 27 13 \$154.70 934665

Sun 2:45 pm Mar 31 12 \$142.80 939655

Century Gardens Recreation Centre

Mon 7:30 pm Mar 25 11 \$130.90 935327

Gore Meadows Community Centre

Fri 7:00 pm Mar 29 12 \$142.80 937150

South Fletcher's Sportsplex

Thu 7:30 pm Mar 28 14 \$166.60 935459

SUMMER

Cassie Campbell Community Centre

Wed 8:30 pm Jul 3 9 \$107.10 940536

Century Gardens Recreation Centre

Mon 7:00 pm Jul 8 7 \$83.30 935382

Gore Meadows Community Centre

Fri 7:00 pm Jul 5 9 \$107.10 937303

South Fletcher's Sportsplex

Thu 7:30 pm Jul 4 9 \$107.10 935533

LEARN TO RUN

Learn everything you need to know about form and technique, shoes, what to wear, nutrition, injury prevention and more! You will have lots of group support to help achieve your fitness goals. This course is FREE for annual Fitness/Neighbourhood members.

Age: 14+

Class Length: 55 Minutes

INTERNATIONAL YOGA DAY



Mount Pleasant Community Centre
Friday, June 21, 2019 | 7-9 pm Free admission with a non-perishable food item.

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brampton.ca/recreation

BRAMPTON

SPRING

Chinguacousy Wellness Centre

Mon 7:00 pm Mar 25 11 \$88 932168

Gore Meadows Community Centre

Sat 11:00 am Mar 30 13 \$104 936829

SUMMER

Chinguacousy Wellness Centre

Mon 7:00 pm Jul 8 7 \$56 932327

Gore Meadows Community Centre

Sat 11:00 am Jul 6 9 \$72 937307

NORDIC WALKING

Using walking poles get a full cardio and muscle workout by engaging your core, arms, legs and more. The walks will be outdoors rain or shine on one of the city's many scenic outdoor trails. Poles will be provided.

This course is FREE for annual Fitness/Neighbourhood members.

Age: 14+

Class Length: 55 Minutes

SPRING

Chinguacousy Park

Mon 6:00 pm May 27 4 \$32 943095

Jim Archdekin Recreation Centre

Sat 9:00 am Mar 30 13 \$104 931773

SUMMER

Jim Archdekin Recreation Centre

Sat 9:00 am Jul 6 9 \$72 946864

OSTEOFIT

A gentle fitness class that is geared towards anyone who is looking for a low impact exercise session that focuses on cardiovascular and resistance training. This program is excellent for those who have bone disease, arthritis or fibromyalgia. This course is FREE for annual Fitness/Neighbourhood members.

Age: 55+

Class Length: 55 Minutes

SPRING

Knightsbridge Seniors Centre

Thu 4:00 pm Mar 28 7 \$26.60 944752

Thu 4:00 pm May 23 5 \$19 944753

SUMMER

Knightsbridge Seniors Centre

Thu 4:00 pm Jul 4 4 \$15.20 944758

Thu 4:00 pm Aug 8 4 \$15.20 944759

PERSONAL TRAINING EXTREME

Get motivated in a group setting with a personal trainer using the hugely popular TRX training system, kettlebells and more!

There is a 50% discount for annual Fitness/Neighbourhood members.

Age: 14+

Class Length: 55 Minutes

SPRING

Century Gardens Recreation Centre

Thu 8:00 pm Mar 28 6 \$71.40 935258

Sun 9:00 am Mar 31 6 \$71.40 954059

Thu 8:00 pm May 16 6 \$71.40 935259

Sun 9:00 am May 19 6 \$71.40 954060

Gore Meadows Community Centre

Mon 6:30 pm Mar 25 11 \$130.90 936759

Thu 8:30 am Mar 28 13 \$154.70 936763

SUMMER

Century Gardens Recreation Centre

Thu 8:00 pm Jul 4 9 \$107.10 935413

Sun 9:00 am Jul 7 7 \$83.30 954061

Gore Meadows Community Centre

Thu 8:30 am Jul 4 9 \$107.10 937200

Mon 6:30 pm Jul 8 7 \$83.30 937192

PILATES

Designed to lengthen and tone the muscles, Pilates' holistic approach to body-conditioning also improves your posture, helps correct muscular imbalances and so much more. This program is the mat style of Pilates.

