

# FITNESS & HEALTH

## FITNESS GENERAL INFORMATION

### BEFORE YOU START A FITNESS CLASS...

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

## REGISTERED PROGRAMS

### Adventure Race Training

Are you ready to train...We mean really train? This program is designed to prepare you for race day. Whether it is tough mudder, warrior dash or spartan race, we will have you ready to rock at the start line! Training takes place outdoors, rain or shine - just like race day!

Age: 14 + Class Length: 60 Minutes

#### Fall

#### Chinguacousy Ski Chalet

Fri	6:30 pm	Sep 23	6	\$68.70	800241
Sat	9:00 am	Sep 24	6	\$68.70	800242

### Boot Camp

This program will take you through athletic conditioning intervals using the agility ladder, bosu balls, medicine balls, stability balls, resistance bands and dumbbells! This program will challenge you and get you into shape fast! Options will be given for different ability levels.

Age: 8 - 13 Class Length: 55 Minutes

#### Fall

#### Cassie Campbell Community Centre

Sun	1:30 pm	Sep 25	12	\$50.76	798475
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#### Chinguacousy Wellness Centre

Tue	6:30 pm	Sep 20	13	\$54.99	794327
Thu	6:15 pm	Sep 22	13	\$54.99	794328
Sat	2:00 pm	Sep 24	12	\$50.76	794330

#### Mount Pleasant Community Centre

Wed	6:00 pm	Sep 21	13	\$54.99	798532
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#### Winter

#### Cassie Campbell Community Centre

Sun	1:30 pm	Jan 15	9	\$38.07	795009
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#### Chinguacousy Wellness Centre

Tue	6:30 pm	Jan 10	9	\$38.07	794331
Thu	6:15 pm	Jan 12	9	\$38.07	794332
Sat	2:00 pm	Jan 14	9	\$38.07	794333

#### Mount Pleasant Community Centre

Wed	7:00 pm	Jan 11	9	\$38.07	795013
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### Boot Camp

Age: 14 + Class Length: 55 Minutes

#### Fall

#### Century Gardens Recreation Centre

Mon	6:00 pm	Sep 19	11	\$75.90	800306
Tue	9:00 am	Sep 24	11	\$75.90	800307

#### Earnscliffe Recreation Centre

Wed	6:15 am	Sep 21	13	\$89.70	792792
Thu	7:30 pm	Sep 22	13	\$89.70	792793
Fri	6:15 am	Sep 23	13	\$89.70	792794

#### Flower City Seniors Centre

Tue	5:00 pm	Sep 6	7	\$48.30	786246
Tue	6:45 pm	Sep 6	7	\$48.30	786248
Thu	5:15 pm	Sep 8	7	\$48.30	786250
Tue	5:00 pm	Nov 1	7	\$48.30	786247
Tue	6:45 pm	Nov 1	7	\$48.30	786249
Thu	5:15 pm	Nov 3	6	\$41.40	786251

#### Loafer's Lake Recreation Centre

Fri	6:30 pm	Sep 23	12	\$82.80	796313
Sat	8:00 am	Sep 24	12	\$82.80	796318
Sun	8:00 am	Sep 25	12	\$82.80	796319

#### South Fletcher's Sportsplex

Mon	12:15 pm	Sep 19	12	\$41.40	806547
Mon	5:30 pm	Sep 19	11	\$75.90	806550
Wed	12:15 pm	Sep 21	13	\$44.85	806548
Thu	7:30 pm	Sep 22	13	\$89.70	806551
Fri	12:15 pm	Sep 23	13	\$44.85	806549

#### Winter

#### Century Gardens Recreation Centre

Mon	6:00 pm	Jan 9	8	\$55.20	801019
Sat	9:00 am	Jan 14	9	\$62.10	801169

#### Earnscliffe Recreation Centre

Wed	6:15 am	Jan 11	9	\$62.10	792804
Thu	7:30 pm	Jan 12	9	\$62.10	792805
Fri	6:15 am	Jan 13	9	\$62.10	792806

#### Flower City Seniors Centre

Tue	5:00 pm	Jan 10	7	\$48.30	786252
Tue	6:45 pm	Jan 10	7	\$48.30	786254
Thu	5:15 pm	Jan 12	7	\$48.30	786256
Tue	5:00 pm	Mar 7	7	\$48.30	786253
Tue	6:45 pm	Mar 7	7	\$48.30	786255
Thu	5:15 pm	Mar 9	7	\$48.30	786257

#### Loafer's Lake Recreation Centre

Fri	6:30 pm	Jan 13	9	\$62.10	796762
Sat	8:00 am	Jan 14	9	\$62.10	796765
Sun	8:00 am	Jan 15	9	\$62.10	796768

#### South Fletcher's Sportsplex

Mon	12:15 pm	Jan 9	8	\$27.60	806578
Mon	5:30 pm	Jan 9	8	\$55.20	806581
Wed	12:15 pm	Jan 11	9	\$31.05	806579
Thu	7:30 pm	Jan 12	9	\$62.10	806582
Fri	12:15 pm	Jan 13	9	\$31.05	806580

### Boot Camp - Male Only

This program will take you through athletic conditioning intervals using equipment that may include agility ladder, bosu balls, medicine balls, stability balls, resistance bands and dumbbells! This program will challenge you and get you into shape fast! Options will be given for different ability levels. This course is FREE for annual Fitness/Neighbourhood members.

Age: 55 + Class Length: 55 Minutes

#### Fall

#### Greenbriar Recreation Centre

Tue	9:30 am	Sep 20	13	\$47.32	807418
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#### Winter

#### Greenbriar Recreation Centre

Tue	9:30 am	Jan 24	9	\$32.76	807419
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## LISTINGS LEGEND

Day	Time	Date	No.	Cost	Code
Tue	6:00pm	Apr 14	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



### Boot Camp Outdoor

This program will take you through athletic conditioning intervals using the agility ladder, bosu balls, medicine balls, stability balls, resistance bands and dumbbells! This program will challenge you and get you into shape fast! Options will be given for different ability levels. This course is FREE for annual Fitness/Neighbourhood members. This program runs rain or shine.

Age: 14 + Class Length: 55 Minutes

#### Fall

##### Cassie Campbell Community Centre

Tue	6:00 pm	Sep 20	6	\$41.40	798225
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### Cardiac 101

For participants who have recently graduated from a Cardiac rehabilitation program. This 4-week introductory level program will help you develop skills to join in our weekly drop-in programs. This course is FREE for annual Fitness/Neighbourhood members.

