

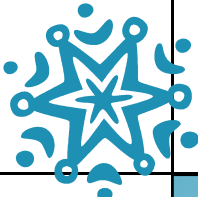







HOT YOGA



WINTER SCHEDULE JAN. 3 TO JUNE 26 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		HOT YOGA FLOW (ALL LEVELS) 6:00-7:00am KATIA				HOT YOGA FLOW (LEVEL 1-2) 9:00-10:15 am RHEA /MARG/ BRITTANY/DEA
HOT YOGA FLOW (ALL LEVELS) 9:30-10:45 am KATIA	HOT POWER YOGA (LEVEL 2-3) 9:30-11am DANIEL	HOT YOGA FLOW (LEVEL 1-2) 9:30-11 am ANTOINETTE	HOT BASIC YOGA (ALL LEVELS) 10:30-11:30 am MARGARET	HOT BASIC YOGA (ALL LEVELS) 9:30-10:45 am JAY	HOT POWER YOGA (LEVEL 2-3) 9:15-10:45 am JAY	HOT CORE YOGA (LEVELS 1-3) 10:15-11:15 am RHEA /MARG/ BRITTANY/DEA
HOT YOGA FLOW 12:15-1:15 pm KATIA (ALL LEVELS)		HOT BASIC YOGA (ALL LEVELS) 12:15-1:15 pm ANTOINETTE		HOT YOGA FLOW (LEVEL 1-2) 12:15-1:30 pm MARGARET	GENTLE HOT YOGA (BEGINNER-1) 11:00-12:00 pm ANTOINETTE	
	HOT BASIC YOGA (ALL LEVELS) 1:15-2:30 pm BRITTANY				HOT YOGA FLOW (LEVEL 2-3) 1:00-2:00 pm ANTOINETTE	
	GENTLE HOT YOGA (BEGINNER-1) 6:45-7:45 pm JAY	HOT YOGA FLOW (LEVEL 1-2) 6-7 pm MARGARET	*HOT CORE YOGA (ALL LEVELS) 6:45-7:45 pm DANIEL			
HOT YOGA FLOW (ALL LEVELS) 7:15-8:45 pm RHEA	HOT YOGA FLOW (ALL LEVELS) 8-9:15 pm JAY	HOT BASIC YOGA (ALL LEVELS) 7:15-8:30 pm MARGARET	HOT YOGA FLOW (ALL LEVELS) 7:50-9:20 pm DANIEL	HOT YOGA FLOW (LEVEL 1-2) 8:15-9:15 pm BRITTANY		



It's a lifestyle!

WELCOME TO ORC HOT YOGA! Participants must obtain a ticket from the front desk before entering the Studio • Participants will need to bring their own yoga mat and towel (no ORC towel service) • All Group Fitness participants must be 16 years or older • Please respect the yoga studio & fellow participants by keeping voices quiet • Refrain from wearing perfume/cologne • Drink plenty of water before, during & after HOT YOGA classes • Be mindful of your body's individual range of motion to avoid overstretching • All participants with medical conditions as well as women who are pregnant (or suspect pregnancy) need to obtain medical clearance & advise instructor for appropriate guidance • People with high or low blood pressure should not practice Hot Yoga without medical permission • Absolutely no cell phones • Please leave your shoes outside • No late admittance • *Thank you!*

