

Fitness and Active Living Rates

Memberships and Classes

Rates effective April 1, 2013

Fitness Membership Rates

Membership Includes: Access to all City of Mississauga Fitness Centre and Active Living Centre amenities and services including: cardio & weight room equipment, fitness starter program, courts (squash/racquetball), select fitness classes, public skating and public swimming.

Note: Amenities and services vary by location.

(Prices exclude applicable taxes)

Membership Type	12 Months (Best Value)	3 Months	1 Month	5+ Visit Card	Single Visit (Pay-As-You-Go)
Adult (18-64 yrs)	\$37.00/Month \$444.00/Year	\$143.00/3 Months	\$54.00/Month	\$9.00/Visit	\$10.00/Visit
Older Adult (65+ yrs)					
Youth (14-17 yrs)	\$29.60/Month	\$114.40/3 Months	\$43.20/Month	\$7.20/Visit	\$8.00/Visit
Full-Time Students*	\$355.20/Year				
Persons with a Disability*					

*Documentation required

Waiver form required for Youth Memberships

Fitness and Active Living Class Rates

(Prices exclude applicable taxes)

Membership Type	Registered Programs	5+ Visit Card	Single Visit (Pay-As-You-Go)
Adult (18-64 yrs)	Prices vary. Find Registered Programs and Fees at: www.connect2rec.ca	\$9.00/Visit	\$10.00/Visit
Older Adult (65+ yrs)			
Youth (14-17 yrs)		\$7.20/Visit	\$8.00/Visit
Full-Time Students*			
Persons with a Disability*			

*Documentation required. Waiver form required for Youth Memberships

Personal Training, Squash Lessons and Walking Track Membership Rates

Rates effective April 1, 2013

Personal Training Rates

60 Minute Sessions

(Prices exclude applicable taxes)

Sessions	Private	Semi-Private (2 People)
1-3 Sessions - Land	\$50.00/Session	\$35.00 each per person
1-4 Sessions - Water	\$50.30/Session	N/A
4+ Sessions - Land	\$40.00/Session	\$28.00 each per person
5+ Sessions - Water	\$45.00/Session	N/A

Squash Lesson Rates

40 Minute Sessions

(Prices exclude applicable taxes)

Sessions	Private	Semi-Private (2 People)
1 Session	\$42.00/Session	\$35.00 each per person
3 Sessions*	\$84.00/3 Sessions	\$70.00 each per person

*Third squash session is FREE!

Walking Track Membership Rates

Located at Carmen Corbassen Community Centre

(Prices exclude applicable taxes)

Membership Type	12 Months (Best Value)	3 Months	1 Month	10+ Visit Card	Single Visit (Pay-As-You-Go)
Adult (18-64 yrs)	\$8.34/Month \$100.00/Year	\$50.00/3 Months	\$25.00/Month	\$2.48/Visit	\$2.75/Visit
Older Adult (65+ yrs)					
Youth (14-17 yrs)	\$6.67/Month \$80.00/Year	\$40.00/3 Months	\$20.00/Month	\$1.98/Visit	\$2.20/Visit
Full-Time Students*					
Persons with a Disability*					

*Documentation required. Waiver form required for Youth Memberships.

Premium Add On Rates

Members and Non-Members

Rates effective April 1, 2013

Premium Add On Rates

Premium add on rates are charged for: Cycle, Fitness Boxing and Child Care

(Prices exclude applicable taxes)

Fitness Member	12 Months (Best Value)	3 Months	1 Month	5+ Visit Card	Single Visit (Pay-As-You-Go)
Adult (18-64 yrs)	\$10.52/Month \$126.15/Year	\$45.15/3 Months	\$20.10/Month	\$5.40/Visit	\$6.00/Visit
Older Adult (65+ yrs)					
Youth (14-17 yrs)	\$10.52/Month \$126.15/Year	\$45.15/3 Months	\$20.10/Month	\$4.32/Visit	\$4.80/Visit
Full-Time Students*					
Persons with a Disability*					
Non-Member	12 Months	3 Months	1 Month	5+ Visit Card	Single Visit (Pay-As-You-Go)
Adult (18-64 yrs)	N/A	N/A	N/A	\$10.80/Visit	\$12.00/Visit
Older Adult (65+ yrs)					
Youth (14-17 yrs)	N/A	N/A	N/A	\$8.64/Visit	\$9.60/Visit
Full-Time Students*					
Persons with a Disability*					

*Documentation required

Walking Track - Carmen Corbassen Community Centre

Indoor cycling - Mississauga Valley Community Centre

Fitness Boxing - Huron Park Community Centre

Therapeutic Pools - Huron Park, Mississauga Valley, Malton and Clarkson Community Centres

Child Care - Mississauga Valley Community Centre

While **Fitness Boxing** can only be an add on to Fitness Memberships, an introductory clinic is offered for \$33.50