Age: 18 + Class Length: 55 Minutes

#### Fall

##### Chinguacousy Wellness Centre

Mon	2:30 pm	Sep 19	4	\$27.60	795574
Mon	2:30 pm	Oct 24	4	\$27.60	795575
Mon	2:30 pm	Nov 21	4	\$27.60	795576

#### Winter

##### Chinguacousy Wellness Centre

Mon	2:30 pm	Jan 9	4	\$27.60	795577
Mon	2:30 pm	Feb 6	4	\$27.60	795578

### Cardio Fitness

Increase your cardiovascular 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. Required Equipment: Comfortable clothing and indoor/clean running shoes.

Age: 55 + Class Length: 55 Minutes

#### Fall

##### Chris Gibson Recreation Centre

Thu	10:30 am	Sep 22	13	\$47.32	800598
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##### Earnscliffe Recreation Centre

Fri	11:30 am	Sep 23	13	\$47.32	796966
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#### Winter

##### Chris Gibson Recreation Centre

Thu	10:30 am	Jan 12	9	\$32.76	800599
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##### Earnscliffe Recreation Centre

Fri	11:30 am	Jan 13	9	\$32.76	797402
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### 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

#### Fall

##### Chris Gibson Recreation Centre

Tue	10:00 am	Sep 20	13	\$39.39	800377
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#### Winter

##### Chris Gibson Recreation Centre

Tue	10:00 am	Jan 10	9	\$27.27	800379
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### Circuit Training

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

Age: 14 + Class Length: 60 Minutes

#### Fall

##### South Fletcher's Sportsplex

Wed	6:00 pm	Sep 21	13	\$89.70	806555
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Thu	6:00 pm	Sep 22	13	\$89.70	806556
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#### Winter

##### South Fletcher's Sportsplex

Wed	6:00 pm	Jan 11	9	\$62.10	806593
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Thu	6:00 pm	Jan 12	9	\$62.10	806594
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### Circuit Training - Female Only

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

Age: 14 + Class Length: 60 Minutes

#### Fall

##### South Fletcher's Sportsplex

Mon	6:00 pm	Sep 19	11	\$56.98	806554
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#### Winter

##### South Fletcher's Sportsplex

Tue	6:00 pm	Jan 10	9	\$62.10	806592
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### 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 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: 60 Minutes

#### Fall

##### Brampton Soccer Centre

Wed	9:15 am	Sep 21	13	\$47.32	794028
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Wed	10:30 am	Sep 21	13	\$47.32	794032
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##### Knightsbridge Community Centre

Tue	12:10 pm	Sep 20	6	\$21.84	792003
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Thu	12:10 pm	Sep 22	6	\$21.84	792007
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Tue	12:10 pm	Nov 1	7	\$25.48	792005
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Thu	12:10 pm	Nov 10	7	\$25.48	792008
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##### Loafer's Lake Recreation Centre

Thu	1:00 pm	Sep 22	13	\$47.32	809848
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#### Winter

##### Brampton Soccer Centre

Wed	9:15 am	Jan 11	9	\$32.76	794043
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Wed	10:30 am	Jan 11	9	\$32.76	794045
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##### Greenbriar Recreation Centre

Fri	11:15 am	Jan 13	9	\$32.76	806380
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##### Knightsbridge Community Centre

Tue	12:15 pm	Jan 10	4	\$14.56	806487
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Thu	12:15 pm	Jan 12	4	\$14.56	806489
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Tue	12:15 pm	Feb 7	5	\$18.20	806488
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Thu	12:15 pm	Feb 9	5	\$18.20	806490
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##### Loafer's Lake Recreation Centre

Thu	1:00 pm	Jan 12	9	\$32.76	809907
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### Fit Club - Female Only

A women's only club held in a quiet studio with a personal trainer. By using minimal equipment and your own body, this highly intense class will teach you the importance of exercise technique to achieve your fitness goals. There is a 50% discount for annual Fitness/Neighbourhood members.

Age: 14 + Class Length: 55 Minutes

#### Fall

##### Gore Meadows Community Centre

Wed	7:30 pm	Sep 21	13	\$148.85	802407
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#### Winter

##### Gore Meadows Community Centre

Wed	7:30 pm	Jan 11	9	\$103.05	802888
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**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: 60 Minutes

**Fall**  
**Chinguacousy Park**

Sat	10:30 am	Sep 24	6	\$25.38	800243
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**Gymnastics Fitness Fusion**

Improve strength, balance and coordination with the use of the gymnastics equipment. This high impact active program includes the use of balance beam, trampoline, vault, mini trampolines, rings, ropes and bars.

Age: 6 - 13 Class Length: 60 Minutes

**Fall**  
**Ken Giles Recreation Centre**

Mon	7:30 pm	Sep 19	11	\$46.53	808040
Wed	7:00 pm	Sep 21	13	\$54.99	808042

**Winter**  
**Ken Giles Recreation Centre**

Mon	7:30 pm	Jan 9	8	\$33.84	807533
Wed	7:00 pm	Jan 11	9	\$38.07	807570

**Hula Hoop Fitness**

Using the hula hoop in a fitness class is different and FUN! 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

**Fall**  
**Earncliffe Recreation Centre**

Wed	8:00 pm	Sep 21	13	\$89.70	792800
Fri	9:30 am	Sep 23	13	\$89.70	792801

**Winter**  
**Earncliffe Recreation Centre**

Wed	8:00 pm	Jan 11	9	\$62.10	794503
Fri	9:30 am	Jan 13	9	\$62.10	794506

**Kettlebell**

Kettlebells are weights with handles that are used to build endurance through cardiovascular and strength training. This course is FREE for annual Fitness/Neighbourhood members.

Age: 14 + Class Length: 55 Minutes

**Fall**  
**Cassie Campbell Community Centre**

Mon	7:30 pm	Sep 19	12	\$82.80	798236
Sun	8:00 am	Sep 25	12	\$82.80	798251

**Century Gardens Recreation Centre**

Tue	6:00 pm	Sep 20	13	\$89.70	792256
Thu	6:00 pm	Sep 29	12	\$82.80	792257

**Winter**  
**Cassie Campbell Community Centre**

Mon	7:30 pm	Jan 9	8	\$55.20	794940
Sun	8:00 am	Jan 15	9	\$62.10	794942

**Century Gardens Recreation Centre**

Tue	6:00 pm	Jan 10	9	\$62.10	800699
Thu	6:00 pm	Jan 12	9	\$62.10	800715

**Kickboxing**

A combination of punches, kicks, and skipping to get your heart pumping! Relieve stress and increase self confidence, while improving overall fitness. Mandatory Equipment: Participants are required to purchase and bring their own boxing gloves and hand wraps.

Age: 10 - 13 Class Length: 55 Minutes

**Fall**  
**Cassie Campbell Community Centre**

Fri	4:30 pm	Sep 23	13	\$89.70	798513
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**Winter**  
**Cassie Campbell Community Centre**

Fri	4:30 pm	Jan 13	9	\$62.10	795012
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**Kickboxing**

Mandatory Equipment: Participants are required to purchase and bring their own boxing gloves and hand wraps. There is a 50% discount for annual Fitness/Neighbourhood members.

