

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



Ask about our class rate *discount* for signing up for more than one group class in a schedule.

Fall 2010

Begins the week of Sept 13 – week of Dec 13, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30 Spin Circuit Jamie	9:30-10:00 Stretching Guylaine NEW	8:30-9:30 Fitness for Osteoporosis Guylaine		6:30-7:15 Power Yoga 7:15-7:30 ABS Guylaine	8:00-9:00 Pilates Boot Camp Guylaine
9:30-10:30 Pilates and Yoga for Osteoporosis Guylaine		9:30 - 10:30 Spin Circuit Alison	9:30 – 10:30 Multi Level Pilates and Yoga Guylaine		9:00-10:00 Multi-Level Kripalu Yoga Guylaine
9:30-10:30 Forever Young Shirley Nortel Fall 2010	11:30-12:15 Multi-Level Yoga Guylaine		11:30-12:15 Multi-Level Pilates Guylaine	10:15 – 11:15 Tai Chi Terry	9:30-10:30 Boot Camp Louis
12:10 – 12:50 Boot Camp Alison	12:10 – 12:50 Hockey Conditioning 12:30 – 1:10 Better Backs		12:10 – 12:50 Spinning Jeff	12:10 12:50 Greg's Gut Check	10:00-11:00 Beginner Pilates 8 weeks Guylaine
5:30 – 6:30 Spin Circuit Alison	5:30 - 7:00 Moderate Kripalu Yoga Guylaine	5:30-6:30 Power Pilates Tanya	5:30 – 6:30 Spin Circuit Alison		11:00-12:30 Aikido Nick
6:00 – 7:15 Pilates Apparatus & Relaxation	6:00 – 7:00 Learn to Run Beg's 5km Int 10km Alison		6:30-7:00 Stretching 7:00-7:30 Relaxation Guylaine		
7:15 – 8:15 Multi-Level Kripalu Yoga Guylaine	7:00-8:00 Warrior Workout Spin & Yoga New Guylaine	6:40-7:20 Better Backs Tanya	7:00 – 8:00 Boot Camp Jamie		
	7:00 - 8:30 Aikido Nick		7:30 -9:00 Aikido 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
info@onetoonefitness.ca
613 962 2032 x22

You do not
need to be
personal
training to
take classes.