

MISSISSAUGA LOCATION

2021 Cliff Road, Mississauga 905 275 0610
 also available online at www.onehealthclubs.com

**ALL CLASSES ARE 60 MIN. IN LENGTH UNLESS NOTED
 EFFECTIVE JANUARY 7, 2019**

| | monday | tuesday | wednesday | thursday | friday | saturday | sunday |
|-------|--|---|--|---|---|--|---|
| am | PILATES ALL LEVELS 8:00am Kiran | | HOT YOGA - ALL LEVELS 95° F 6:15am Catherine | | HOT YOGALATES 75-85° F 6:30am - Anna in hot yoga studio | FLOW LVL 2 95° F 8:30am Catherine | RESTORATIVE YOGA 8:30am 75 min. - Sandra in yoga studio |
| | HOT YOGA LVL 2 90-95° F 9:30am Beata | PILATES FLEX 75-80° F 9:30am - Vesna in hot yoga studio | HOT YOGA - ALL LEVELS 85-90° F 9:15am - Amita | HOT YOGA LVL 2 - 95° F 9:30am Beata | GENTLE WARM LVL 1 - 85° F 9:15am Amita | PILATES - ALL LEVELS 80° F 10:00am Justine | YOGA CORE ALL LEVELS 85-90° F 10:15am Fariba |
| | WARM FLOW - ALL LEVELS 85° F 11:00am Beata | | | PRECISION PILATES ALL LEVELS 85° F 11:00am 60 min. - Diane in yoga studio | HOT YOGA LVL 2 95° F 11:00am Justine | HOT YOGA - ALL LEVELS 85-90° F 11:30am Justine | HOT YOGA LVL 2 95° F 11:30am 60 min - Joseph |
| lunch | | GENTLE WARM LVL 1 - 85° F 12:15pm Lori | ENERGY & HEAL YOGA 12:15pm 75 min - Joyce | | | | |
| pm | HOT YOGA - ALL LEVELS 85° F 5:30pm Dorothy | ENERGY & HEAL YOGA 5:00pm 75 min - Joyce | WARM FLOW LVL 1 - 85° F 6:00pm Justine | HOT YOGA ALL LEVELS 85° F 5:30pm Nicholas | GENTLE LVL 1 85-90° F 6:15pm Ashley | | |
| | CORE FLOW (LVL 2) 90-95° F 6:45pm Dorothy | ALL LEVELS 85° F 6:45pm Anna | PILATES ALL LEVELS 7:15pm Justine | FLOW YOGA LVL 2 - 95° F 7:00pm Anna | <div style="border: 1px solid green; padding: 10px; text-align: center;"> Members participating in classes in our Hot Yoga studio are required to sign up online. To reserve spots, log into our website at www.onehealthclubs.com </div> | | |
| | HOT YOGA LVL 1 95° F 8:00pm Nicholas | HOT YOGA LVL 2 - 95° F 8:00pm Anna | | | | | |

We are now offering three levels of Hot classes to help you navigate through our Hot program with guidance and success!

LEVEL 1 - Start your journey into Hot Yoga right! These classes are perfect for beginners, or for those who want to return to the fundamentals. Level 1 classes are offered at warm or hot temperatures and suitable for any level with props and posture variations throughout.

LEVEL 2 - Explore the poses of Hatha Yoga or an intensive flow in a deep stretch sequence that respects your limitations while challenging your boundaries. Suitable for intermediate to advanced practitioners these classes will integrate movement and breath, taking you through a journey of the body and mind.

CLUB HOURS

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

hot yoga schedule - class descriptions

60 MINUTE SERIES – This class is an elegant series of poses and breathing exercises. Done in a heated room of 95-104 degrees, our Hatha based classes allow you to achieve more flexibility and a deeper intensity to your postures. Our classes offer increased mental, physical, and emotional strength and flexibility. The benefits are many, including mental clarity, stress relief, and disease prevention.

You will feel challenged by the yoga during class – everyone does! Always work to your edge, but listen to your body and your inner wisdom. It is not unusual, especially when first starting a hot yoga practice, to feel dizzy, nauseated, or lightheaded. Never be afraid to lie down and rest at any time. As your body acclimates and detoxifies, these sensations will dissipate.

BEGINNER, WARM SERIES – These classes are offered for beginners to hot yoga and practiced at 85 degrees. The postures and series will accommodate all levels and is a beautiful transition into the hot studio. Relax your mind, reduce stress and bring freedom and fluidity back into your body.

POWER FLOW SERIES – These challenging flow-style classes are based in the practice of Surya Namaskara, or sun salutations, that form the bridge to connect poses. The student moves almost continually through the class with breathing cues. Due to the nature of the class the heat will stay at 95 degrees and is more suited to intermediate practitioners.

ENERGY AND HEAL YOGA – In this gentle class we will start with a brief introduction of how the Energy lines work that day, and explore them in both Physical and Energetic levels. Then “Centering the Mind” with Qigong and Pranayama. Follow by learning how to self-trace the Energy Channel, then begin the guided sequence (practice with props such as bolster/blocks/strap) designed to restore balance to these energy channels with explanations for each posture. All levels welcome!