Required Equipment: Please supply your own non-slip Yoga mat.

Age: 14+

Class Length: 55 Minutes

SPRING

Brampton Soccer Centre

Thu 6:30 pm Mar 28 13 \$154.70 938709

Thu 7:30 pm Mar 28 13 \$154.70 938711

SUMMER

Brampton Soccer Centre

Thu 6:30 pm Jul 4 9 \$107.10 939805



BRAMPTON'S BIGGEST WORKOUT

Ages 14+



Zumba | 9:30 - 11 am

Yoga & Meditate & Rejuvenate Sampler

11:15 am - 12:15 pm

FREE with the donation of personal care items for **REGENERATION**.

We supply the awesome instructors and music, you bring the mat and water! Wear comfortable clothing and shoes to work out. If you are participating in Yoga, please bring a Yoga mat.

Registration is not required. Please arrive early to secure your spot. Doors open at 8:30 am.



SATURDAY, MAY 11
Century Gardens Recreation Centre

REGISTERED PROGRAMS

PIYO LIVE

PIYo Live combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing Yoga movements. You'll even improve your balance and core power. We crank up the music, the speed and the fun to give you an intense, low-impact workout that will burn crazy calories and sculpt every inch of your body for a long, lean, beautiful physique.

Required Equipment: Please supply your own non-slip Yoga mat.

Age: 14+

Class Length: 55 Minutes

SPRING

Chinguacousy Wellness Centre

Tue 8:30 pm Mar 26 13 \$104 932195

Snelgrove Community Centre

Wed 8:00 pm Mar 27 13 \$104 943827

SUMMER

Chinguacousy Wellness Centre

Tue 8:30 pm Jul 2 9 \$72 932334

SPIN

This fast paced class will help you get into the best shape of your life. Pedalling at different speeds and resistances give a great cardiovascular workout and helps to strengthen the legs. There is a 50% discount for annual Fitness/Neighbourhood members.

Age: 14+

Class Length: 45 Minutes

SPRING

Cassie Campbell Community Centre

Mon 8:30 pm Mar 25 11 \$130.90 934453

Thu 8:30 pm Mar 28 13 \$154.70 934689

Sat 8:00 am Mar 30 13 \$154.70 939535

Earnscliffe Recreation Centre

Thu 5:30 pm Mar 28 13 \$154.70 934252

Gore Meadows Community Centre

Tue 6:30 am Mar 26 13 \$154.70 936809

Thu 7:30 pm Mar 28 13 \$154.70 936811

Sat 9:00 am Mar 30 13 \$154.70 936813

South Fletcher's Sportsplex

Tue 12:15 pm Mar 26 14 \$166.60 935477

Wed 5:30 pm Mar 27 14 \$166.60 935478

SUMMER

Cassie Campbell Community Centre

Thu 8:30 pm Jul 4 9 \$107.10 940564

Gore Meadows Community Centre

Tue 6:30 am Jul 2 9 \$107.10 937253

Thu 7:30 pm Jul 4 9 \$107.10 937256

Sat 9:00 am Jul 6 9 \$107.10 937265

South Fletcher's Sportsplex

Wed 5:30 pm Jul 3 9 \$107.10 935537

STRETCH AND STRENGTHEN

Learn how to strengthen your muscles safely and effectively with a variety of strength training equipment including weights, dyna bands and stability balls. This program will help you look better, feel better and improve your flexibility and strength. This program

will consist of chair and standing exercises, no work on the floor. This course is FREE for annual Fitness/Neighbourhood members.

