

MY CLASSES

Who Can Join?

Any Age, fitness level! Beginner to elite athlete. Non-intimidating atmosphere for beginners.

Heart Core Bootcamp

- Combines upper and lower body strength training with power cardio and plyometrics.

90 Day Challenge Transformation Bootcamp

- Combines upper and lower body to improve strength and flexibility combined with cardio.

Cost

Bootcamps can be less than \$10/class, purchase monthly or individual sessions. For additional costs we offer Personal One on One training with nutrition planning, scheduled menus and private swimming lessons. Contact us at Sales@HeartOn.ca

Monday

Oshawa Location

6:45 - 7:45

90 Day Challenge Transformation Bootcamp

Tuesday

Pickering Location

6:30 - 7:30

90 Day Challenge Transformation Bootcamp

Thursday

Oshawa Location

7:00 - 8:00

90 Day Challenge Transformation Bootcamp

Saturday

Oshawa Location

8:00 - 11:00

Saturday Night Dance Party