



# Fitness Schedule June 2019

[www.okamikai.com](http://www.okamikai.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:15am-10:15am Yoga (Maureen)	9:15am-10:15am Spin (Jennifer)	6:30am-7:30am Kickboxing (Scott)  9:15am-10:15am H.I.I.T (High Intensity Interval Training) (Jennifer)	9:15am-10:15am Kickboxing (Scott)	9:15am-10:15am Muscle Mix (Jennifer) <b>NO CLASS JUNE            29!</b>  10:30am- 11:30am Yoga (Monica)	8:15am - 9:15am SPIN (Jennifer)  BODYFIT MEMBERS require membership upgrade with Okami Kai to participate in Fitness Classes. See Jennifer or Scott for details.
	6:45pm-7:45pm Brazilian Jiu-Jitsu* (James)	6:45pm-7:45pm Spin (Jennifer)	6:45pm-7:45pm Brazilian Jiu-Jitsu (James) Open BJJ Mat from 7 :45-8 :30pm		JUNE 21 5:45pm-6:45pm Friday Night Fight Fit ladies only (Jennifer)	



*Okami Kai Martial Arts and Fitness*  
 141 Reach St. Unit #3,  
 Uxbridge ON. L9P 1L3  
 905-852-1521

**PLEASE ARRIVE EARLY**  
**FOR CLASSES. LATE**  
**ENTRIES WILL NOT BE**  
**PERMITTED IN ANY CLASS.**



## Class Descriptions

**Muscle Mix** – A blend of BodySculpt energy, Pilates core strength and Yoga flexibility. A great class that will challenge and invigorate you, using weights, tubing, medicine ball, Pilates, balls – All levels welcome!

**Spin-** Targets the quadriceps, hamstrings, buttocks, hips, calves and even the abdominal muscles. Spinning is a ‘no impact’ activity, on specially designed stationary Spin bikes, so your feet and knees won’t hurt. (15 participants / class – To reserve your bike, sign up the day before)

**Yoga** - Experience a meditative, calm, yet strong Classical Vinyasa Yoga practice. Perfect for beginners or advanced students who seek mind-body awareness and flexibility.

**H.I.I.T. (High Intensity Interval Training)** - This high-energy class is perfect for people of all fitness levels. Core and general strength training circuits are infused with cardio intervals to give you a calorie crunching, fat blasting workout. Work at your own pace and have fun!

**Kick Boxing** – This class will teach you self defence basics with a great cardio and strength training component. We also add a little ‘extra creativity’ with our conditioning drills. Get ready to have a workout and have some fun!

**Brazilian Jiu-Jitsu (BJJ)**- is a grappling-based martial art whose central theme is the skill of controlling a resisting opponent in ways that force him to submit. It’s a great form of self defence, but it’s also an amazing full body workout!

**Friday Night Fight Fit ....ladies only!!** A great way to end the week, with a good sweat, lots of kicking, punching and various conditioning drills.

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**Questions about classes or memberships? Contact Jennifer or Scott 905-852-1521**

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