

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 SEPTEMBER 11, 2023**

	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		NEW! AQUA INTERVALS 9:30am Daria 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.

Aqua participants must register online to attend any Aqua classes.