

# Health & Wellness



## Childminding

**A fun place for your child while you workout.**



The Leisure Centre provides a safe supervised place for your child to play while you participate in any activity in the facility. Childminding is for children 6 months to 6 years. The Leisure Centre encourages parents to keep ill children at home.

- Space is limited.
- Two time slot options
- Adult must remain on site
- Register up to 3 days in advance
- **\$4 per session/per child**

Mon -Fri Oct 4-Dec 17 8:30am-12pm

MLC - MP#3

## Healthy Lifestyles Program



The Healthy Lifestyles Program is a joint initiative with the Fraser Health to support adults on their mental wellness journey through recreation services & leisure planning.

Contact Tanis Bentley at [tbentley@mission.ca](mailto:tbentley@mission.ca), 604 820-6355 for more information

## Fall Drop-in Fitness

Effective October 25, 2021

Pre-book up to 3 days in advance. [www.mission.ca/register](http://www.mission.ca/register)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05-6:50am	Water Walking	Boot Camp* (MLC gym)		TRX Boot Camp* (MLC gym)	Spin		
8:45-9:30am	Spin		HIIT & Core				
9:00-9:45am	Synergy Circuit ↕		No Sweat (9:35-10:35)		Tone & Sculpt (9:15-10am)		
9:00-9:45am	Aqua Fit-Shallow Water Running	Aqua Fit-Deep Water Wellness**	Aqua Fit-Shallow Water Running	Aqua Fit-Deep Water Wellness**			Vinyasa Yoga (9-10am)
10:15-11:15am					Yoga Fusion (10:15-11am)	Hatha Yoga	
10:30-11:30am	Hatha Yoga	Hatha Yoga	Hatha Yoga (10:45-11:45)	Hatha Yoga			
12:10-12:45pm	Aqua Fit-Deep (12:15-1pm) Water Walking (12:15-1pm)	\$2 Quick Fit	\$2 Quick Fit	\$2 Quick Fit Water Yoga** (12:15-1pm)	\$2 Quick Fit		*Held in MLC Gym ** located in the Leisure Pool ↕ Weight Room
1:05-1:50pm	Dance Fit (1:30-2:15)		Foam Rolling & Flexibility				Classes held in studio or main pool unless stated otherwise.
5:30-6:15pm	HIIT & Core (5:25-6:25)		Spin				<b>Fitness Safety</b> When taking any fitness class, let the instructor know if you are new to group exercise, pre/post natal, suffering from any health conditions or recovering from injury. The goal is to ensure a safe & effective workout.
6:00-6:45pm			Synergy Circuit ↕	Pilates			
6:30-7:15pm	Yoga for Anxiety and Pain 6:50-7:35pm		Core & More				
7:45-8:45pm			Relaxation Yoga				

Classes do not run on stat holidays and their weekends. ll water walking/running is self-led.

Pre-book up to 3 days in advance - [www.mission.ca/register](http://www.mission.ca/register)