

**January 2, 2019 – April 24, 2019**

Schedule is subject to change – refer to our interactive schedule on the website for current class information.

*All classes are taught by Certified Instructors - Unless otherwise stated; classes will accommodate all fitness levels!***MONDAY** (closed February 11, April 22)

6:15-7:10 Fit Camp
 9:15-10:15 HIIT/Core
 12:10-12:50 Noon Strength
 1:00-1:50 Seniors Functional Strength
 2:00-2:50 Silver Fit
 5:15-6:15 POUND® (starts Jan 7th)
 7:00-8:15 Specialty Classes & Workshops
 see website for more info

TUESDAY

6:15-7:10 Strong & Fit
 10:45-12:00 Yin Fusion Yoga
 5:15-6:15 Bootcamp (Starts Jan 8th)
 6:30-7:30 Flow Yoga (alternating instructors)
 Starts January 15th

WEDNESDAY

6:30-7:30 Rise and Shine Yoga (Starts Jan 9th)
 9:15-10:15 Barre Fitness (Starts Jan 16th)
 12:10-12:50 Noon Strength
 1:00-1:50 Seniors Functional Strength
 2:00-2:50 Silver Fit
 5:15-6:15 Zumba Gold (Starts Jan 9th)
 6:30-7:30 POUND® (Starts Jan 9th)

THURSDAY (closed April 25)

6:15-7:10 Strong & Fit
 9:15-10:15 Strong & Fit
 10:45-12:00 Yin Yoga
 12:10-12:50 Barre to Go! (Starts Jan 17th)
 5:15-6:15 Bootcamp (Starts Jan 10th)
 6:30-7:30 Warm Happy Flow Yoga

FRIDAY (closed April 19, 26)

6:15-7:00 HIIT/Core
 7:10-7:50 Barre to Go! (Starts Jan 18th)
 9:15-10:00 HIIT/Core
 12:10-12:50 Gentle Flow Yoga (Starts Jan 11th)
 1:30-2:30 Silver Sneaker's Circuit
 7:00-8:15 Yin Yoga

Our Business Hours

Open 15 minutes before and after each class

Phone Number: 250-784-0056

Email: Info@onefitnessyoga.comWeb Page: www.onefitnessyoga.com**Saturday** (closed April 27)

9:15-10:00 POUND® (Starts Jan 12th)
 10:30-11:30 Zumba Gold (Starts Jan 12th)

Upcoming Workshops n More

Please pre-register or these awesome workshops could be cancelled!
 Registration information online at www.onefitnessyoga.com

LAY YOUR Foundation – 4 Week Hatha/Vinyasa Series with Chelsea Mottishaw - Mondays, Jan 14 to Feb 4

Fitness Knowledge and Group Fitness Certification with Bev McCallum

March/April/May 2019 – see www.BevMcCallumfitnesscertification.com for more details on datesDeep Flow Restorative – April 25 - 28 www.deepflow.ca to register**studio will be closed April 25th to April 28th **