

MISSISSAUGA LOCATION

2021 Cliff Road, Mississauga 905 275 0610

also available online at [www.onehealthclubs.com](http://www.onehealthclubs.com)

EFFECTIVE JANUARY 7, 2019

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am	<b>STRENGTH &amp; CONDITIONING</b> 6:15am 60 min. Tina		<b>RESISTANCE CONDITIONING</b> 6:15am 60 min. Fariba ★	<b>JUMP</b> 9:00am 30 min. Joanna	<b>HOT YOGALATES</b> 6:30am 60 min. - Anna in hot yoga studio ★	<b>KETTLEBELL BASICS</b> 8:15am 40 min. Matteo ★	
	<b>PILATES</b> 8:00am 60 min. Kiran in yoga studio ★	<b>CARDIO SCULPT</b> 9:15am 60 min. Cathy	<b>F.I.T.</b> 8:45am 45 min. Joanna	<b>BODY SCULPT WITH KBELL</b> 9:30am 60 min. Joanna	<b>BODY/CORE BLAST</b> 8:30am 60 min. Teawna ★	<b>ATHLETIC CONDITIONING WITH KBELL</b> 9:00am 60 min. Matteo ↗	<b>BODY SCULPT CORE</b> 8:30am 60 min. Matteo / Teawna ★
	<b>ULTIMATE CORE</b> 9:00am 30 min. Matteo	<b>PILATES FLEX 75-80° F</b> 9:30am 60 min. - Vesna in yoga studio	<b>DOUBLE TROUBLE CIRCUITS</b> 9:45am 60 min. Matteo ★		<b>ZUMBA</b> 9:30am 60 min. Eddy		
	<b>ATHLETIC CONDITIONING</b> 9:30am 60 min. Matteo ↗	<b>ULTIMATE ABS</b> 10:15am 15 min. Joanna		<b>HATHA YOGA ALL LEVELS</b> 10:45am 75 min. Lori ★	<b>HATHA YOGA (ALL LEVELS)</b> 10:45am 75 min. Sandra / Amita ★	<b>ZUMBA FUSION</b> 10:00am 60 min. Eddy	<b>HATHA YOGA (ALL LEVELS)</b> 10:00am 75 min. Amita ★
	<b>MIXED HATHA (1-2)</b> 10:45am 75 min. Kiran ↗ ★	<b>CORE &amp; STRETCH FUSION</b> 10:45am 75 min. Kara ★	<b>PILATES FUSION</b> 11:00am 60 min. Jacqueline ★			<b>VINYASA YOGA (1-2)</b> 11:15am 75 min. Lori	
lunch	<b>MEDITATION</b> 12:00pm 30 min. Kiran ★	<b>GENTLE STRENGTH</b> 12:15pm 60 min. Isolde ★	<b>H.I.T. EXPRESS</b> 12:15pm 60 min. Paul C	<b>BODY ALIVE</b> 12:15pm 60 min. Isolde ★	<b>BODY SCULPT ALL LEVELS</b> 12:15pm 60 min. Isolde ★		<b>ZUMBA</b> 12:00pm 60 min. Monica ★
	<b>RESTORATIVE MOVEMENT</b> 12:30pm 60 min. Diane ★					<div style="border: 1px solid black; padding: 5px; background-color: #e0e0e0;">                     ↗                      Classes highlighted with an <b>arrow</b> indicate ONLINE SIGNUP REQUIRED                 </div>	
pm	<b>FUNCTIONAL TRAINING</b> 5:20pm 60 min. Paul C	<b>ATHLETIC TRAINING (LVL 2)</b> 5:30pm 60 min. Karen B	<b>FLOW YOGA (LEVEL 1-2)</b> 5:30pm 75 min. Dorothy	<b>ATHLETIC TRAINING (ALL LEVELS)</b> 5:30pm 60 min. Karen B ★	<b>FLOW YOGA (2)</b> 5:00pm 60 min. Ashley	<div style="border: 1px solid black; padding: 5px; background-color: #e0f0e0;">                     ★                      Classes highlighted with a <b>green ★</b> are suitable for ALL LEVELS of participants, variations will be given for beginner students.                 </div> <div style="border: 1px solid black; padding: 5px; background-color: #c0ffc0; margin-top: 5px;">                     All participants attending classes in the yoga studio can reserve spots online at <a href="http://www.onehealthclubs.com">www.onehealthclubs.com</a> or at Front Desk.                 </div>	
	<b>BODY SCULPT</b> 6:30pm 60 min. Fariba ★	<b>MIXED HATHA YOGA (1)</b> 6:45pm 75 min. Nicholas ★	<b>ZUMBA</b> 7:00pm 60 min. Monica ★	<b>PILATES CORE FUSION</b> 7:00pm 60 min. Kiran ★	<b>GLUTE / CORE ATHLETIC TRAINING</b> 6:15pm 60 min. - Matteo		
	<b>ZUMBA</b> 7:35pm 60 min. Luisa ★		<b>BODY SCULPT</b> 8:00pm 60 min. Teawna ★				
		<b>ZUMBA</b> 8:15pm 60 min. Eddy		<b>ZUMBA</b> 8:15pm 60 min. Eddy			