Age: 14 - 17 Class Length: 55 Minutes

**Fall**

**Cassie Campbell Community Centre**

Fri	4:30 pm	Sep 23	13	\$92.43	798503
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**Winter**

**Cassie Campbell Community Centre**

Fri	4:30 pm	Jan 13	9	\$63.99	795010
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**RECREATION MEMBERSHIPS**

**Try it for life... Join Today!**

Total fitness takes more than a gym. See page 41 for membership rates.

**BABYSITTING**

Babysitting is available for parents/guardians remaining in the facility. Your child will be under the watchful eyes of professional child care providers while you participate in other recreational activities. Children of all ages are welcome.

**COST:** \$2.00 per child  
\$4.00 per family (maximum 4 children per family)

**Please call the recreation centre for more information:**

**Cassie Campbell Community Centre 905.840.4041**  
Monday - Friday 9:15 - 11:45 am  
Monday 4:45 - 7:45 pm  
Tuesday 5:15 - 8:45 pm  
Wednesday - Thursday 5:15 - 7:45 pm  
Saturday 8:45 - 11:45 am

**Loafer's Lake Recreation Centre 905.846.2370**  
Monday - Friday 8:30 - 11:30 am



### Kickboxing

Mandatory Equipment: Participants are required to purchase and bring their own boxing gloves and hand wraps. There is a 50% discount for annual Fitness/Neighbourhood members.

Age: 14 + Class Length: 75 Minutes

#### Fall

##### Cassie Campbell Community Centre

Wed	8:30 pm	Sep 21	13	\$148.85	798309
Sun	2:45 pm	Sep 25	12	\$137.40	798319

#### Winter

##### Cassie Campbell Community Centre

Wed	8:30 pm	Jan 11	9	\$103.05	794957
Sun	2:45 pm	Jan 15	9	\$103.05	794959

### 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

#### Fall

##### Chinguacousy Wellness Centre

Mon	7:00 pm	Sep 19	11	\$75.90	794290
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#### Winter

##### Chinguacousy Wellness Centre

Mon	7:00 pm	Jan 9	8	\$55.20	794292
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### Learn to Run

This course is FREE for annual Fitness/Neighbourhood members.

Age: 55 + Class Length: 60 Minutes

#### Fall

##### Chinguacousy Park

Fri	9:30 am	Sep 23	8	\$29.12	807174
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### Methods of Muscle Release

Participants will learn the fundamentals of relieving muscle soreness and preventative measures designed to lower the risk of injuries associated with exercise. Using various pieces of equipment the instructor will apply methods that will trigger myofascial release in your muscles. There is a 50% discount for annual Fitness/Neighbourhood members.

Age: 14 + Class Length: 60 Minutes

#### Fall

##### Chinguacousy Wellness Centre

Wed	11:00 am	Sep 21	6	\$137.82	811125
Wed	11:00 am	Nov 9	6	\$137.82	811127

#### Winter

##### Chinguacousy Wellness Centre

Wed	11:00 am	Jan 11	9	\$206.73	811129
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### Mixed Martial Arts Conditioning

This program offers a combination of full body conditioning and fitness kickboxing techniques into one exciting workout. Learn the basic techniques of Mixed Martial Arts and Fitness Kickboxing such as striking and blocking while including body weight conditioning exercises. There is a 50% discount for annual Fitness/Neighbourhood members.

Age: 14 + Class Length: 55 Minutes

#### Fall

##### Century Gardens Recreation Centre

Tue	7:00 pm	Sep 20	4	\$91.88	810984
Tue	7:00 pm	Oct 25	5	\$114.85	810985

#### Winter

##### Century Gardens Recreation Centre

Tue	7:00 pm	Jan 10	4	\$91.88	810986
Tue	7:00 pm	Feb 7	5	\$114.85	810988

### Nordic Walking

Using walking poles to 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

#### Fall

##### Loafer's Lake Recreation Centre

Sat	9:00 am	Sep 24	12	\$82.80	796337
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### Nordic Walking

Poles will be provided. This course is FREE for annual Fitness/Neighbourhood members.

Age: 55 + Class Length: 60 Minutes

#### Fall

##### Chinguacousy Park

Sun	9:00 am	Sep 25	8	\$29.12	807171
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#### Winter

##### Chinguacousy Park

Sun	9:00 am	Jan 15	9	\$32.76	807172
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### 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

#### Fall

##### Chris Gibson Recreation Centre

Wed	10:30 am	Sep 21	6	\$18.18	800381
Wed	10:30 am	Nov 2	7	\$21.21	808370

##### Knightsbridge Community Centre

Thu	4:00 pm	Sep 22	6	\$18.18	792018
Thu	4:00 pm	Nov 3	7	\$21.21	792019

##### Loafer's Lake Recreation Centre

Tue	1:00 pm	Sep 20	6	\$18.18	809844
Tue	1:00 pm	Nov 1	7	\$21.21	809845

#### Winter

##### Chris Gibson Recreation Centre

Wed	10:30 am	Jan 11	4	\$12.12	808371
Wed	10:30 am	Feb 8	5	\$15.15	808372

##### Knightsbridge Community Centre

Thu	4:00 pm	Jan 12	4	\$12.12	806493
Thu	4:00 pm	Feb 9	5	\$15.15	806494

##### Loafer's Lake Recreation Centre

Tue	1:00 pm	Jan 10	5	\$15.15	809879
Tue	1:00 pm	Feb 14	4	\$12.12	809882

### 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

#### Fall

##### Century Gardens Recreation Centre

Thu	8:00 pm	Sep 29	6	\$68.70	792720
Thu	8:00 pm	Nov 10	6	\$68.70	792722

#### Winter

##### Century Gardens Recreation Centre

Thu	8:00 pm	Jan 12	5	\$57.25	800777
Thu	8:00 pm	Feb 16	4	\$45.80	800779

### 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. Mandatory Equipment: Please bring your own mat.

Age: 14 + Class Length: 60 Minutes

#### Fall

##### Brampton Soccer Centre

Thu	7:30 pm	Sep 22	13	\$145.73	794091
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#### Winter

##### Brampton Soccer Centre

Thu	7:30 pm	Jan 12	9	\$100.89	794092
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**Book your Facility NOW!**  
**905.874.BOOK**