Age: 55+

Class Length: 55 Minutes

SPRING

Brampton Soccer Centre

Tue 9:15 am Mar 26 13 \$49.40 938718

Thu 9:15 am Mar 28 13 \$49.40 938720

Gore Meadows Community Centre

Thu 10:30 am Mar 28 13 \$49.40 937142

Howden Recreation Centre

Tue 1:30 pm Mar 26 13 \$49.40 936890

Knightsbridge Seniors Centre

Wed 4:15 pm Mar 27 7 \$26.60 944760

Wed 4:15 pm May 22 5 \$19 944761

Howden Recreation Centre

Thu 1:30 pm Mar 28 13 \$49.40 936891

SUMMER

Brampton Soccer Centre

Tue 9:00 am Jul 2 9 \$34.20 939810

Tue 9:00 am Jul 4 9 \$34.20 939811

Gore Meadows Community Centre

Thu 10:30 am Jul 4 9 \$34.20 937294

Howden Recreation Centre

Thu 7:30 pm Jul 4 9 \$34.20 937278

Mon 7:30 pm Jul 8 7 \$26.60 937275

Knightsbridge Seniors Centre

Wed 4:15 pm Jul 3 4 \$15.20 946995

Wed 4:15 pm Aug 7 4 \$15.20 946996

STROLLER FIT

Turn your stroller into a fitness machine! Your baby can enjoy the fresh air while you are enjoying an invigorating workout. You will work on your cardiovascular and strength training while pushing your stroller.

This course is FREE for annual Fitness/Neighbourhood members.

Required Equipment: This program occurs outdoors regardless of the weather, please dress appropriately.

Age: 14+

Class Length: 55 Minutes

SPRING

Chinguacousy Park

Thu 9:30 am May 23 5 \$40 943099

Jim Archdekin Recreation Centre

Tue 9:30 am Mar 26 13 \$104 931706

SUMMER

Chinguacousy Park

Thu 9:30 am Jul 4 9 \$72 938728

Jim Archdekin Recreation Centre

Tue 9:30 am Jul 2 9 \$72 946855

SWEAT AND SCULPT BABY AND YOU

Cardiovascular conditioning and resistance training with the option of involving your baby in the exercises. Adult registers, not the baby. Babies 2 to 12 months old. This course is FREE for annual Fitness/Neighbourhood members.

Age: 14+

Class Length: 55 Minutes

SPRING

Cassie Campbell Community Centre

Wed 12:30 pm Mar 27 13 \$104 934677

SUMMER

Cassie Campbell Community Centre

Wed 12:30 pm Jul 3 9 \$72 940543

WALK AND TONE

Briskly walk around our indoor track mixed in with muscular conditioning exercises and stretching for a complete workout. This course is FREE for annual Fitness/Neighbourhood members.

Age: 14+

Class Length: 55 Minutes

SPRING

Chinguacousy Wellness Centre

Tue 10:30 am Mar 26 13 \$104 932175

Thu 10:30 am Mar 28 13 \$104 932179

Fri 10:30 am Mar 29 12 \$96 932181

SUMMER

Chinguacousy Wellness Centre

Tue 10:30 am Jul 2 9 \$72 932331

Thu 10:30 am Jul 4 9 \$72 932332

Fri 10:30 am Jul 5 9 \$72 932333

WALK AND TONE

This course is FREE for annual Fitness/Neighbourhood members.

Age: 55+

Class Length: 55 Minutes

SPRING

Brampton Soccer Centre

Tue 10:30 am Mar 26 13 \$49.40 938722

Thu 10:30 am Mar 28 13 \$49.40 938723

SUMMER

Brampton Soccer Centre

Tue 10:15 am Jul 2 9 \$34.20 939816

Chris Gibson Recreation Centre

Fri 10:00 am Jul 5 9 \$34.20 934394

YOGA

Yoga relaxes the mind and body to help handle everyday stress. This natural exercise program is designed to tone muscles, enhance blood circulation and calm the nervous system.

Required Equipment: Please supply your own non-slip Yoga mat.

Age: 14+

Class Length: 85 Minutes

SPRING

Earnscliffe Recreation Centre

Mon 6:30 pm Mar 25 11 \$88 934472

Snelgrove Community Centre

Tue 7:30 pm Mar 26 13 \$156 943865

SUMMER

Earnscliffe Recreation Centre

Mon 6:30 pm Jul 8 7 \$56 934473

YOGA

Required Equipment: Please supply your own non-slip Yoga mat.

