



# Fitness Schedule May 2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:15am-10:15am Yoga* (Maureen)  <b>NO CLASS MAY 20</b>  6:45pm-7:45pm Brazilian Jiu-Jitsu* (James)	9:15am-10:15am Spin* (Jennifer)  6:45pm-7:45pm Spin* (Jennifer)	<b>6:30am-7:30am</b> <b>Kickboxing</b> <b>(Scott)</b>  9:15am-10:15am H.I.I.T* (High Intensity Interval Training) (Jennifer)  <b>6:45pm-7:45pm</b> <b>Brazilian Jiu-Jitsu</b> <b>(James)</b> Open BJJ Mat from 7:45-8:30pm	9:15am-10:15am Kickboxing* (Scott)	9:15am-10:15am Muscle Mix* (Jennifer)	8:15am - 9:15am SPIN* (Jennifer)  *Indicates no charge classes for BodyFit Members <b>ONLY. Highlighted</b> <b>Premium</b> classes require membership passes through OKAMI KAI.



*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

\*Indicates STANDARD CLASSES and there is no charge for BodyFit Members. **Highlighted 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.

**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!

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

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

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