



# Fitness Schedule March 2019

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

| Sunday | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|--------|---|--|---|---|--|---|
|        | <p>9:15am-10:15am<br/>Yoga*<br/>(Maureen)</p> <p>6:45pm-7:45pm<br/>Brazilian Jiu-Jitsu*<br/>(James)</p> | <p>9:15am-10:15am<br/>Spin*<br/>(Jennifer)</p> <p><i>Sign up for Spin class<br/>on Mondays after<br/>9am</i></p> <p>6:45pm-7:45pm<br/>Spin*<br/>(Jennifer)</p> | <p>6:30am-7:30am<br/>Kickboxing<br/>(Scott)<br/>Starts Mar.20</p> <p>9:15am-10:15am<br/>H.I.I.T* (High<br/>Intensity Interval<br/>Training)<br/>(Jennifer)</p> <p>6:45pm-7:45pm<br/>Brazilian Jiu-Jitsu<br/>(James)<br/>Open BJJ Mat from<br/>7:45-8:30pm</p> | <p>9:15am-10:15am<br/>Kickboxing*<br/>(Scott)</p> <p>6:45pm-7:45pm<br/>Kickboxing<br/>(Scott)</p> | <p>9:15am-10:15am<br/>Muscle Mix*<br/>(Jennifer)</p> | <p>8:15am - 9:15am<br/>SPIN*<br/>(Jennifer)</p> <p><i>Sign up for Spin<br/>class on Fridays<br/>after 9am</i></p> <p>*Indicates no<br/>charge classes for<br/>BodyFit Members<br/>ONLY. <b>Highlited<br/>Premium</b> classes<br/>require<br/>membership<br/>passes through<br/>OKAMI KAI.</p> |



*Okami Kai Martial Arts and Fitness  
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**PLEASE ARRIVE EARLY  
FOR CLASSES. LATE  
ENTRIES WILL NOT BE  
PERMITTED IN ANY CLASS.**



## Class Descriptions

\*Indicates STANDARD CLASSES and there is no charge for BodyFit Members. **Highlited Premium** classes require membership passes through Okami Kai. Passes and memberships for Standard and **Premium** Classes can also be purchased from Okami Kai.

**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!

**There will be no fitness classes on holiday weekends.**

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

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