

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

- 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

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.