



THE OAKVILLE CLUB

FITNESS CENTRE CLASSES

Updated February 2025



56 WATER STREET
OAKVILLE, ON, L6J 2Y3

FITNESS@OAKVILLECLUB.COM
905-845-0231, EXT. 231



Athletic Stretch

Stretching promotes muscle relaxation, improves your range of motion, and reduces the onset of muscle soreness. This co-ed class is suitable for athletes and non-athletes who want to increase mobility, stability, and strength.

Class Schedule: Monday at 5:00 pm | Instructor: Angie Brown

Barre Sculpt

Barre classes blend ballet, pilates, and yoga moves to create a program of cardio, strength training, flexibility, and core conditioning in a total body workout. We will target hips, glutes, abs, and arms - it's really a full body workout. We use light weights, resistance bands, balls, and other props with low impact movements to create long and lean muscles.

Class Schedule: Friday at 9:00 am | Instructor: Charlotte Rose

Challenge Spin

This 45-minute spin class designed for all fitness levels. Whether you're a beginner or an experienced rider, you'll work at your own pace as we tackle flat roads and moderate hills. This high-energy class provides an excellent full-body workout that will leave you feeling energized and accomplished!

Class Schedule: Monday at 12:15 pm | Instructor: Karen Finnell

Cycle Fit

Cycle Fit is an energizing class that combines high-intensity cycling drills to torch calories, build strength, and melt away stress. Get ready to push your limits and feel the burn!

Class Schedule: Saturday at 8:00 am | Instructor: Cathie Hunt

Cycle HIT

Experience a dynamic mix of low-impact, high-energy workouts that will boost your motivation, melt away stress, and burn tons of calories. Feel empowered as you unleash your inner warrior and leave each class feeling like a true champion!

Class Schedule: Wednesday at 12:15 pm | Instructor: Cathie Hunt



Fascia Release & Pilates

Using foam rollers and tennis balls, this class will guide you on releasing muscular shortness and tightness in the body. The focus is on stretching the Fascia (connective tissue) to lengthen and bring blood flow to our trigger points.

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. Light weights, bender balls, and TheraBand's will be used as props.

Class Schedule: Wednesday at 9:00 am | Instructor: Charlotte Rose

Full Body Strength

A one hour complete body strength training, cardio and core workout with the use of dumbbells, kettlebells and bands. Modified moves for all levels of fitness.

Class Schedule: Thursday at 5:00 pm | Instructor: Charlotte Rose

Interval Training (Full Body)

A complete full body workout of all levels with modified moves. Exercises include 40-second training, cardio consisting of weights, bands, kettlebells, and body weight followed by brief periods of recovery.

Class Schedule: Tuesday at 11:00 am | Instructor: Linda Maciek

Mat Pilates

Mat Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Mat Pilates concentrates on posture, balance, and flexibility.

Class Schedule: Monday at 9:00 am | Instructor: Charlotte Rose



Mindful Movement

This class is designed to boost your confidence, build strength, and improve mobility for better overall health. Focused on low-impact cardio, strength, and core training, it incorporates the fundamentals of balance and flexibility. Perfect for those returning to exercise, recovering from an injury, or simply looking to move more. This class offers personalized modifications in a supportive small group setting.

Class Schedule: Thursday at 10:30 am | Instructor: Lisa Recagno

Stretch and Restore

These classes will help you find some time for yourself, and the connection between your focus and body. These one hour sessions will help increase your range of movement.

Class Schedule: Tuesday at 6:00 pm and Wednesday at 6:00 pm | Instructor: Lisa Recagno

Yoga

Join Marianne, a senior yoga teacher with 17 years of experience teaching in Oakville, for a 60-minute creative yoga flow that's perfect for all levels. Marianne's thoughtful guidance will help you deepen your practice, build strength, and find balance.

Class Schedule: Monday at 6:00 pm | Instructor: Marianne Jezerinac

20-20-20 Combo

The 20-20-20 Combo is the perfect combination for those busy individuals who need to combine high intensity interval training on an indoor spin bike, strength training using body weight, or resistance training with weights and core development.

Class Schedule: Tuesday at 10:00 am | Instructor: Lisa Recagno



OPERATING HOURS

Monday - Friday: 6:00 am - 10:30 pm

Saturday & Sunday: 7:00 am - 9:00 pm

CLASS FEES

\$13 per class | Please register on the Online Calendar.

Friendly reminder: If you are unable to make a class you have signed up for, please be courteous of your fellow members by cancelling your booking.

CONTACT US

For more information, please contact our Fitness Consultant, Linda, at fitness@oakvilleclub.com or call 905-845-0231, ext. 231.