**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. Mandatory Equipment: Please bring your own Yoga mat.

Age: 14 + Class Length: 55 Minutes

**Fall**

**Chinguacousy Wellness Centre**

Mon	6:30 pm	Sep 19	11	\$81.62	802590
Sat	8:00 am	Sep 24	12	\$89.04	802589

**Gore Meadows Community Centre**

Mon	7:30 pm	Sep 19	12	\$89.04	802410
Sun	9:00 am	Sep 25	12	\$89.04	802412

**Loafer's Lake Recreation Centre**

Mon	8:00 pm	Sep 19	12	\$89.04	796175
Wed	7:00 pm	Sep 21	13	\$96.46	796190

**Winter**

**Chinguacousy Wellness Centre**

Mon	6:30 pm	Jan 9	8	\$59.36	807763
Sat	8:00 am	Jan 14	9	\$66.78	807779

**Gore Meadows Community Centre**

Mon	7:30 pm	Jan 9	8	\$59.36	802890
Sun	9:00 am	Jan 15	9	\$66.78	802891

**Howden Recreation Centre**

Tue	6:00 pm	Jan 10	9	\$66.78	803716
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**Loafer's Lake Recreation Centre**

Mon	8:00 pm	Jan 9	8	\$59.36	796705
Wed	7:00 pm	Jan 11	9	\$66.78	796739

**Ripped Rider**

Combine powerful cardiovascular sets on the bike followed by weights to maximize your caloric burn. Challenge your heart and muscles in this exciting spin class. There is a 50% discount for annual Fitness/Neighbourhood members.

Age: 14 + Class Length: 45 Minutes

**Fall**

**Chinguacousy Wellness Centre**

Mon	7:30 pm	Sep 19	11	\$125.95	794308
Wed	7:30 pm	Sep 21	13	\$148.85	794310
Sun	10:00 am	Sep 25	12	\$137.40	794311

**Winter**

**Chinguacousy Wellness Centre**

Mon	7:30 pm	Jan 9	8	\$91.60	794312
Wed	7:30 pm	Jan 11	9	\$103.05	794313
Sun	10:00 am	Jan 15	9	\$103.05	794314

**LISTINGS LEGEND**

Day	Time	Date	No.	Cost	Code
Tue	6:00pm	Apr 14	12	\$34	123456
<b>Day, Time, and Date</b> identify when the course begins					
<b>No.</b> Indicates how many classes are part of the course					
<b>Cost</b> is the price					
<b>Code</b> is needed for registering					

**Spin**

This fast-paced class will help you get into the best shape of your life. Pedalling at different speeds and resistances gives 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

**Fall**

**Cassie Campbell Community Centre**

Mon	8:30 pm	Sep 19	12	\$137.40	798327
Wed	5:30 pm	Sep 21	13	\$148.85	798332
Thu	8:30 pm	Sep 22	13	\$148.85	798334
Sat	8:00 am	Sep 24	12	\$137.40	798362

**Earncliffe Recreation Centre**

Mon	8:15 pm	Sep 19	12	\$137.40	792797
Thu	5:30 pm	Sep 22	13	\$148.85	792798
Sun	8:30 am	Sep 25	12	\$137.40	792799

**Winter**

**Cassie Campbell Community Centre**

Mon	8:30 pm	Jan 9	8	\$91.60	794963
Wed	5:30 pm	Jan 11	9	\$103.05	794965
Thu	8:30 pm	Jan 12	9	\$103.05	794967
Sat	8:00 am	Jan 14	9	\$103.05	794971

**Earncliffe Recreation Centre**

Mon	8:15 pm	Jan 9	8	\$91.60	794478
Thu	5:30 pm	Jan 12	9	\$103.05	794482
Sun	8:30 am	Jan 15	9	\$103.05	794486

# YOGA

Yoga relaxes the mind and body to help handle everyday stress. Whether you are beginning your journey into the Yoga experience, an expecting or new mother or looking to enhance your conditioning and strength, the City of Brampton offers a variety of Yoga programs. Visit your local Recreation Centre for more information.

**Benefits of Yoga:**

- Increases flexibility
- Enhances blood circulation
- Strengthens and tones muscles
- Helps calm the nervous system
- Improves health and mobility

*Please bring your own non-slip Yoga mat*

The City of Brampton offers the following types of yoga: Baby and You, Beginner, Chair, Gentle, Kundalini, and Water.

### 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: 60 Minutes

#### Fall

##### Brampton Soccer Centre

Tue	9:15 am	Sep 20	13	\$47.32	794059
Thu	9:15 am	Sep 22	13	\$47.32	794061

##### Howden Recreation Centre

Thu	1:30 pm	Sep 22	13	\$47.32	803237
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##### Knightsbridge Community Centre

Wed	4:15 pm	Sep 21	6	\$21.84	792012
Wed	4:15 pm	Nov 2	7	\$25.48	792013

##### Loafer's Lake Recreation Centre

Fri	1:00 pm	Sep 23	13	\$47.32	809856
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#### Winter

##### Brampton Soccer Centre

Tue	9:15 am	Jan 10	9	\$32.76	794072
Thu	9:15 am	Jan 12	9	\$32.76	794074

##### Howden Recreation Centre

Thu	1:30 pm	Jan 12	9	\$32.76	803724
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##### Knightsbridge Community Centre

Wed	4:15 pm	Jan 11	4	\$14.56	806491
Wed	4:15 pm	Feb 8	5	\$18.20	806492

##### Loafer's Lake Recreation Centre

Fri	1:00 pm	Jan 13	9	\$32.76	809891
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### 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 program runs rain or shine. This course is FREE for annual Fitness/Neighbourhood members.

Age: 14 + Class Length: 55 Minutes

#### Fall

##### Chinguacousy Park

Thu	9:30 am	Sep 22	6	\$41.40	800095
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##### Chris Gibson Recreation Centre

Fri	1:00 pm	Sep 23	7	\$55.20	800374
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##### Loafer's Lake Recreation Centre

Tue	9:30 am	Sep 20	13	\$89.70	796236
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##### Mount Pleasant Community Centre

Mon	9:30 am	Sep 19	5	\$34.50	798557
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### 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

#### Fall

##### Cassie Campbell Community Centre

Mon	12:30 pm	Sep 19	12	\$82.80	798026
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Wed	12:30 pm	Sep 21	13	\$89.70	798163
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### Chris Gibson Recreation Centre

Wed	9:30 am	Sep 21	13	\$89.70	800371
Sat	10:15 am	Oct 1	8	\$55.20	800383

### Loafer's Lake Recreation Centre

Thu	11:00 am	Sep 22	13	\$89.70	796289
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#### Winter

##### Cassie Campbell Community Centre

Mon	12:30 pm	Jan 9	8	\$55.20	794922
Wed	12:30 pm	Jan 11	9	\$62.10	794924

##### Chris Gibson Recreation Centre

Wed	9:30 am	Jan 11	9	\$62.10	800372
Sat	10:15 am	Jan 14	9	\$62.10	800384

##### Loafer's Lake Recreation Centre

Thu	11:00 am	Jan 12	9	\$62.10	796749
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### 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

#### Fall

##### Cassie Campbell Community Centre

Mon	10:30 am	Sep 19	12	\$82.80	798412
Wed	10:30 am	Sep 21	13	\$89.70	798448

Fri	10:30 am	Sep 23	13	\$89.70	798451
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##### Chinguacousy Wellness Centre

Tue	10:30 am	Sep 20	13	\$89.70	794322
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#### Winter

##### Cassie Campbell Community Centre

Mon	10:30 am	Jan 9	8	\$55.20	794981
Wed	10:30 am	Jan 11	9	\$62.10	794984

Fri	10:30 am	Jan 13	9	\$62.10	794987
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##### Chinguacousy Wellness Centre

Tue	10:30 am	Jan 10	9	\$62.10	794325
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# DROP-IN FITNESS CLASSES

For up-to-date drop-in program schedules and fees please visit [www.brampton.ca](http://www.brampton.ca)

**Walk and Tone**

This course is FREE for annual Fitness/Neighbourhood members.