Age: 55+

Class Length: 55 Minutes

SPRING

Knightsbridge Seniors Centre

Mon	1:30 pm	Mar 25	7	\$39.20	944803
Wed	1:30 pm	Mar 27	7	\$39.20	945649
Wed	1:30 pm	May 22	5	\$28	945653
Mon	1:30 pm	May 27	4	\$22.40	944824

SUMMER

Knightsbridge Seniors Centre

Wed	1:30 pm	Jul 3	4	\$22.40	945655
Mon	1:30 pm	Jul 8	3	\$16.80	944833
Wed	1:30 pm	Aug 7	4	\$22.40	945664
Mon	1:30 pm	Aug 12	3	\$16.80	944834

YOGA AND PILATES FUSION

Stretch and strengthen your body with Yoga and Pilates Fusion. Designed to unite both Yoga and Pilates, you will relax and enjoy the benefits of these ancient and modern systems of movement.

Required Equipment: Please supply your own non-slip Yoga mat

Age: 14+

Class Length: 85 Minutes

SPRING

Brampton Soccer Centre

Tue	6:30 pm	Mar 26	13	\$156	938819
Sun	9:30 am	Mar 31	12	\$144	938841

SUMMER

Brampton Soccer Centre

Tue	6:30 pm	Jul 2	9	\$126	939890
Sun	9:30 am	Jul 7	9	\$126	939892

YOGA GENTLE

This introductory yoga program will improve your flexibility and mobility with an emphasis on breathing and body alignment. This program is ideal for beginners, seniors and the physically challenged. It focuses on gently stretching and toning muscles to improve health and mobility. Relax your mind and learn to handle everyday stress in a peaceful environment.

Required Equipment: Please supply your own non-slip Yoga mat. Wear loose clothing and bring a blanket/towel for your comfort.

Age: 14+

Class Length: 55 Minutes

SPRING

Chinguacousy Wellness Centre

Wed	9:30 am	Mar 27	13	\$104	932254
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Earncliffe Recreation Centre

Fri	10:30 am	Mar 29	12	\$96	934521
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YOGA GENTLE

Required Equipment: Please supply your own non-slip Yoga mat. Wear loose clothing and bring a blanket/towel for your comfort.

Age: 55+

Class Length: 55 Minutes

SPRING

Knightsbridge Seniors Centre

Fri	1:00 pm	Mar 29	6	\$33.60	945668
Fri	1:00 pm	May 24	5	\$28	945671

SUMMER

Knightsbridge Seniors Centre

Fri	1:00 pm	Jul 5	4	\$22.40	945674
Fri	1:00 pm	Aug 9	4	\$22.40	945675

YOGA IN THE PARK

This is an outdoor yoga class in a beautiful setting at Chinguacousy Park. Held on our outdoor deck at the Pavilion, you will relax and learn exercises designed to release stress and improve your flexibility and well-being.

Required Equipment: Please supply your own non-slip Yoga mat.

Age: 14+

Class Length: 55 Minutes

SUMMER

Chinguacousy Park

Sat	8:00 am	Jul 6	9	\$72	938505
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YOGA INTRODUCTION

Introductory Yoga will begin your journey into the Yoga experience. Relax your mind and learn to handle everyday stress in a peaceful environment.

Required Equipment: Please supply your own non-slip Yoga mat.

Age: 14+

Class Length: 55 Minutes



PERSONAL TRAINING

brampton.ca/recreation



ACHIEVE YOUR FITNESS GOALS WITH THE HELP OF A QUALIFIED PROFESSIONAL.

To book your personal training session, contact your local Fitness or Neighbourhood Fitness Centre.

City of Brampton Personal Trainers will help develop an individual workout for you and provide motivation and ensure proper form and safety with all exercises.

Hire a personal trainer to motivate and inspire you to achieve your fitness goals.

Introductory Package

3 sessions
Member Adults: \$135.60
Member Adult 55+: \$88.14

Silver Package

10 sessions
Member Adults: \$426.40
Member Adult 55+: \$277.20

Bronze Package

5 sessions
Member Adults: \$226.00
Member Adult 55+: \$146.90

Gold Package

15 sessions
Member Adults: \$599.55
Member Adult 55+: \$389.70

Note: Member fees above apply to annual Fitness or Neighbourhood members. Non-members are welcome to purchase personal training for an additional fee.

