

MISSISSAUGA LOCATION

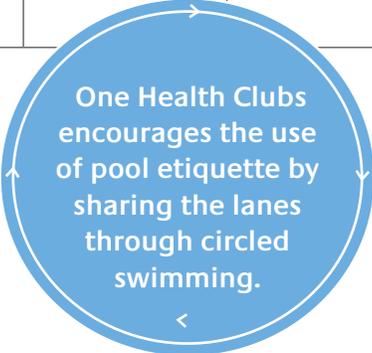
2021 Cliff Road, Mississauga 905 275 0610

also available online at www.onehealthclubs.com

ALL AQUAFIT CLASSES ARE 45MINS IN LENGTH UNLESS NOTED

EFFECTIVE JANUARY 7, 2019

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am	BODY BLAST SHALLOW/DEEP 9:30am 45 min - Carol NO LANE SWIM	AQUA TONE 9:30am 45 min Isolde NO LANE SWIM	HIIT AQUA 9:30am 45 min Daria NO LANE SWIM	HYDROCISE AQUA 9:30am 45 min - Isolde NO LANE SWIM	AQUABICS 9:30am 45 min Carol NO LANE SWIM	AQUA ZUMBA 9:00am 45 min Tammy NO LANE SWIM	SUNRISE AQUA COMBO 10:00am 45 min - Carol NO LANE SWIM
	NEW! SHALLOW WATER TONE 10:45am 45 min Diane		DEEP WATER AQUA 10:45am 45 min Daria				
mid-day		MASTERS SYNCHRO TEAM 12:30 - 1:30pm 1 LANE OPEN			MASTERS SYNCHRO TEAM 12:30 - 1:30pm 1 LANE OPEN		
pm							FAMILY SWIM 2:00pm - 5:00pm
	AQUABICS 6:30pm 45 min - Carol 1 LANE OPEN			AQUA TONE 6:30pm 45 min - Fariba 1 LANE OPEN		<div style="background-color: #76b82a; color: white; padding: 10px; text-align: center;"> MEMBERS PARTICIPATING IN AQUA CLASSES ARE REQUIRED TO SIGN UP AT FRONT DESK AND ARRIVE 5 MINS PRIOR TO THE START OF CLASS </div> <div style="background-color: #3498db; color: white; padding: 10px; text-align: center; margin-top: 10px;"> Although One Health Clubs provides lifeguards on duty during Aquafit classes, we cannot always guarantee a guard. Please participate at your own risk. </div>	



PLEASE NOTE: No lane swimming during Aqua fitness classes, unless noted.

One Health Clubs Aquatics Programs are now being offered!
Visit our website for details - www.onehealthclubs.com

CLUB HOURS

Mon to Fri 4:30am to 11:00pm | Saturday 7:00am to 9:00pm | Sunday 7:00am to 10:00pm

pool schedule class descriptions

SUNRISE AQUAFIT is an mid morning class that will keep you busy with a combination of shallow end and deep end exercise, and aqua equipment to have you starting your week off feeling great!

BODY BLAST is a combination of deep and shallow water exercises that is designed for you to challenge yourself with a variety of movements while keeping the heart rate up.

HEALING AQUA is a medium intensity class done in chest deep water and uses a smooth progression of exercises to provide a great total workout.

AQUA BOOTCAMP is high intensity class designed to strengthen, condition and sculpt muscles through resistance training, interval training and weight training.

SHALLOW MUSCLE PUMP is an aqua class that is designed to tone and strengthen muscles with various movements and repetitions that can be done with and without the aid of aqua equipment.

HYDROCISE is a deep end aqua fit class that is a high intensity but low impact class that will help to increase your cardio and endurance while working to keep the pounds off and the body in shape. Intensity levels can be modified.

AQUA TONE AND PUMP is a shallow end aqua class that has the music pumping while you work on a full body toning. A variety of water weights will be available for those that want to take it to the next level.

WATER RUNNING is deep water tethered class that will push your heart. A safe way to run without the impact of outdoors or treadmills.

AQUA ABC'S is a shallow end class that will focus on Abdominals, Balance and Core strengthening and conditioning without worrying about falling while pushing through your limits.

AQUABICS This is a more advanced aquafit class that will keep the heart rate elevated and participants moving for a full body workout. The pace is set at a higher tempo but everyone is welcome to join and move at a speed that is most comfortable for them.

AQUA STEP is located in the shallow end of the pool. Members will begin with a combination of moves for warm up and then begin a class with the aqua steps that will focus on improving muscle definition and cardio endurance.

AQUA TONE This class will start with a full body warm up and then lead into specific movements to tone and strengthen the legs and then move up to focusing on more specific exercise to target the arms.

AQUA ZUMBA - Known as the Zumba pool party, the aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting and laughing are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging water based workout that is cardio-conditioning, body-toning and most of all, exhilarating beyond belief.

pool schedule class descriptions pg 2

HIIT AQUA - (High Intensity Interval Training) A 45-minute interval workout for all fitness levels. This class offers different variations of explosive movements that incorporates jump squats, jumping lunges, seal jumping jacks, front cross jacks, pendulum swings will target abs and core.

DEEP WATER AQUA - A deep water class focusing on core conditioning, posture and spinal alignment combined with higher intensity intervals.