Age: 55 + Class Length: 60 Minutes

**Fall**

**Brampton Soccer Centre**

Tue	10:30 am	Sep 20	13	\$39.39	794230
Thu	10:30 am	Sep 22	13	\$39.39	794231

**Winter**

**Brampton Soccer Centre**

Tue	10:30 am	Jan 10	9	\$27.27	794234
Thu	10:30 am	Jan 12	9	\$27.27	794235

**Yoga**

Yoga relaxes the mind and body. The physical benefits of yoga are increased flexibility, balance, strength and coordination. This practice will teach patience and discipline and can be used as a relaxation technique to combat anxiety and stress. This natural exercise program is designed to tone muscles, enhance blood circulation and calm the nervous system. Mandatory Equipment: Please bring your own non-slip yoga mat.

Age: 8 - 13 Class Length: 55 Minutes

**Fall**

**Cassie Campbell Community Centre**

Tue	6:30 pm	Sep 20	13	\$58.76	808776
Sat	12:30 pm	Sep 24	12	\$54.24	808788

**Winter**

**Cassie Campbell Community Centre**

Tue	6:30 pm	Jan 10	9	\$40.68	809057
Sat	12:30 pm	Jan 14	9	\$40.68	809113

**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. Mandatory Equipment: Please bring your own Yoga mat.

Age: 14 + Class Length: 85 Minutes

**Fall**

**Cassie Campbell Community Centre**

Sun	10:00 am	Sep 25	12	\$133.56	808908
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**Century Gardens Recreation Centre**

Wed	7:00 pm	Sep 21	13	\$144.69	792748
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**Chris Gibson Recreation Centre**

Wed	2:00 pm	Sep 21	13	\$144.69	800368
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**Earncliffe Recreation Centre**

Mon	6:30 pm	Sep 19	12	\$133.56	792795
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**Gore Meadows Community Centre**

Sun	10:00 am	Sep 25	12	\$133.56	802415
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**Howden Recreation Centre**

Tue	7:00 pm	Sep 20	13	\$144.69	803223
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**Loafer's Lake Recreation Centre**

Tue	7:00 pm	Sep 20	13	\$144.69	808869
Thu	7:00 pm	Sep 22	13	\$144.69	796285

**Winter**

**Cassie Campbell Community Centre**

Sun	10:00 am	Jan 15	9	\$100.17	809125
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**Century Gardens Recreation Centre**

Wed	7:00 pm	Jan 11	9	\$100.17	800933
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**Chris Gibson Recreation Centre**

Wed	2:00 pm	Jan 11	9	\$66.78	800369
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**Earncliffe Recreation Centre**

Mon	6:30 pm	Jan 9	8	\$89.04	804753
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**Book your Facility NOW!**  
**905.874.BOOK**

**Gore Meadows Community Centre**

Sun	10:00 am	Jan 15	9	\$100.17	802893
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**Howden Recreation Centre**

Tue	7:00 pm	Jan 10	9	\$100.17	803715
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**Loafer's Lake Recreation Centre**

Tue	7:00 pm	Jan 10	9	\$100.17	808870
Thu	7:00 pm	Jan 12	9	\$100.17	796748

**Yoga**

Mandatory Equipment: Please bring your own Yoga mat.

Age: 55 + Class Length: 90 Minutes

**Fall**

**Knightsbridge Community Centre**

Mon	1:00 pm	Sep 19	5	\$26.85	791988
Mon	2:45 pm	Sep 19	5	\$26.85	791992
Wed	1:00 pm	Sep 21	6	\$32.22	791990
Wed	2:45 pm	Sep 21	6	\$32.22	791994
Wed	1:00 pm	Nov 2	7	\$37.59	791991
Wed	2:45 pm	Nov 2	7	\$37.59	791995
Mon	1:00 pm	Nov 7	6	\$32.22	791989
Mon	2:45 pm	Nov 7	6	\$32.22	791993

**Loafer's Lake Recreation Centre**

Fri	9:30 am	Sep 23	6	\$32.22	808862
Fri	9:30 am	Nov 11	6	\$32.22	808863

**Winter**

**Knightsbridge Community Centre**

Mon	1:00 pm	Jan 9	4	\$21.48	806479
Mon	2:45 pm	Jan 9	4	\$21.48	806481
Wed	1:00 pm	Jan 11	4	\$21.48	806483
Wed	2:45 pm	Jan 11	4	\$21.48	806485
Mon	1:00 pm	Feb 6	4	\$21.48	806480
Mon	2:45 pm	Feb 6	4	\$21.48	806482
Wed	2:45 pm	Feb 8	5	\$26.85	806486
Wed	1:00 pm	Feb 15	5	\$26.85	806484

**Loafer's Lake Recreation Centre**

Fri	9:30 am	Jan 20	9	\$48.33	814132
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**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. Please bring your own Pilates mat.

Age: 14 + Class Length: 90 Minutes

**Fall**

**Brampton Soccer Centre**

Tue	6:30 pm	Sep 20	13	\$144.69	794120
Thu	7:30 pm	Sep 22	13	\$144.69	794123
Sun	9:30 am	Sep 25	12	\$133.56	794128

**Cassie Campbell Community Centre**

Wed	7:00 pm	Sep 21	13	\$144.69	808911
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**Earncliffe Recreation Centre**

Wed	7:30 pm	Sep 21	13	\$144.69	792803
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**Winter**

**Brampton Soccer Centre**

Tue	6:30 pm	Jan 10	9	\$100.17	794125
Thu	7:30 pm	Jan 12	9	\$100.17	794130
Sun	9:30 am	Jan 15	9	\$100.17	794132

**Cassie Campbell Community Centre**

Wed	7:00 pm	Jan 11	9	\$100.17	809135
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**Earncliffe Recreation Centre**

Wed	7:30 pm	Jan 11	9	\$100.17	804823
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**LISTINGS LEGEND**

Day	Time	Date	No.	Cost	Code
Tue	6:00pm	Apr 14	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					

### Yoga Baby and You

Connect with yourself and your baby (2 to 12 months), and prepare for the journey of motherhood. Our classes are taught in the style of Hatha Yoga, and include a 5-minute deep relaxation. Mandatory Equipment: Please bring your own mat.