REGISTERED PROGRAMS

SPRING

Cassie Campbell Community Centre	Tue 7:30 pm	Mar 26	13	\$104	934599
Century Gardens Recreation Centre	Tue 8:00 pm	Mar 26	13	\$104	954063
Chinguacousy Wellness Centre	Mon 7:30 pm	Mar 25	11	\$88	932244
Chinguacousy Ski Chalet	Wed 7:00 pm	Mar 27	13	\$104	943105
Earncliffe Recreation Centre	Thu 7:30 pm	Mar 28	13	\$104	934487
Mount Pleasant Community Centre	Wed 7:00 pm	Mar 27	13	\$104	939674

SUMMER

Cassie Campbell Community Centre	Tue 8:00 pm	Jul 2	9	\$72	940527
Century Gardens Recreation Centre	Tue 8:00 pm	Jul 2	9	\$72	954062
Chinguacousy Wellness Centre	Mon 7:30 pm	Jul 8	7	\$56	932347
Earncliffe Recreation Centre	Thu 7:30 pm	Jul 4	9	\$72	934505
Mount Pleasant Community Centre	Wed 7:00 pm	Jul 3	9	\$72	941180

YOGA KUNDALINI

Kundalini Yoga is an invigorating practice of exercise, breath-work, relaxation, and meditation which fosters insight, resilience and personal transformation. **Required**

Equipment: Please supply your own non-slip Yoga mat.

Age: 6 – 13

Class Length: 55 Minutes

SPRING

Brampton Soccer Centre	Sun 5:45 pm	Mar 31	12	\$62.88	938760
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SUMMER

Brampton Soccer Centre	Sun 5:45 pm	Jul 7	9	\$47.16	939868
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YOGA KUNDALINI

Required Equipment: Please supply your own non-slip Yoga mat.

Age: 14+

Class Length: 85 Minutes

SPRING

Brampton Soccer Centre	Sun 7:00 pm	Mar 31	12	\$144	938792
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SUMMER

Brampton Soccer Centre	Sun 7:00 pm	Jul 7	9	\$126	939879
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YOGA MOTHER AND DAUGHTER

Bond with your daughter while enjoying the mental and physical benefits of yoga. Participants will not only relax but will build trust and communication through partner poses. All participants must register individually.

Required Equipment: Please supply your own non-slip Yoga mat.

Age: 8+

Class Length: 55 Minutes

SPRING

Cassie Campbell Community Centre	Mon 7:30 pm	Mar 25	11	\$88	934578
Century Gardens Recreation Centre	Wed 7:00 pm	Mar 27	12	\$96	935362

SUMMER

Cassie Campbell Community Centre	Mon 7:30 pm	Jul 8	7	\$56	939971
Century Gardens Recreation Centre	Thu 7:30 pm	Jul 4	9	\$72	935406

YOGA PARENT AND CHILD

Bond with your child while enjoying the mental and physical benefits of Yoga. Participants will not only relax but will build trust and communication through partner poses.

All participants must register.

Required Equipment: Please supply your own non-slip Yoga mat.

Age: 8+

Class Length: 55 Minutes

SPRING

Cassie Campbell Community Centre	Sun 10:00 am	Mar 31	13	\$104	939631
Chinguacousy Wellness Centre	Fri 6:00 pm	Mar 29	12	\$96	932223

SUMMER

Cassie Campbell Community Centre	Sun 10:00 am	Jul 7	9	\$72	940907
Chinguacousy Wellness Centre	Fri 6:00 pm	Jul 5	9	\$72	932340

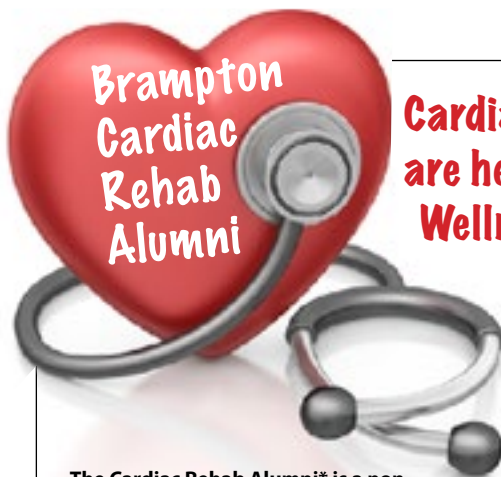
YOGA PRENATAL

Specially designed for pregnant participants, this program introduces poses and breathing techniques that will create vitality by bringing more oxygen into your body. Relaxation techniques will be incorporated, promoting the well-being of yourself and your baby.

