



Fitness Schedule September 2019

www.okamikai.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:15am-10:15am Yoga (Maureen) No Classes Labour Day 6:45pm-7:45pm Brazilian Jiu-Jitsu* (James)	9:15am-10:15am Spin (Jennifer) 6:45pm-7:45pm Spin (Jennifer)	6:30am-7:30am Kickboxing (Scott) 9:15am-10:15am H.I.I.T (High Intensity Interval Training) (Jennifer) 6:45pm-7:45pm Brazilian Jiu-Jitsu (James) Open BJJ Mat from 7:45-8:30pm	9:15am-10:15am Kickboxing (Scott) 6:45-7:45pm Kickboxing (Scott)	9:15am-10:15am Muscle Mix (Jennifer) 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.



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 Fitladies 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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