Age: 14 + Class Length: 55 Minutes

#### Fall

**Cassie Campbell Community Centre**  
Tue 12:30 pm Sep 20 13 \$96.46 808907

**Chris Gibson Recreation Centre**  
Wed 1:00 pm Sep 21 13 \$96.46 800365

**Greenbriar Recreation Centre**  
Wed 10:00 am Sep 21 13 \$96.46 803332

**Loafer's Lake Recreation Centre**  
Wed 9:30 am Sep 21 13 \$96.46 796282

#### Winter

**Cassie Campbell Community Centre**  
Tue 12:30 pm Jan 10 9 \$66.78 809120

**Chris Gibson Recreation Centre**  
Wed 1:00 pm Jan 11 9 \$66.78 800366

**Greenbriar Recreation Centre**  
Wed 10:00 am Jan 11 9 \$66.78 806367

**Loafer's Lake Recreation Centre**  
Wed 9:30 am Jan 11 9 \$66.78 796727

### 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. Mandatory Equipment: Please bring your own mat. Wear loose clothing and bring a blanket/towel for your comfort.

Age: 14 + Class Length: 55 Minutes

#### Fall

**Chris Gibson Recreation Centre**  
Tue 1:00 pm Sep 20 13 \$96.46 800589

**Earncliffe Recreation Centre**  
Fri 10:30 am Sep 23 13 \$96.46 792802

#### Winter

**Chris Gibson Recreation Centre**  
Tue 1:00 pm Jan 10 9 \$66.78 800590

**Earncliffe Recreation Centre**  
Fri 10:30 am Jan 13 9 \$66.78 804759

### Yoga Gentle

Mandatory Equipment: Please bring your own mat. Wear loose clothing and bring a blanket/towel for your comfort.

Age: 55 + Class Length: 55 Minutes

#### Fall

**Chinguacousy Park**  
Tue 9:30 am Sep 20 6 \$21.48 799808

**Chinguacousy Ski Chalet**  
Mon 9:30 am Nov 14 6 \$21.48 806682

**Knightsbridge Community Centre**  
Fri 1:00 pm Sep 23 6 \$21.48 792025

Fri 2:15 pm Sep 23 6 \$21.48 792028

Fri 1:00 pm Nov 4 7 \$25.06 792027

Fri 2:15 pm Nov 4 7 \$25.06 792030

#### Winter

**Chinguacousy Ski Chalet**  
Mon 9:30 am Jan 9 8 \$28.64 800287

**Knightsbridge Community Centre**  
Fri 1:00 pm Jan 13 4 \$12.12 806497

Fri 2:15 pm Jan 13 4 \$12.12 806499

Fri 1:00 pm Feb 10 5 \$15.15 806498

Fri 2:15 pm Feb 10 5 \$15.15 806500

### Yoga in the Water

In this aquatic yoga experience, participants will flow from one sequence of movements to another to relax the mind and body. This natural exercise program is designed to tone muscles, enhance blood circulation and calm the nervous system while being in chest deep water.

Age: 14 + Class Length: 60 Minutes

#### Fall

**Chinguacousy Wellness Centre**  
Wed 2:00 pm Sep 14 12 \$148.85 811379

#### Winter

**Chinguacousy Wellness Centre**  
Wed 2:00 pm Jan 11 9 \$103.05 811380

### 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. Mandatory Equipment: Please bring your own non-slip yoga mat.

Age: 14 + Class Length: 55 Minutes

#### Fall

**Cassie Campbell Community Centre**  
Tue 8:00 pm Sep 20 13 \$96.46 808912

**Century Gardens Recreation Centre**  
Tue 7:00 pm Sep 20 13 \$96.46 792739

**Chinguacousy Wellness Centre**  
Mon 7:30 pm Sep 19 11 \$81.62 794305

**Chinguacousy Ski Chalet**  
Wed 7:00 pm Sep 21 13 \$96.46 800246

**Earncliffe Recreation Centre**  
Thu 7:30 pm Sep 22 13 \$96.46 792796

**Gore Meadows Community Centre**  
Thu 8:00 pm Sep 22 13 \$96.46 802416

**Mount Pleasant Community Centre**  
Wed 7:00 pm Sep 21 13 \$96.46 809036

Sat 9:00 am Sep 24 12 \$89.04 809032

#### Winter

**Cassie Campbell Community Centre**  
Tue 8:00 pm Jan 10 9 \$66.78 809137

**Century Gardens Recreation Centre**  
Tue 7:00 pm Jan 10 9 \$66.78 800886

**Chinguacousy Wellness Centre**  
Mon 7:30 pm Jan 9 8 \$59.36 794306

**Chinguacousy Ski Chalet**  
Wed 7:00 pm Jan 11 9 \$66.78 800292

**Earncliffe Recreation Centre**  
Thu 7:30 pm Jan 12 9 \$66.78 794477

**Gore Meadows Community Centre**  
Thu 8:00 pm Jan 12 9 \$66.78 802895

**Mount Pleasant Community Centre**  
Wed 7:00 pm Jan 11 9 \$66.78 809142

Sat 9:00 am Jan 14 9 \$66.78 809141

### Yoga Kundalini

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

Age: 6 - 13 Class Length: 60 Minutes

#### Fall

**Brampton Soccer Centre**  
Wed 5:45 pm Sep 21 13 \$58.76 794095

Sun 5:45 pm Sep 25 12 \$54.24 794096

**Winter**  
**Brampton Soccer Centre**  
Wed 5:45 pm Jan 11 9 \$40.68 794097

Sun 5:45 pm Jan 15 9 \$40.68 794098

### Yoga Kundalini

Age: 14 + Class Length: 90 Minutes

#### Fall

**Brampton Soccer Centre**  
Wed 7:00 pm Sep 21 13 \$144.69 794102

Sun 7:00 pm Sep 25 12 \$133.56 794103

#### Winter

**Brampton Soccer Centre**  
Wed 7:00 pm Jan 11 9 \$100.17 794104

Sun 7:00 pm Jan 15 9 \$100.17 794105



## BRAMPTON CARDIAC REHAB ALUMNI

#### Fitness classes are held:

Monday 2:30 pm (beginner class)  
Monday 1:30 pm, 7:30 pm  
Wednesday 7:30 pm  
Thursday 1:30 pm

#### Aquatic Walkers classes are held:

Tuesday, Thursday 3:00 - 4:00 pm

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.

