

MISSISSAUGA LOCATION

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

**EFFECTIVE:
 JANUARY 7, 2019**

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am		SPINNING 6:00am 60 min. Michelle		SPINNING 6:00am 60 min. Michelle			
						NEW! SPIN 8:00am 45min. Mike	SPINNING 8:30am 60 min. Allison
	SPINNING 9:30am 60 min. Allison	ULTIMATE CHALLENGE SPIN 9:15am 60 min. Joanna	SPINNING 9:30am 60 min. Annabel	SPINNING 9:30am 60 min. Teawna	SPINNING 9:30am 60 min. Cathy	ULTIMATE CHALLENGE SPIN 9:00am 60 min. Karen	
lunch							
pm							
	INTRODUCTION TO SPIN 6:30pm 60 min. Isolde	SPIN 6:00pm 60 min. Paul C		NEW TIME! ALL TERRAIN SPIN 6:00pm 60 min. Mike			

**All Spin participants ARE REQUIRED to reserve spots online.
 To register, log in to our website at www.onehealthclubs.com**

spin schedule - class descriptions

ALL TERRAIN SPIN – A good balance of hill and flats are used along with a good balance of interval and sustained work. The overall intensity of the class is also balanced. Interval classes focus the main body on the various types of intervals such as strength (loads more resistance) and or speed (loads more high leg speed work).