# group fitness schedule - class descriptions

**VINYASA YOGA** – A moderate and consistent pace with a strong focus on moving with the breath. The class will move through standing postures, balancing postures, backbends, forward bends, hip openers and spinal twists ending in savasana (final resting pose and guided relaxation). Variations to the postures and vinyasas are always given to make the class accessible and challenging for all.

**POWER FLOW / FLOW YOGA** – This method uses a powerful flowing practice that involves synchronizing breath and movement through a progressive series of postures. This process produces intense internal heat and a purifying sweat that detoxifies muscles, organs and nervous system. This class is an Ashtanga based Vinyasa flow practice (some refer to it as power yoga) which includes a set series of poses. Prior experience with yoga and the sun salutations are recommended as this is an intermediate class, however all levels are welcome.

**HATHA YOGA** – A gentle Yoga class for beginners that is designed to cultivate the fundamentals of a yoga practice. The focus of this class will be on breathing, correct alignment of postures, and relaxation. Hatha yoga brings balance, strength, and a sense of well-being to the practitioner. The holding of postures and progression of postures from supine and seated to standing and balance postures, hip openers and spinal twists ending in meditation and savasana. This class will be good for beginners and Level 1. Level 2 Hatha classes and Mixed Hatha are offered for more experienced students and will incorporate the sun salutations.

**GENTLE AND BEGINNER YOGA** – In this practice students will cultivate self-awareness by turning inward. The postures will be flowing, slow and gentle, encouraging breath and exploration within each pose. Instruction will promote step-by-step movement into and out each pose making this practice accessible to the beginner. Meditation and breath work will be a part of each class.

**YOGALATES** – It is a movement system that stretches and strengthens all the major muscle groups developing a streamlined slenderness rather than bulk. At the same time it has excellent therapeutic value for calming the mind and spirit. Yogalates strikes a balance between the flexibility of Yoga and the stability of Pilates. During a session particular attention is paid to building strength and endurance in the body's core postural muscles (the stabilizers). This promotes 'core stability' which enhances spinal/pelvic awareness protecting the spine against injury. This class will be moderately warm 80-90 degrees and suitable for intermediate level members.

**MEDITATION** – A self-directed practice for relaxing the body and calming the mind using various meditation techniques and some guided visualizations. A quiet mind is a quiet body. Heal your ailments through your mind.

**CORE STRENGTH AND FUSION** – The perfect mind/body stretch to release and relax out muscle and mind tension utilizing various props and visualizations. The continuity of and fusion of breath is integral to this class format. Your core strength, balance and posture will be challenged and strengthened.

**PILATES** – With a focus on controlled movements and regulated breathing, this flowing repertoire of core strengthening and stabilizing exercises will get you firm, fit, and flexible. Learn how to condition deep abdominal muscles, establish core stability, and enhance balance and coordination.

**PILATES FLEX** – This Pilates workout is designed to stretch, strengthen and balance your body. Keeping in line with strong fundamental Mat Pilates Principles and Values, this workout will fuse Mat Pilates exercises and Flexibility. Good for any level.

**RESTORATIVE PILATES** – Learn how to restore your life through developing better breathing technique, core support and strength. Work towards improvement from whatever level you are at now. Every exercise is broken down into many parts and then put back together again as a whole. Perfect for any level.

**BODY CONTROL ADVANCED PILATES** – Pilates is a unique method of body conditioning which focuses on correct body alignment, a specific way of breathing and centering/core stability, so that flexibility and strength are built from inside to out. This class will bring your fitness to the next level. The result will be in improved posture, longer and leaner muscles, enhanced body awareness and increased self-confidence. Suitable for intermediate and advanced level.

