

Remind your friends that they can try a class for free.



Winter Schedule
12 Weeks
Begins the week of Jan
9 – Week of Mar 26,
2012

Jan 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:10-6:55 Soul Sista Spin Andrea				8:30-9:30 West Coast Soul Guylaine
9:30-10:30 Pilates and Yoga for Osteoporosis Guylaine	9:30-10:15 Soul Sista Spin Andrea		9:30 – 10:30 Multi Level Pilates and Yoga Guylaine	9:15-10:15 Tai Chi Soul Terry	9:30-10:30 Gut Check Greg
12:10 – 1:00 Soul Boot Camp Alison	12:10 – 1:00 Athletic Soul Derek	12:10 – 1:00 Guts and Soul Greg	12:10 – 1:00 Soul Brotha Spin Jeff		9:30-10:30 Multi Level Kripalu Yoga Guylaine
4:15-5:00 Soul Sista Spin Andrea		4:15-5:15 Yoga for your Soul Jillian	4:00-5:00 Soul Circuit 60 Alison		10:30-11:00 Stretch Guylaine
5:30 – 6:30 Soul Circuit 60 Alison	5:30 - 7:00 Moderate Kripalu Yoga Guylaine	5:30-6:30 Soul Fuzion Pilates,Strength,Yoga Carolyn/Tanya	5:30-6:30 Soul Spin Circuit Alison		
6:00 – 7:15 Pilates Apparatus & Relaxation Guylaine	6:30-7:30 The Amazing Weight Loss Adventure Alison		6:30-7:30 Soul Circuit 60 Alison		
7:15-8:15 Yoga for your Soul Guylaine	7:30 – 8:30 Guts and Soul Greg		7:30-8:30 Guts and Soul Greg		Aikido Tues 7-8:30 Thurs 7-8:30 Sat 11- 12:30 Nick

Classes of any type, time or day can be set up for private groups of 6 -10 participants.

New!!!!
Class Rate
Under 25 yrs
\$10 per class

Please call us if you would like to try a new class for free

www.onetoonefitness.ca
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Class rate
discount for
more than one
group class.
“Drop In” to
any class \$15