

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am	PODIUM 6:00am 60 min. Chet	PODIUM 6:00am 60 min. Jaime	POWER PACK 6:00am 60 min. Jaime	FIT FACTOR 6:00am 60 min. Jaime	PODIUM 6:00am 60 min. Jaime		
	PODIUM 7:00am 60 min. Chet	POWER PACK 7:00am 60 min. Chet	PODIUM 7:00am 60 min. Chet	POWER PACK 7:00am 60 min. Chet	PODIUM 7:00am 60 min. Chet		
					FREE MEMBERS FUNDAMENTAL WARMUP CLASS 8:00am	YOUTH HPT (AGES 10-13) 9:00am 60 min. John	YOUTH HPT (AGES 6-9) 9:30am 60 min. Teawna
	POWER PACK 10:00am 60 min. Jaime	POWER PACK 10:00am 60 min. Chet	FIT FACTOR 10:00am 60 min. Jaime	FIT FACTOR 10:00am 60 min. Chet		PODIUM 10:00am 60 min. Brad	POWER PACK 9:30am 60 min. Nickie
						YOUTH HPT (AGES 14+) 11:00am 60 min. Brad	YOUTH HPT (AGES 10-13) 10:30am 60 min. Teawna
pm	FIT FACTOR 12:00pm 60 min. Brad		POWER PACK 12:00pm 60 min. Brad		POWER PACK 12:00pm 60 min. Brad	POWER PACK 12:00pm 60 min. Emily	FIT FACTOR 12:30pm 60 min. Nickie
	MEMBER ACCESS 1:00pm to 4:00pm		MEMBER ACCESS 1:00pm to 4:00pm			FREE MEMBERS FUNDAMENTAL WARMUP CLASS 1:00pm	CALORIE CRUSH 1:30pm 60 min. Nickie
		YOUTH HPT (AGES 6-9) 5:30pm Nickie		POWER PACK 4:30pm 60 min. Jaime	POWER PACK 4:30pm 60 min. Jaime	MEMBER ACCESS 1:00pm to 4:00pm	YOUTH TEAM SOCCER TRAINING 3:00pm 60 min. - Brad
	CALORIE CRUSH 4:30pm 60 min. Nickie	YOUTH HPT (AGES 10-13) 5:30pm John	FIT FACTOR 5:00pm 60 min. Emily	YOUTH HPT (AGES 10-13) 5:30pm Brad			
	PODIUM 6:00pm 60 min. Nenad	YOUTH HPT (AGES 14+) 6:30pm John	PODIUM 6:00pm 60 min. Nenad	YOUTH HPT (AGES 14+) 6:30pm John			
	CALORIE CRUSH 7:00pm 60 min. Teawna	FIT FACTOR 7:00pm 60 min. Teawna	YOUTH TEAM SOCCER TRAINING 7:00pm 60 min. - Teawna (HPT turf closed)	FIT FACTOR 7:00pm 60 min. Teawna			
			YOUTH TEAM SOCCER TRAINING 8:00pm 60 min. - Teawna/Eddy (HPT turf closed)				

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

PLEASE NOTE:
The HPTC classes are paid programs, additional fees are required to participate.
For more information, please contact Phil at pjenner@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.