"Young at Heart" classes suitable for Cardiac Alumni members are also available at the Chinguacousy Wellness Centre and Cassie Campbell Community Centre with this membership. For information please contact the Active Living Coordinator at the Chinguacousy Wellness Centre at **905.789.6111 ext. 63343** or visit **www.cardiacalumni.com**

\*Affiliated with the City of Brampton



**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. Mandatory Equipment: Please bring your own non-slip yoga mat.

Age: 8 + Class Length: 55 Minutes

**Fall**

<b>Cassie Campbell Community Centre</b>					
Mon	7:30 pm	Sep 19	12	\$89.04	808913
Sat	10:30 am	Sep 24	11	\$81.62	808914
<b>Gore Meadows Community Centre</b>					
Thu	7:30 pm	Sep 22	13	\$96.46	802417

**Winter**

<b>Cassie Campbell Community Centre</b>					
Mon	7:30 pm	Jan 9	8	\$59.36	809138
Sat	10:30 am	Jan 14	8	\$59.36	809139
<b>Gore Meadows Community Centre</b>					
Wed	7:30 pm	Jan 11	9	\$66.78	802898

**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. Mandatory Equipment: Please bring your own mat and pillow.

Age: 14 + Class Length: 55 Minutes

**Fall**

<b>Cassie Campbell Community Centre</b>					
Thu	7:00 pm	Sep 22	13	\$96.46	809026
<b>Gore Meadows Community Centre</b>					
Sat	10:00 am	Sep 24	12	\$89.04	802418

**Winter**

<b>Cassie Campbell Community Centre</b>					
Thu	7:00 pm	Jan 12	9	\$66.78	809140
<b>Gore Meadows Community Centre</b>					
Sat	10:00 am	Jan 14	9	\$66.78	802899

**Zumba®**  
Zumba® is the fitness craze that is sweeping the nation! A fusion of international music, this class tones and sculpts without you even knowing it. Based on the principle that a workout should be fun and easy to do, this feel-good workout stimulates the mind and body! This course is FREE for annual Fitness/Neighbourhood members.

Age: 14 + Class Length: 55 Minutes

**Fall**

<b>Century Gardens Recreation Centre</b>					
Tue	7:00 pm	Sep 20	13	\$89.70	792710
Thu	7:00 pm	Sep 29	12	\$82.80	792709

**Howden Recreation Centre**

Mon	6:15 pm	Sep 19	12	\$75.90	811377
Thu	6:15 pm	Sep 22	13	\$75.90	811378

**Mount Pleasant Community Centre**

Sat	10:00 am	Sep 24	12	\$82.80	798545
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**Snelgrove Community Centre**

Tue	6:30 pm	Sep 20	13	\$89.70	796215
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**South Fletcher's Sportsplex**

Mon	6:30 pm	Sep 19	11	\$75.90	806537
Mon	7:30 pm	Sep 19	11	\$75.90	806538
Tue	7:30 pm	Sep 20	13	\$89.70	806539
Wed	5:30 pm	Sep 21	13	\$89.70	806541
Thu	6:30 pm	Sep 22	13	\$89.70	806542
Fri	9:30 am	Sep 23	13	\$89.70	806544
Fri	6:30 pm	Sep 23	13	\$89.70	806543
Sat	11:00 am	Sep 24	12	\$82.80	806545
Sun	11:00 am	Sep 25	12	\$82.80	806546

**Terry Miller Recreation Centre**

Mon	7:00 pm	Sep 19	11	\$75.90	804737
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**Winter**

<b>Century Gardens Recreation Centre</b>					
Tue	7:00 pm	Jan 10	9	\$62.10	800707
Thu	7:00 pm	Jan 12	9	\$62.10	800718

**Howden Recreation Centre**

Mon	6:15 pm	Jan 9	8	\$55.20	803725
Thu	6:15 pm	Jan 12	9	\$62.10	803726

**Mount Pleasant Community Centre**

Sat	10:00 am	Jan 14	9	\$62.10	795014
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**Snelgrove Community Centre**

Tue	6:30 pm	Jan 10	9	\$62.10	796710
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**South Fletcher's Sportsplex**

Mon	6:30 pm	Jan 9	8	\$55.20	806583
Mon	7:30 pm	Jan 9	8	\$55.20	806584
Tue	7:30 pm	Jan 10	9	\$62.10	806585
Wed	5:30 pm	Jan 11	9	\$62.10	806586
Thu	6:30 pm	Jan 12	9	\$62.10	806587
Fri	9:30 am	Jan 13	9	\$62.10	806588
Fri	6:30 pm	Jan 13	9	\$62.10	806589
Sat	11:00 am	Jan 14	9	\$62.10	806590
Sun	11:00 am	Jan 15	9	\$62.10	806591

**Terry Miller Recreation Centre**

Mon	7:00 pm	Jan 9	8	\$55.20	804749
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City of Brampton Personal Trainers will help develop an individual workout for you while providing motivation and ensuring proper form and safety with all exercises. Hire a personal trainer to motivate and inspire you to achieve your fitness goals.

**PERSONAL TRAINING**

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.

<p><b>Introductory Package</b> 3 sessions</p> <p>Member Adults: \$135.61 Member Adult 55+: \$88.14</p>	<p><b>Bronze Package</b> 5 sessions</p> <p>Member Adults: \$226.00 Member Adult 55+: \$146.90</p>	<p><b>Silver Package</b> 10 sessions</p> <p>Member Adults: \$426.40 Member Adult 55+: \$277.20</p>	<p><b>Gold Package</b> 15 sessions</p> <p>Member Adults: \$599.55 Member Adult 55+: \$389.70</p>
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Note: Member fees above apply to annual Fitness or Neighbourhood members. Non-members are welcome to purchase personal training for an additional fee.

### Zumba Gold®

This 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. This class is for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. This class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! This course is FREE for annual Fitness/Neighbourhood members.

Age: 14 + Class Length: 55 Minutes

#### Fall

##### Cassie Campbell Community Centre

Mon 1:30 pm Sep 19 12 \$82.80 798462

##### Century Gardens Recreation Centre

Thu 10:00 am Sep 22 13 \$89.70 792733

##### Terry Miller Recreation Centre

Wed 7:00 pm Sep 21 13 \$89.70 804820

#### Winter

##### Cassie Campbell Community Centre

Mon 1:30 pm Jan 9 8 \$55.20 795008

##### Century Gardens Recreation Centre

Thu 10:00 am Jan 12 9 \$62.10 800949

##### Terry Miller Recreation Centre

Wed 7:00 pm Jan 11 9 \$62.10 804776

### Zumba Gold®

This course is FREE for annual Fitness/Neighbourhood members.

