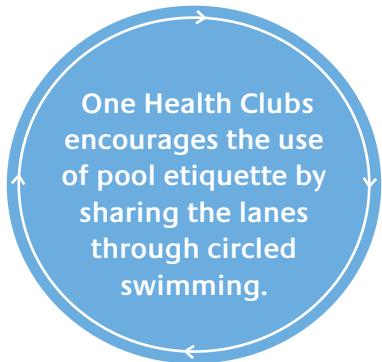


MISSISSAUGA LOCATION

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

ALL AQUAFIT CLASSES ARE 45MINS IN LENGTH UNLESS NOTED
EFFECTIVE OCTOBER 30, 2022

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am	AQUA DEEP/ SHALLOW COMBO 9:30am 45 min - Wanda NO LANE SWIM		AQUA SHALLOW 9:30am 45 min Joanne NO LANE SWIM				
						AQUAFIT 10:30am 45 min - Sandy NO LANE SWIM	
		MASTERS SYNCHRO TEAM 11:00am - 12:00pm ONE LANE OPEN		MASTERS SYNCHRO TEAM 11:00am - 12:00pm ONE LANE OPEN			
mid-day							
pm							
			AQUA TONE 6:00pm 45 min Sandy ONE LANE OPEN				
					No lifeguard, swim at own risk. No one under 18 years of age (public health regulations).		



PLEASE NOTE: No lane swimming during Aqua fitness classes, unless noted.

One Health Clubs Aquatics Programs are now being offered!
Visit our website for details - www.onehealthclubs.com

POOL ETIQUETTE

Must wear a swimsuit in the pool, no workout clothes.
Please shower before entering the pool.
No use of pool noodles in lanes.

CLUB HOURS

Mon to Fri 5:00am to 10:00pm | Saturday 7:00am to 6:00pm | Sunday 7:00am to 6:00pm