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**RESTORATIVE FUSION** – Fascial release with foam rollers and tennis balls is incorporated into this restorative yoga based practice. A restorative practice physiologically changes the Central Nervous system from a state of action/readiness to a state of calm through breath work and holding poses/stretches in a supported way with props without expending energy. It is in this calm state that the mind & body become open to restoring and healing energy.

**PILATES CORE-FUSION** – This class will combine Pilates and active stretch and leave your body feeling strong and balanced. Challenge and strengthen your core using all modern and efficient methods of Pilates and finish with myo-fascial release using a Foam Roller to relieve muscle and joint pains. Improve your flexibility and range of motion. All levels welcome!

**RESTORATIVE MOVEMENT** – Change or modify old patterns in your body and/or your life through movement based on body awareness and how you move. Re-educate your body in order to optimize your workout and minimize stress on your mind, muscles, bones & organs. Improve mobility, range of motion and alignment while having fun!

**ZUMBA** – This is a fun, high energy fitness program that features motivating Latin music. Participants will dance away their worries in a dynamic and effective class that mixes aerobic dance moves, interval training and body sculpting movements that tone the entire body. No previous dance experience is necessary!

**ZUMBA TONING** – Want a cardio work out AND get your toning workout in too? This cardio workout kickin' it to latin rhythms incorporates in 1-2.5 lb weights and will give you an all over body workout. Music, steps, light weights, no dance experience necessary! A great way to start the day! Zumba toning is for people of all ages and fitness types.

**ATHLETIC TRAINING** – This class is a DYNAMIC, military-functional type class focusing on cardio, core, stability, functional strength and body weight exercises. Included are things like running, jumping, drills, timed circuits push-ups, bench usage, props and plyometrics. This class targets different several fitness levels, however is geared towards intermediate and advanced participants including athletes. This class keeps your heart rate elevated in your optimum training zone and allows clients to train for specific sports or activities while burning calories and increasing strength.

**CIRCUIT CHALLENGE** – This is a challenging interval class that incorporates high intensity cardio, functional muscle conditioning and plyometric drills. Much of the training will compliment athletes and fitness enthusiasts involved in various sports, making you stronger, faster and improving your aerobic capacity. The class is geared to intermediate and advanced participants but can be modified for beginners.

**BODY SCULPT / BODY SCULPT WITH KETTLEBELLS** – This class is a great work-out that tones and strengthens the whole body as you perform functional movement, training many muscle groups at once, with an emphasis on good posture and proper form. It is an active class that will also get your heart rate up, allowing you to burn calories as you build muscle mass. Thursday and Saturday mornings we offer Body Sculpt with Kettlebells. This class features stability balls, discs, gliders and kettlebells for an even deeper challenge. Beginner, intermediate and advanced options will be given.

**ULTIMATE CORE** – These abdominal classes use the stability ball and medicine balls to work all parts of the body using core in every single exercise!! Great for core strength, lower back and oblique conditioning.

**ULTIMATE ABS / GLUTES** – This intense workout targets the lower body focusing on core strength coupled with an abundance of abdominal and oblique exercises. In addition toning exercises will sculpt the glutes and legs. This class utilizes a variety of equipment in order to keep the content fresh and challenge its participants. All levels welcome.

**CARDIO KICKBOXING** – A combination of aerobics, boxing and martial arts – is one of the most popular fitness trends to hit fitness clubs in recent years. This intense, total-body workout can improve strength, aerobic fitness, flexibility, coordination and balance. All fitness levels welcome!

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**FUNCTIONAL TRAINING** – This class is a DYNAMIC, military-functional type class focusing on cardio, core, stability, functional strength and body weight exercises. Included are things like running, jumping, drills, timed circuits push-ups, bench usage, props and plyometrics. This class targets different several fitness levels, however is geared towards intermediate and advanced participants including athletes. This class keeps your heart rate elevated in your optimum training zone and allows clients to train for specific sports or activities while burning calories and increasing strength.

**SPINNING** – Find the road warrior in you in this challenging cardiovascular workout. Improve riding performance in a safe environment with the motivating guidance of your experienced instructor. Expect a good warm up followed by interval training, hill climbing sprints and a relaxing cool down and stretch. Let the music take you away in this journey, developing endurance, strength and stamina increasing your hourly caloric burn through the day.

