

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am			<b>FIT FACTOR</b> 6:00am 60 min. Jaime				
	<b>PODIUM</b> 6:00am 60 min. Chet	<b>POWER PACK</b> 6:00am 60 min. Jaime	<b>PODIUM</b> 7:00am 60 min. Chet	<b>POWER PACK</b> 6:00am 60 min. Jaime	<b>PODIUM</b> 6:00am 60 min. Jaime	<b>POWER PACK</b> 8:00am 60 min. John	
	<b>PODIUM</b> 7:00am 60 min. Chet	<b>POWER PACK</b> 7:00am 60 min. Chet		<b>POWER PACK</b> 7:00am 60 min. Chet	<b>PODIUM</b> 7:00am 60 min. Chet	<b>YOUTH HPT (AGES 10-13)</b> 9:00am 60 min. John	<b>YOUTH HPT (AGES 6-9)</b> 9:30am 60 min. Teawna
						<b>PODIUM</b> 10:00am 60 min. Jaime	<b>POWER PACK</b> 9:30am 60 min. Nickie
	<b>POWER PACK</b> 10:00am 60 min. Jaime	<b>POWER PACK</b> 10:00am 60 min. Chet	<b>POWER PACK</b> 10:00am 60 min. Jaime	<b>FIT FACTOR</b> 10:00am 60 min. Chet	<b>FIT FACTOR</b> 11:00am 60 min. Matt	<b>YOUTH HPT (AGES 14+)</b> 11:00am 60 min. John	<b>YOUTH HPT (AGES 10-13)</b> 10:30am 60 min. Teawna
pm			<b>POWER PACK</b> 1:00pm 60 min. Jaime	<b>POWER PACK</b> 4:30pm 60 min. Jaime		<b>POWER PACK</b> 12:00pm 60 min. Jaime	<b>FIT FACTOR</b> 12:30pm 60 min. Nickie
	<b>NEW INTRO SESSION! CALORIE CRUSH</b> 4:30pm 60 min. - Amy	<b>CALORIE CRUSH</b> 4:30pm 60 min. Matteo	<b>POWER PACK</b> 4:30pm 60 min. Matt	<b>YOUTH HPT (AGES 6-9)</b> 5:30pm Nickie	<b>POWER PACK</b> 4:30pm 60 min. Jaime	<b>NEW INTRO SESSION! CALORIE CRUSH</b> 1:00pm 60 min. - Amy	
		<b>YOUTH HPT (AGES 6-9)</b> 5:30pm Nickie		<b>YOUTH HPT (AGES 10-13)</b> 5:30pm John			
	<b>PODIUM</b> 6:00pm 60 min. Nenad	<b>YOUTH HPT (AGES 10-13)</b> 5:30pm John	<b>PODIUM</b> 6:00pm 60 min. Nenad	<b>YOUTH HPT (AGES 14+)</b> 6:30pm John	<b>YOUTH SQUASH STRENGTH &amp; CONDITIONING</b> 6:45pm (HPT turf closed)		
		<b>YOUTH HPT (AGES 14+)</b> 6:30pm John	<b>YOUTH TEAM SOCCER TRAINING</b> 7:00pm 60 min. - Teawna (HPT turf closed)	<b>POWER PACK</b> 6:00pm 60 min. Eddy			
	<b>POWER PACK</b> 7:00pm 60 min. Teawna	<b>FIT FACTOR</b> 7:00pm 60 min. Teawna	<b>YOUTH TEAM HOCKEY TRAINING</b> 7:00pm 60 min. - Joe (HPT turf closed)	<b>CALORIE CRUSH</b> 7:00pm 60 min. Eddy			
			<b>YOUTH TEAM SOCCER TRAINING</b> 8:00pm 60 min. - Teawna/Eddy (HPT turf closed)	<b>FIT FACTOR</b> 7:00pm 60 min. Teawna			

- CALORIE CRUSH
- FIT FACTOR
- POWER PACK
- PODIUM
- YOUTH HPT
- TEAM TRAINING

**PLEASE NOTE:**  
The HPTC classes are paid programs, additional fees are required to participate.  
For more information, please contact Amy at amy@onehealthclubs.com

# high performance training centre

**CALORIE CRUSH** – Calorie Crush may be our novice level of group training, but you can look forward to serious results as we focus on skills, technique, burning calories and good fitness habits. Learn proper technique. Strengthen weak areas. Muscular endurance. Improve aerobic capacity. Improve posture. Burn body fat. Increase mobility. Bodyweight classes, no equipment.

**FIT FACTOR** – Met-Con is a series of classes that combine resistance training, cardiovascular protocols, and core training to provide a well-balanced, challenging group class in the high performance studio. This is the foundation to the Met-Con classes. Training incorporates basic movements to ensure your body is balanced and ready to advance to the next level. The class uses specific protocol and exercise categories to deliver measurable results in a safe, monitored environment.

**POWER PACK** – Met-Con 2 is the level up to Met-Con 1. These classes are more skill based than the predecessor. Kettlebells, sandbags, TRX and Dumbbells are used to elicit an increase in power/strength, increased aerobic capacity and core training to provide a well-balanced, challenging group class in the high performance studio. The circuit is 6 rounds, made of 6 categories. The work to rest ratio is either 30/20/30 (31 mins) or 30/30/30 (36 mins). Great for intermediate to advanced skill levels. Challenging for the advanced intermediate. Training is high to very high intensity. The class uses specific protocol and exercise categories to deliver measurable results in a safe, monitored environment. The class ends with full body stretches to help with recovery.

**PODIUM** – Podium is the place where we work to inspire personal bests. Podium participants are training for scholarships, contracts, personal bests... and fun! Olympic lifting skills. Weight lifting complexes. High performance. Metabolic training. Unveiling your athleticism.