



FIRST WEEK OF CLASSES FREE!

H₂O

613-789-4020 | WWW.H2O.CA
INFO@H2O.CA



H₂O

A-LA-CARTE FITNESS
WE COME TO YOU!

STEP 1

CHOOSE YOUR CLASS FORMAT

1 HR
BLOCK

OR

(2) 45 MIN
BLOCKS

STEP 2

CHOOSE YOUR CLASS (FIRST TWO CLASSES FREE)

AS LOW AS \$90.00/CLASS

YOGA & STRETCH

Hatha Yoga: Gentle introduction to yoga, suitable for all ages.

Vinyasa Yoga: Flowing movements connected to breath, adaptable for various skill levels.

Chair Yoga: Modified poses for seniors or individuals with mobility issues.

Restorative Yoga, Gentle Stretching etc., available upon request.

AQUATICS

Aqua Aerobics: Low-impact cardio and strength exercises in the water, perfect for seniors and those with joint issues.

Aqua Zumba: Dance-based water workout, fun for all ages.

Water Pilates: Core strengthening and flexibility exercises performed in water.

Water Therapy: Gentle exercises for rehabilitation and mobility improvement, ideal for seniors and individuals recovering from injuries.

STRENGTH

Bodyweight Training: Strength exercises using one's own body weight, suitable for all fitness levels.

Resistance Band Training: Portable strength training using bands, great for all ages.

Functional Training: Exercises that mimic daily activities to improve overall strength and mobility.

Senior Strength: Low-impact strength exercises designed for older adults.

CARDIO

High-Intensity Interval Training (HIIT): Short bursts of intense exercise followed by rest, scalable for different fitness levels.

Low-Impact Cardio: Gentle cardio exercises suitable for seniors and beginners.

Boot Camp: Group fitness class incorporating cardio and strength exercises.

Cardio Kickboxing: Combines martial arts techniques with fast-paced cardio.

DANCE & COORDINATION

Zumba: Dance-based fitness class with Latin-inspired moves, fun for all ages.

Ballroom Dance, Line Dancing, Hip-Hop Dance: etc., available upon request.

STEP 3

CREATE YOUR SCHEDULE

MIN 2 HOURS OF REGULAR CLASSES PER WEEK



THE BENEFITS OF OUTSOURCING

TAKE CONTROL

One point of contact, one point of control, zero headaches.

DECREASE LIABILITY

Avoid liability for fitness class injuries by outsourcing, ensuring the corporation isn't held responsible.

PEACE OF MIND

H2O carries \$5 million in liability insurance, with all instructors insured, certified, and CPR/First Aid trained.

INCREASE PROPERTY VALUE

Well-managed fitness programming enhances property value and marketability.

SET YOURSELF APART FROM THE COMPETITION

Maximize the potential of fitness amenities, distinguishing your property from others.

PLAY BY THE RULES

Ensure compliance with bylaws by contracting a third party to utilize assets versus having multiple uncontracted parties profiting from assets.

STAY INFORMED

Receive regular reports on class participation rates to keep track of the latest statistics.

PROMOTE A HEALTHY COMMUNITY

Foster a healthier, more active community, leading to improved resident satisfaction and well-being.

DON'T SEE THE CLASS YOU WANT? LET US KNOW!

FIRST WEEK OF CLASSES FREE!