**BEGINNER SPIN** – Burn fat and master spin form while you learn to ride! Save your joints, develop cardiovascular endurance, replace fat with muscle while experiencing the energy of the group training. Seasoned riders encouraged to join in the journey and meet the challenge of intelligent training with a weekly recovery ride.

**ULTIMATE CHALLENGE SPIN** – A cardio challenge workout that takes your ride to the next level. This class will test and increase your endurance and cardio levels to help metabolic conditioning and strength which will help burn fat. All levels welcome!

**THERABAND STRENGTH** – Come and join this lighter paced theraband class that will provide gentle resistance training to improve mobility, flexibility, muscle tone, energy, core and muscle strength. This is the perfect class for all that is new to group exercise classes or those that want to improve their mobility. An overall body workout that is suitable for all age groups.

**TABATA-SCULPT AND STRETCH (75 min)** – Tabata was founded by Dr. Izumi Tabata and is a form of High Intensity Interval Training (HIIT) used to increase both the aerobic and anaerobic systems. During our 75 minute classes we will incorporate classical Tabata training techniques for 30 minutes, adding variation in interval lengths and recovery periods. Exercises used in Tabata will vary and include body weight exercises, plyometrics, cardio moves, athletic training and resistance based movements. Following the Tabata segment, 30 minutes will be spent on strengthening your core and overall muscle conditioning.

**RESISTANCE CONDITIONING (60 min)** – APPROPRIATE FOR ALL FITNESS LEVELS: Resistance/strength training with all the toys. A fabulous cross training opportunity with the aide of the body bars and/or weights, tubing, dyna-bands, stability balls, gliders and all other toys. Head to toe strength, stability and endurance training is the focus of this class, resulting in muscular definition required in building a healthy and efficient metabolic system.

**BODY ALIVE** – Get more functionally strong for everyday life through natural body movements. Join us for a variety of balance exercises to target your core and strength training for all levels of fitness. Various types of equipment may be used and all levels of participant are welcome!

**H.I.T EXPRESS** – This effective method includes intervals training with plyometrics and conditioning segments which are extremely effective for transforming your physique. By incorporating intense periods of work with short recovery segments, intervals allow you to keep the workout intensity high while still maintaining form. The magic of High Intensity Interval Training (or HIIT for short) lies its ability to keep you burning fat even after you leave the gym.

**F.I.T.** – Challenge yourself beyond traditional strength training with this total body functional training class. Develop strength, muscle endurance, balance and coordination while moving through all planes of motion. This is a multi-level class which offers options to challenge both the beginner as well as the most advanced participant. A variety of equipment will be used. This class will run for 45min and is appropriate for intermediate levels of participants.

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**KETTLEBELL BASICS** – To have a solid foundation in Kettlebell training, the basics must be mastered. More than just a workout, this 45 min class is ideal for beginners who would like to add variety to their existing fitness routine. Participants will learn and practice such terms as hinge, swing, rack position, and also the proper way of holding their kbell with confidence. In this friendly environment, you have the opportunity to really learn how to use the Kettlebell, improve you overall health, and feel stronger.

**ZUMBA FUSION** – This new hybrid class will add more flare and intensity to your already existing love for Zumba. All styles, all rhythms, together with resistance elements to build your endurance and strength as you groove your way to good health. All levels welcome!

**JUMP** – Jump is a 30 minute moderate to high intensity jump rope class which combines segments of easy to follow, moderate intensity, skipping choreography followed by high intensity intervals. Benefits of skipping include improvements in cardiovascular health, bone density, agility, balance, coordination, increased caloric expenditure...and... jumping rope is so much fun!!!

**GLUTE / CORE ATHLETIC TRAINING** – You will strengthen and tone the whole body through a variety of exercises and using such tools as mini bands/bands, stability ball, gliders, dumbbells, and more. The goal of this class is to build a strong foundation for your everyday activities. This class will be full of movements that will target the legs, glutes and abs. Recommended for intermediate participants.

**CARDIO SCULPT** – A functional body sculpt class layered with lower body, squats, lunges, pushups, and core work. You will work through circuits of cardio intervals, jump squats, jumping jacks and skaters for a whole body blast. Recommended for intermediate participants.

**DOUBLE TROUBLE CIRCUIT** – A combination of 3-4 movements done twice with small breaks in between each exercise before moving to the next circuit. It incorporates Muscular strength training. core and body weight cardio. This workout can improve your metabolic rate, tone your body, build a strong mid section, and help your cardio vascular system. These circuits are meant to challenge your endurance and improve your overall conditioning.