Age: 55 + Class Length: 60 Minutes

#### Fall

##### Greenbriar Recreation Centre

Thu 10:00 am Sep 22 13 \$39.39 803359

##### Knightsbridge Community Centre

Fri 11:30 am Sep 23 6 \$18.18 792021

Fri 11:30 am Nov 4 7 \$21.21 792022

#### Winter

##### Greenbriar Recreation Centre

Thu 10:00 am Jan 12 9 \$27.27 806369

##### Knightsbridge Community Centre

Fri 11:30 am Jan 13 4 \$12.12 806495

Fri 11:30 am Feb 10 5 \$15.15 806496

### Zumba Kids®

The ultimate dance-fitness party for young Zumba® fans, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get participants moving to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching!

Age: 7 - 11 Class Length: 55 Minutes

#### Fall

##### Howden Recreation Centre

Tue 4:00 pm Sep 20 13 \$54.99 811375

##### Loafer's Lake Recreation Centre

Sun 1:00 pm Sep 25 12 \$50.76 796347

### Terry Miller Recreation Centre

Fri 7:00 pm Sep 23 13 \$54.99 804851

#### Winter

##### Loafer's Lake Recreation Centre

Sun 1:00 pm Jan 15 9 \$38.07 796774

##### Terry Miller Recreation Centre

Fri 7:00 pm Jan 13 9 \$38.07 804865

### Zumba Kids Jr.®

Zumba® Kids Jr. classes are a dance n' play party for lil' feet where pint-sized party animals get silly, dream big and begin their journey to a healthy future. Here they can socialize, move to age-appropriate music and play games with other participants.

Age: 4 - 6 Class Length: 55 Minutes

#### Fall

##### Terry Miller Recreation Centre

Fri 6:00 pm Sep 23 13 \$54.99 804826

#### Winter

##### Terry Miller Recreation Centre

Fri 6:00 pm Jan 13 9 \$38.07 804831

#### LISTINGS LEGEND

Day	Time	Date	No.	Cost	Code
Tue	6:00pm	Apr 14	12	\$34	123456
<b>Day, Time, and Date</b> identify when the course begins					
<b>No.</b> Indicates how many classes are part of the course					
<b>Cost</b> is the price					
<b>Code</b> is needed for registering					

# FIT ZONE

Located at Century Gardens Recreation Centre 905-874-2814

YOUTH AGES 7-14 YEARS



The Fitzone is a unique youth friendly drop in fitness centre. Fitzone features exercise equipment specifically designed for youth, a rock wall, and special gaming systems focused on keeping active! Our team will guide the youth through their Fitzone experience.

**CALL AND ASK ABOUT OUR FITZONE BIRTHDAY PARTIES!**

#### HOURS OF OPERATION

Monday-Friday 4:00-8:00pm | Saturday/Sunday 12:00-4:00pm

\*Fitzone closed: Oct. 8-10, Oct. 31, Dec. 24-26, Dec. 31, Jan. 1, Feb. 20, Apr. 14, May 22

#### RATES

Drop-in: \$2.00 (max 2 hour visit) | Annual Membership \$102.50 (membership includes use of recreational swimming, skating and shinny hockey)

ACTIVE LIVING MEMBERSHIPS

**FITNESS CENTRE MEMBERSHIP**

Includes CITY-WIDE usage of: • Use of all fitness facilities including weight rooms and indoor tracks • Scheduled drop-in fitness classes • Scheduled aquafit classes • Scheduled drop-in swimming • Scheduled drop-in shinny • Scheduled drop-in skating • Squash and racquetball • Additional discounts may apply to registered fitness & health programming with the purchase of annual fitness centre memberships. Monthly payment options are available on annual memberships.

**Fitness Centre Amenities**

Facility Name	Aquafit	Hot tub	Sauna	Shinny	Skating	Swimming	Fitness Classes	Weight Room	Indoor Track	Child Care	Squash
<b>Cassie Campbell Community Centre</b> 905.840.4041	•	•	•	•	•	•	•	•	•	•	
<b>Chinguacousy Wellness Centre</b> 905.789.6111	•	•	•			•	•	•	•		
<b>COMING SOON! Gore Meadows Community Centre &amp; Library</b> 905.874.3477 <small>***Effective December 31, 2016 all Neighbourhood Centre memberships must be converted to Fitness Centre memberships to be valid at Gore Meadows**</small>											
<b>South Fletcher's Sportsplex</b> 905.874.2856	•	•	•	•	•	•	•	•			

**Fitness Centre Rates**

Membership Type	Day Ticket Price	Package of 10	1 Month	Annual
Teen 14 - 17 Years	\$5.75	\$51.70	\$32.60	\$279.80
Full-Time Student* 18 - 54 Years	\$7.10	\$63.90	\$40.10	\$343.50
Adult 18 - 54 Years	\$8.90	\$80.10	\$50.10	\$429.40
Adult 55+ Years	\$5.75	\$51.70	\$32.60	\$279.80

**NEIGHBOURHOOD CENTRE MEMBERSHIP**

Includes: • Fitness classes and use of the weight rooms at: Loafer's Lake, Earnscliffe, Century Gardens, Gore Meadows and Howden Recreation Centres. Plus City-Wide use of: • Scheduled aquafit classes • Scheduled drop-in swimming • Scheduled drop-in shinny • Scheduled drop-in skating • Squash and racquetball • Additional discounts may apply to registered fitness & health programming with the purchase of annual neighbourhood memberships. Monthly payment options are available on annual memberships.

**Neighbourhood Centre Amenities**

Facility Name	Aquafit	Hot tub	Sauna	Steam Room	Shinny	Skating	Swimming	Fitness Classes	Weight Room	Indoor Track	Child Care	Squash
<b>Century Gardens Recreation Centre</b> 905.874.2814	•			•	•	•	•	•	•			
<b>Earnscliffe Recreation Centre</b> 905.792.2224	•		•		•	•	•	•	•			
<b>Gore Meadows Community Centre &amp; Library</b> 905.874.3477	<small>***Effective December 31, 2016 all Neighbourhood Centre memberships must be converted to Fitness Centre memberships to be valid at Gore Meadows**</small>							•	•			
<b>Howden Recreation Centre</b> 905.793.4645	•		•				•	•				
<b>Loafer's Lake Recreation Centre</b> 905.846.2370	•	•	•				•	•	•		•	•

**Neighbourhood Centre Rates**

Membership Type	Day Ticket Price	Package of 10	1 Month	Annual
Teen 14 - 17 Years	\$5.75	\$51.70	\$32.60	\$178.40
Full-Time Student* 18 - 54 Years	\$7.10	\$63.90	\$40.10	\$219.55
Adult 18 - 54 Years	\$8.90	\$80.10	\$50.10	\$274.45
Adult 55+ Years	\$5.75	\$51.70	\$32.60	\$178.40

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