FOR MORE INFORMATION CALL 905.822.5240 OR VISIT US ONLINE AT ONTARIORACQUETCLUB.COM

GROUP FITNESS

SCHEDULE FOR JAN. 3 TO JUNE 26 2011

NOTE: all classes held in studio one (un-shaded), studio two or squash court (blue shading)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
*PILATES INT. 6:15 am FARIB Pass required	NEW TBC 6 am VAL		NEW GROUP POWER 6 am JOELLE	YOGA 6:15 am FARIB	GROUP POWER 8:00 am JOELLE/ HEIDI	SPORT STRETCH & ABS 8:00 am AINSLIE - ST 2	GROUP POWER 8:30 am JOELLE/ MARIKA
URBAN TAI CHI 7:30 am MONA		NEW TBC BALLISTIC 7:30 am DIANA		HL-TBC 7:30 am TERI	GROUP STEP 9:10 am LIZ/HEIDI	ZUMBA 9:35 am MARIA	
WOMAN'S CIRCUIT 9:00-10:00 am	WOMAN'S CIRCUIT 9:00-10:00 am	WOMAN'S CIRCUIT 9:00-10:00 am	WOMAN'S CIRCUIT 9:00-10:00 am	WOMAN'S CIRCUIT 9:00-10:00 am	WOMAN'S CIRCUIT 9:15-10:15 am	WOMAN'S CIRCUIT 9:15-10:15 am	
GROUP STEP 9:15 am LIZ/HEIDI	GROUP POWER 9:15 am HEIDI/MARIKA	BODY BLAST CARDIO 9:15 am LIZ/DAWN	TBC 9:15 am LIZ	ZUMBA 9:15 am ANNE *PILATES INT. 9:15 am TANYA - ST 2	TBC 10:20 am LIZ/ RICK	*PILATES BASIC 10:30 am STUDIO 2 AINSLIE PASS REQUIRED	
YOGA 9:10-10:30 am RHEA SQUASH	YOGA 9:10-10:30 am JAY SQUASH	NEW BODY BLAST HARD CORE 10:20-10:40 am STUDIO TWO GLORIA/JOANNE	YOGA 9:10-10:30 am RHEA SQUASH	NEW SPORTS STRETCH & ABS 9:20-10:20 am MARGARET SQUASH	*PILATES BOOTCAMP 11:20 am STUDIO 2 KATHERINE PASS REQUIRED	YOGA 10:40-12:00 pm DIANA	
TBC 10:20 am LIZ/MARIKA	*PILATES BASIC 10:30 am MARGARET PASS REQUIRED	ZUMBA GOLD 10:30 am MARK	*PILATES INT. 10:30 AM REGAN STUDIO 2	SPORTS STRETCH & ABS 10:30 am TANIA STUDIO 2	YOGA 11:30-12:45 pm JAY		
			GROUP STEP 10:30 am LIZ/GLO	GROUP POWER 10:20 am MARIKA/HEIDI			
ZUMBA GOLD 12:20 pm MARK/ANNE	GROUP POWER 12:15 pm VAL				ZUMBA Begins Jan 15 1:00 pm ANNIE		
NEW *PILATES BOOTCAMP 1:30 pm REGAN PASS REQUIRED	THERAPEUTIC YOGA 1:30-3:00 pm CHRIS STUDIO 2		NEW TBC BALLISTIC 1:15 am VAL				
	TBC 5:30 pm TERI	BODY BLAST HARD CORE 5:30 pm MARIKA	TBC 5:30 pm REGAN	GROUP POWER 5:30 pm JOELLE/ MARIKA			
GROUP POWER 6:00 pm JOELLE/HEIDI	ZUMBA 6:35 pm MARIA	GROUP POWER 6:35 pm MARIKA	NEW CARDIO BOOTCAMP 7-8 PM DAWN				
WOMAN'S CIRCUIT 7:00-8:00 pm	*PILATES INT. 6:35 pm FARIBA PASS REQUIRED	WOMAN'S CIRCUIT 7:00-8:00 pm	NEW *PILATES BOOT- CAMP 6:35 pm STUDIO 2 MARGARET				
YOGA & ABS 7:05 pm DIANA	TBC 7:40 pm FARIBA	ZUMBA Begins Jan 19 7:40 pm ANNIE					



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PLEASE SEE CLASS DESCRIPTIONS FOR FURTHER INFORMATION ON CLASS LEVELS.

Instructors may change without prior notice. For daily instructor schedule call 905.822.0751 (please do not call the Front Desk).

- 600 for Monday
- 599 for Tuesday
- 598 for Wednesday
- 597 for Thursday
- 596 for Friday
- 595 for Saturday
- 594 for Sunday

*Please arrive for scheduled Yoga/Pilates classes.

