

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am	<b>PODIUM</b> 6:00am Chet	<b>PODIUM</b> 6:00am Jaime	<b>POWER PACK</b> 6:00am Alena		<b>PODIUM</b> 6:00am Jaime		
	<b>PODIUM</b> 7:00am Chet	<b>POWER PACK</b> 7:00am Chet	<b>PODIUM</b> 7:00am Chet	<b>POWER PACK</b> 7:00am Chet	<b>PODIUM</b> 7:00am Chet		
						<b>YOUTH HPT</b> 9:00am Brad	
	<b>POWER PACK</b> 10:00am Jaime	<b>POWER PACK</b> 10:00am Chet	<b>FIT FACTOR</b> 10:00am Jaime	<b>FIT FACTOR</b> 10:00am Chet		<b>PODIUM</b> 10:00am Brad	<b>POWER PACK</b> 9:30am Alena
						<b>YOUTH HPT (AGES 14+)</b> 11:00am Brad	
pm	<b>FIT FACTOR</b> 12:00pm Brad		<b>POWER PACK</b> 12:00pm Brad		<b>POWER PACK</b> 12:00pm Brad	<b>POWER PACK</b> 12:00pm Emily	<b>FIT FACTOR</b> 12:30pm Alena
	<b>MEMBER ACCESS</b> 1:00pm to 4:00pm		<b>MEMBER ACCESS</b> 1:00pm to 4:00pm			<b>MEMBER ACCESS</b> 1:00pm to 4:00pm	
	<b>YOUTH HPT</b> 4:00pm Brad		<b>YOUTH HPT</b> 4:00pm Brad		<b>MEMBER ACCESS</b> 4:00pm to 7:00pm		
	<b>FIT FACTOR</b> 4:30pm Nickie	<b>POWER PACK</b> 5:00pm Joe	<b>FIT FACTOR</b> 5:00pm Emily	<b>POWER PACK</b> 5:00pm Joe			
	<b>PODIUM</b> 6:00pm Nenad	<b>YOUTH HPT (AGES 14+)</b> 6:00pm Brad	<b>PODIUM</b> 6:00pm Nenad	<b>YOUTH HPT (AGES 14+)</b> 6:00pm Brad			
	<b>FIT FACTOR</b> 7:00pm Brad			<b>FIT FACTOR</b> 7:00pm Brad			

**LEGEND:**

- 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](mailto:pjenner@onehealthclubs.com)

# high performance training centre

**FIT FACTOR** is the level that 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. Here you'll conquer fitness challenges while toning and building strength.

**POWER PACK** classes are more skill based than the predecessor. Be prepared to challenge your limits as difficult exercises are used to elicit an increase in power/strength, increased aerobic capacity and core training to provide a well-balanced, challenging group class. Great for intermediate and advanced skill levels.

**PODIUM** is the place where we work to inspire personal bests. These classes are designed for the elite. Olympic lifting skills. Weight lifting complexes. High performance. metabolic training that will unveil your athleticism.