Required Equipment: Please supply your own non-slip Yoga mat.

Age: 14+

Class Length: 55 Minutes



Cardiac Rehab Alumni classes are held at the Chinguacousy Wellness Centre.

For information please contact the Active Living Programmer at the Chinguacousy Wellness Centre at 905.789.6111 ext. 63352 or visit www.cardiacrehab.org

The Cardiac Rehab Alumni* is a non-profit organization of former Cardiac Rehab patients who have graduated from a Hospital or home-based Cardiac Rehab program. Members meet at the Chinguacousy Wellness Centre for peer support, health seminars and exercise classes.

*For members of the Cardiac Rehab Alumni Program only.

Cardiac Rehab Alumni classes are held:

Monday 1:30 pm, 7:30 pm
Wednesday 7:30 pm
Thursday 1:30 pm



SPRING

Cassie Campbell Community Centre					
Thu	7:00 pm	Mar 28	13	\$104	934730
Earnscliffe Recreation Centre					
Fri	1:00 pm	Mar 29	12	\$96	934420

SUMMER

Cassie Campbell Community Centre					
Thu	7:00 pm	Jul 4	9	\$72	940571
Earnscliffe Recreation Centre					
Fri	1:00 pm	Jul 5	9	\$72	934447

ZUMBA®

Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the 'work' out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. A total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Age: 14+

Class Length: 55 Minutes

SPRING

Century Gardens Recreation Centre					
Tue	7:00 pm	Mar 26	13	\$104	935354
Wed	8:00 pm	Mar 27	12	\$96	954064
Thu	7:15 pm	Mar 28	12	\$96	935358
Howden Recreation Centre					
Thu	6:15 pm	Mar 28	13	\$104	936892
Snelgrove Recreation Centre					
Mon	8:00 pm	Mar 25	11	\$88	943833
Tue	6:30 pm	Mar 26	13	\$104	943860
Terry Miller Recreation Centre					
Mon	7:00 pm	Mar 25	11	\$88	936755

SUMMER

Century Gardens Recreation Centre					
Tue	7:15 pm	Jul 2	9	\$72	935377
Wed	8:15 pm	Jul 3	9	\$72	954066
Thu	7:00 pm	Jul 4	9	\$72	954065
Chinguacousy Park					
Mon	6:15 pm	Jul 8	8	\$72	951699
Howden Recreation Centre					
Thu	6:00 pm	Jul 4	9	\$72	937283

ZUMBA® GOLD

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

Age: 14+

Class Length: 55 Minutes

SPRING

Cassie Campbell Community Centre					
Mon	1:30 pm	Mar 25	11	\$88	934523
Century Gardens Recreation Centre					
Tue	10:00 am	Mar 26	13	\$104	935360
Thu	10:00 am	Mar 28	12	\$96	935361
Terry Miller Recreation Centre					
Wed	7:00 pm	Mar 27	13	\$104	936760

SUMMER

Cassie Campbell Community Centre					
Mon	1:30 pm	Jul 8	7	\$61.53	939992
Howden Recreation Centre					
Wed	7:00 pm	Jul 3	9	\$72	937289

ZUMBA® GOLD

Age: 55+

Class Length: 55 Minutes

SPRING

Knightsbridge Seniors Centre					
Fri	11:30 am	Mar 29	6	\$22.80	944862
Fri	11:30 am	May 24	5	\$19	944868

SUMMER

Knightsbridge Seniors Centre					
Fri	11:30 am	Jul 5	4	\$15.20	944876
Fri	11:30 am	Aug 9	4	\$15.20	944879

ZUMBA® KIDS

Perfect for our younger Zumba® fans! Kids 7-11 years old get the chance to be active and jam out to their favourite music. Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

Age: 7 – 11

Class Length: 55 Minutes

SPRING

Gore Meadows Community Centre					
Mon	7:30 pm	Mar 25	11	\$57.64	936783
Wed	6:30 pm	Mar 27	13	\$68.12	936789
Sun	10:00 am	Mar 31	12	\$62.88	936795
Mount Pleasant Community Centre					
Wed	6:00 pm	Mar 27	13	\$68.12	939760
Terry Miller Recreation Centre					
Fri	7:00 pm	Mar 29	12	\$62.88	936764

SUMMER

Gore Meadows Community Centre					
Wed	6:30 pm	Jul 3	9	\$47.16	937247
Sun	10:00 am	Jul 7	9	\$47.16	937249
Mon	7:30 pm	Jul 8	7	\$36.68	937211
Mount Pleasant Community Centre					
Wed	6:00 pm	Jul 3	9	\$47.16	941194

ZUMBA® KIDS JR.

