



Fitness Schedule November 2018

www.okamikai.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:15am-10:15am Yoga* (Maureen)	9:15am-10:15am Spin* (Jennifer) No Class Nov.20 or 27 <i>Sign up for Spin class on Mondays after 9am</i>	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)	8:15am - 9:15am SPIN* (Jennifer) No Class Nov.17 <i>Sign up for Spin class on Fridays after 9am</i> *Indicates no charge classes for BodyFit Members ONLY. Highlited Premium classes require membership passes through OKAMI KAI.
	6:45pm-7:45pm Brazilian Jiu-Jitsu* (James)	6:45pm-7:45pm Spin* (Jennifer)	6:45pm-7:30pm Brazilian Jiu-Jitsu (James)	6:45pm-7:45pm Kickboxing (Scott)		



*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. **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.

Ashtanga Yoga - This method of yoga involves synchronizing the breath with a progressive series of postures—a process producing intense internal heat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind.

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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