

Fitness Schedule

Fall 2019 & Winter 2020

Childminding

A fun place for your child while you work out

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

- Space is limited.
- Two hour maximum per day
- Adult must remain on site
- Registration available in advance for 1 yrs and up.

\$3.25 per session.

Mon Sep 16 - Dec 18 8:30am-12pm
& Wed Jan 6 - Apr 1

Tue, Thu Sep 17 - Dec 20 8:30am-11:00am
& Fri Jan 7 - Apr 3

MLC - MP#3

Prices subject to change with Annual fee increase.
No childminding on Oct 14, Nov 11 & Feb 17.

Reservations

Spin, TRX & Yoga

- Six spots per class are made available for over the phone, in-person and NEW online advanced reservations.
- Bookings will be taken 2 weeks in advance & no later than 30 min before the start of the class.
- Spots must be claimed 5 min before the start time of the class or the reservation will no longer be valid. (Spot will be given to someone else.)
- Refunds or credits will not be issued.

Drop-in Fitness

Effective Sept 16 - Dec 22, 2019
& Jan 6 - Mar 15, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am	HIIT	NEW! Spin	NEW! HIIT	Spin/Core	TRX/Spin		
6:00-6:45am	Deep Water	Aqua Intense		Aqua Intense	Aqua Intense		
8:00-8:45am		NEW! Water Yoga		NEW! Water Yoga		Aqua Intense HIIT	
8:45-9:30am	PUMP	Cross-Train*	Ab Workout	Spin	TRX		Spin (8:45-9:45)
9:00-9:45am	Aquafit Deep Water	Aquafit Water Wellness** (9:15-10:00)	Aquafit Deep Water Social	Aquafit Water Wellness** (9:15-10:00)	HIIT Waterfit Deep Water	Cardio Fit (9:00-10:00)	
9:15-10:15am	Low Impact*	Stretch & Strength	No Sweat*	Step Combo*	Low Impact*		
9:45-10:30am	NEW! POUND	TRX*	Pilates (9:45-10:35)	NEW! STRONG 45	HITT		
10:00-10:30am		NEW! Silver Circuit ◊		SYNRGY Circuit ◊			Yoga (10:15-11:00)
10:45-11:45am	Yoga	Yoga	Yoga	Yoga	Yoga		*Held in MLC Gym **Water Wellness runs from 9:15-10am & located in the Leisure Pool ◆ Room MP #4A/B ◊ Weightroom
12:15-1:00pm							Classes held in studio or main pool unless stated otherwise.
12:10-12:45pm	\$2 Quickfit	\$2 Quick Pilates	\$2 Quickfit	\$2 Quick Yoga	\$2 Quickfit		
5:30-6:15pm	Ab Workout	Spin	POUND	Spin	Yoga (5:30-6:30)		
5:30-6:30pm	Yoga*		Yoga*				Fitness Safety 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.
5:45-6:30pm	Aquafit	HIIT Waterfit	Aquafit	Deep Water			
6:30-7:30	Spin		Spin/ Strength	NEW! TRX Align & Restore			

Due to long weekends, classes do not run on Oct 12-14, Nov 9-11, Dec 24-26, Jan 1 & Feb 15-17. Evening Yoga cancelled on Dec 4. Step Combo cancelled on Dec 5. TRX Align & Restore no class Dec 19.

Everybody is Active!



The whole family can stay fit, even the little ones! Mission Leisure Centre offers a variety of fun programs and playtimes that help pre-schoolers develop physical literacy and social skills in a fun environment!

Active Play Creative Play

Monday - Thursday,

8:30am-10:30am

Sep 16-Dec 12, Jan 6-Mar 12

3-5 years

Exercise your body & your mind with active games and creative activities in our Drop-in program just for preschoolers.

Child admission rates apply.

We're not ready to leave yet! Can we go to Fun N' Run?

Included in a Child Membership!



FREE!



Fun N' Run

Tuesdays & Thursdays

11:00am-12:00pm

6m-6 years

Oct 1-Dec 17

& Jan 7-Mar 10

Drop into the gym for some playtime fun!

Parent participation required.

Help us make the weight room safe & enjoyable for everyone!

- Wear proper attire & appropriate foot wear.
- Avoid dropping weights and replace them after use.
- Refrain from multiple sets when others are waiting to use equipment.
- Spray and wipe equipment after use with spray bottles & towels provided.
- The use of perfumes, colognes and other scented products is not permitted.
- Stay hydrated & avoid over exertion.
- To use the Weight Room you must be 16+ or have taken the Teen Introduction to Weight Training program.
- If you are 13-15 and have attended an orientation, you can use the Weight Room between 3-5pm Mon-Fri, 12-5pm Sat-Sun or anytime if accompanied by an adult (19+).

Personal Training = Personal Best

Whether you are a workout veteran or putting on runners for the first time, our certified personal trainers will give you a definite edge in meeting your fitness goals. They work to simplify & vary your workout routine and create a tailored fitness plan that works with your unique abilities & needs. By stressing safety and proper technique while tossing in a pinch of fun, our personal trainers strive to help you maximize your success and feel great!

Hourly Personal Training

A 60 minute session addressing your personal fitness goals.

- One 1 hour session: \$55+tax
- Three 1 hour sessions: \$150+tax (\$50 per session)
- Five 1 hour sessions: \$245+tax (\$46 per session)

Small Group Training 2-4 people

Buddy rate: Add a friend to your PT session for \$15 more. Share the time and share the cost and maybe share the load.

Keep Moving Forward with 30 Minute Sessions

Sometimes a 30 minute follow-up session with your personal trainer is all it takes to keep you on track. Trainers will review your existing plan, add, remove or change exercises to an existing routine to help you continue towards your goals. These little changes along the way will help keep you motivated on your journey toward achieving your personal best.

- One 30 minute session: \$32



Weight Room

Hours of Operation

The Weight Room includes state of the art cardio (with on-board TVs) and strength equipment as well as a wide range of core & balance accessories. View the website for admission fees and pass options.

Mon - Fri 5:30am-10:00pm

Sat - Sun 7:00am-9:00pm

New! Discount Fitness - Tue/Thu 9:00-10:00pm, only \$2.

Weight Room Orientation

Sign up for a free (with paid admission) orientation of the Weight Room. Perfect for first time participants or those who are unsure about how to use the equipment. Book your spot at the reception office.

Follow Us Online!



mission.ca/leisure

604.820.5350

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