Perfect for our younger Zumba® fans! Kids 4-6 years old get the chance to socialize with friends and jam out to their favorite music. Zumba® Kids, Jr classes are rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives. Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, balance, cultural awareness.

Age: 4 – 6

Class Length: 55 Minutes

SPRING

Terry Miller Recreation Centre					
Fri	6:00 pm	Mar 29	12	\$62.88	936771



MEMBERSHIPS

FITNESS CENTRE MEMBERSHIP

Includes CITY-WIDE usage of all fitness facilities (including all weight rooms and indoor tracks).

Plus CITY-WIDE use of: • Scheduled drop-in fitness classes • Scheduled aquafit classes • Scheduled drop-in swimming, shinny, and skating • Squash and racquetball • Additional discounts may apply to registered fitness and health programming with the purchase of annual fitness centre memberships. Monthly payments are available on annual memberships.

FITNESS CENTRE AMENITIES		Aquafit	Hot tub	Sauna/ Steam Rm	Shinny	Skating	Swimming	Fitness Classes	Weight Room	Indoor Track	Babysitting	Squash
FACILITY NAME	PHONE											
Cassie Campbell Community Centre	905.840.4041	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Chinguacousy Wellness Centre	905.789.6111	✓	✓	✓			✓	✓	✓	✓		
Gore Meadows Community Centre	905.874.3477	✓		✓			✓	✓	✓	✓		
South Fletchers Sportsplex	905.874.2856	✓	✓	✓	✓	✓	✓	✓	✓			

FITNESS CENTRE RATES

MEMBERSHIP TYPE	Day Ticket Price	Package of 10	1 Month	Annual
Teen 14 - 17 Years	\$6.50	\$58.48	\$35.00	\$274.83
Full-Time Student* 18 - 54 Years	\$7.25	\$65.25	\$45.01	\$352.13
Adult 18 - 54 Years	\$9.00	\$81.00	\$55.00	\$429.42
Adult 55+ Years	\$6.75	\$60.71	\$41.25	\$322.07

NEIGHBOURHOOD CENTRE MEMBERSHIP

Includes usage of all fitness facilities at Loafer's Lake Recreation Centre, Earnscliffe Recreation Centre, Century Gardens Recreation Centre and Howden Recreation Centre.

Plus CITY-WIDE use of: • Scheduled aquafit classes • Scheduled drop-in swimming, shinny, and skating • Squash and racquetball • Additional discounts may apply to registered fitness and health programming with the purchase of annual fitness centre memberships. Monthly payments are available on annual memberships.

NEIGHBOURHOOD CENTRE AMENITIES		Aquafit	Hot tub	Sauna/Steam Rm	Shinny	Skating	Swimming	Fitness Classes	Weight Room	Indoor Track	Babysitting	Squash
FACILITY NAME	PHONE											
Century Gardens Recreation Centre	905.874.2814	✓		✓	✓	✓	✓	✓	✓			
Earnscliffe Recreation Centre	905.792.2224	✓	✓	✓	✓	✓	✓	✓	✓			
Howden Recreation Centre	905.793.4645		✓					✓				
Loafer's Lake Recreation Centre	905.846.2370	✓	✓				✓	✓	✓		✓	✓

NEIGHBOURHOOD CENTRE RATES

MEMBERSHIP TYPE	Day Ticket Price	Package of 10	1 Month	Annual
Teen 14 - 17 Years	\$6.50	\$58.48	\$35.00	\$178.40
Full-Time Student* 18 - 54 Years	\$7.25	\$65.25	\$45.01	\$219.56
Adult 18 - 54 Years	\$9.00	\$81.00	\$55.00	\$274.47
Adult 55+ Years	\$6.75	\$60.71	\$41.25	\$178.40

*Students may be asked for proof of full-time studies.