

Personal Training

A gentle transition from the hospital clinical therapy to recreation therapeutic programs.

Certified Personal Trainers will design a customized workout for you and your specific health needs.



Register, Pay-As-You-Go or Membership

To help you get started:

- Make an appointment to learn more about programs we offer
- Bring a friend or caregiver to a class
- Observe a class before attending

Contact your local Fitness/Active Living Centre for membership rates, PAYG fees and/or personal training information.

Membership includes

- Cardio & weight rooms
- Fitness classes (some restrictions apply)
- Therapeutic weight equipment
- Drop-in recreational swims and skates

For PAYG classes, locations and times, mississauga.ca/dropin

For program registration, mississauga.ca/rec&parcs



Find the right program for you

FITNESS CENTRES

HERSHEY SPORTZONE 905-502-9100
5600 Rose Cherry Pl. L4Z 4B6

HURON PARK (HP) 905-615-4820
830 Paisley Blvd. W. L5C 3P5

MALTON 905-615-4640
3540 Morning Star Dr. L4T 1Y2

MEADOWVALE (MD) 905-615-4710
6655 Glen Erin Dr. L5N 3L4

RIVERGROVE (RG) 905-615-4780
5800 River Grove Ave. L5M 4R8

SOUTH COMMON (SC) 905-615-4770
2233 South Millway L5L 3H7

TERRY FOX (MVCC) 905-615-4670
1275 Mississauga Valley Blvd. L5A 3R8

ACTIVE LIVING CENTRES

BURNHAMTHORPE (BCC) 905-615-4630
1500 Gulleden Dr. L4X 2T7

CAWTHRA (CA) 905-615-4800
1399 Cawthra Rd. L5G 4L1

CLARKSON (CL) 905-615-4840
2475 Truscott Dr. L5J 2B3

ERIN MEADOWS (EM) 905-615-4750
2800 Erin Centre Blvd. L5M 6R5

FRANK MCKECHNIE (FM) 905-615-4660
310 Bristol Rd. E. L4Z 3V5

MISSISSAUGA SENIORS' CENTRE (MSC) 905-615-4810
1389 Cawthra Rd. L5G 4L1
Call for membership rates and fees.

For information call a centre or visit:
mississauga.ca/rec&parcs

RECREATION AND PARKS

therapeutic and wellness

COMMUNITY BASED LAND PROGRAMS



MISSISSAUGA
Leading today for tomorrow

Therapeutic Programs

Bridging the gap between clinical therapy and recreational fitness.

We offer a range of safe exercise classes for people with these conditions:

- arthritis
- back pain
- cardiac recovery
- chronic lung conditions
- diabetes
- injuries due to falls
- joint degeneration
- neurological impairment
- pre & post surgery rehabilitation

A referral from your Health Care Provider is necessary to participate in:

- **Stronger & Steadier – Level I (CA & CL)**
Improve leg strength, flexibility, coordination and posture
- **Stronger & Steadier – Level II (CA)**
Further improve balance and coordination when walking independently
- **Better Backs (CA)**
Help for chronic low back pain
- **Stroke Breakers (MVCC)**
Activities include pool time, Tai Chi and speech therapy
- **Stroke Recovery Group (BCC)**
Activities include exercise, lunch, board games and social interaction
- **Sweet Success-Diabetes (HP)**
Fitness classes in cooperation with the Trillium Diabetes Management Centre (905-848-7545)

- **Next Step To Active Living (SC & HP)**

Day programs for adults aged 21+ with acquired physical disabilities (905-615-4770 x2279)

- **Moving On – COPD (SC)**

An exercise program in cooperation with Credit Valley Hospital for those with chronic lung conditions

All of these programs are supervised by qualified staff with fitness certifications and older adult training.



Wellness Programs

Safe, effective and enjoyable classes designed to improve:

- muscle strength
- muscle endurance
- cardiovascular endurance
- agility
- flexibility
- power

Pay as you go or register in one of these programs to assist you in everyday living:

- **Chair-ercise (HP, Malton)**
Upper body, core and leg strengthening exercises including a stretching cool-down
- **Heart-Wise (MD)**
For sedentary, de-conditioned individuals recovering from heart conditions or want to avoid heart incidents
- **Keep Fit for Bones – Level I & II (MSC)**
Improve bone density, muscle strength and flexibility for those diagnosed with osteoporosis
- **Keep Moving (MVCC)**
Improve mobility, strength and endurance in everyday movement
- **Osteoporosis Class & Osteo-Fit for Older Adults (BCC, EM, HP)**
Low impact, resistance and stretching
- **Recovery & Relaxation (Hershey)**
Helps reduce muscle tension
- **Tai Chi (FM, HP, SC)**
Improve health, balance and coordination



- **Therapeutic Body Movement (HP)**
Improve body alignment and range of motion
- **Yoga Seated & Standing Stretching (chair) (EM)**
A low intensity exercise program
- **Yoga Gentle (EM, MVCC)**
Stretches and strengthening combined with breathing and relaxation techniques
- **Meditation For Healing The Chakras (FM)**
Bring balance and harmony to the mind, body & spirit
- **Meditation for Health, Healing & Well Being (CA, EM, FM, SC)**
Meditations to facilitate healing and wellness
- **Reflexology (FM)**
A holistic healing therapy using pressure points in the head, hands and feet