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SPINNING



SCHEDULE FOR JAN. 3 TO JUNE 26 2011

ALL CLASSES ARE HELD IN STUDIO 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RACE DAY 6:15-7:15 am VAL Pre-register at front desk morning of (not before 5:30 am)		INTERVAL RIDE 6:15-7:15 am STEPH Pre-register at front desk morning of (not before 5:30 am)		ROAD RAGE 6:15-7:15 am PAM/STEPH Pre-register at front desk morning of (not before 5:30 am)	ROAD RAGE 9:10-10:10 am LIZ/JOELLE Pre-register at front desk morning of (not before 8:15 am)	NEW! RACE DAY 8:30-10:00 am STEPH/KIRSTEN Pre-register at front desk morning of (not before 7:30 am)
TRAINING WHEELS 9:30-10AM JOELLE JAN 24 & 31 FEB 21 & 28 REGISTER AT THE FRONT DESK	ROAD RAGE 9:15-10:30 am LIZ Pre-register at front desk morning of (not before 8:30 am)	INTERVAL RIDE 9:15-10:15am JOELLE Pre-register at front desk morning of (not before 8:30 am)	INTERVAL RIDE 9:15-10:15 am PETER Pre-register at front desk (not earlier than 8:30 am)	RACE DAY 9:15-10:15 am VAL Pre-register at front desk morning of (not before 8:30 am)	INTERVAL RIDE 10:20-11:20 am PETER Pre-register at front desk morning of (not before 8:15 am)	TRAINING WHEELS 10:15-10:45 am STEPH FEB 6 & FEB 13 REGISTER AT THE FRONT DESK
SPIN & AB RIPPER 10:20-11:30 am HEIDI Pre-register at front desk morning of (not before 8:30 am)	NEW! TEEN SPIN 5:00-6:00 pm KIRSTEN	NEW! EASY RIDER 10:30-11:30 RICHARD		INTERVAL RIDE 10:30-11:30 HEIDI/JOELLE		
	INTERVAL RIDE 6:30-7:30pm STEPH Pre-register at front desk evening of (not before 5:30 pm)		ROAD RAGE 6:30-7:30pm TERE Pre-register at front desk evening of (not before 5:30 pm)			

TRAINING WHEELS

APPROPRIATE FOR INTRO/BEGINNER

Offered for 2 weeks on the Fall and Winter schedule. Short on time or just need a lighter ride? This class will provide you with the basics to Indoor stationary cycling. How to Set up your bike appropriately for you, an introduction to spinning drills and activities that will prepare you physically and mentally for longer rides if you choose, or provide you with the opportunity to a lighter workout day. Preregistration is required to ensure a bike is reserved for you. **No additional fee for ORC members.**

INTERVAL RIDE

(60 MINUTES) APPROPRIATE FOR ALL LEVELS

All classes held in **Studio One** unless otherwise indicated.

ROAD RAGE

(60-75 MINUTES) APPROPRIATE FOR ALL LEVELS

In this class only the drills not the thrills are more intense. (please note the recommendations below)

RACE DAY

(60 MINUTES) APPROPRIATE FOR ALL LEVELS

Power and endurance-all the components you need to increase your fitness level or cycle performance. Pace yourself.

NEW! EASY RIDER

APPROPRIATE FOR BEGINNER/INT

Don't be fooled by the name! The ride is sure to give you the same great cardiovascular workout that spinning is noted for however, the music is more of an easy listening style.

NEW! TEEN SPIN

This high energy fun, cardio workout is sure to leave you pumped and improve your cardiovascular and muscle endurance. Challenge yourself and start spinning to a new view on health and fitness. Come prepared to sweat your favorite tunes!



It's a lifestyle!

ORC SPINNING CLASSES

All classes are first come first served. PLEASE KEEP EXTENDED CONVERSATION FOR BEFORE OR AFTER CLASS AND DO NOT WEAR ANY HEAVY COLOGNE OR PERFUME. Participants with no previous stationary cycling experience are welcome to attend any class; however it is recommended that you attend the 30 minute training wheels orientation first. Please come early to class for appropriate instruction and orientation. It is recommended that new riders do not participate in a full 75 minute class until some experience has been developed. Pre-registration required for training wheels classes only.

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