














DEPARTMENT OF ATHLETICS
AND RECREATION

LIVE FITNESS CLASS SCHEDULE

MAY 25TH - MAY 31ST

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
11:00AM		 VINYASA YOGA INTERMEDIATE Rose INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	 YOGA Kellie INSTAGRAM LIVE @HUMBERFITNESSNORTH			
12:00PM	 STRENGTH & CARDIO Kathleen INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	 TOTAL TOWEL TRAINING Deb INSTAGRAM LIVE @HUMBERFITNESSNORTH			 BALANCE, STRENGTH & RELAX Dillion INSTAGRAM LIVE @HUMBERFITNESSNORTH	 ZUMBA Brittany INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS
1:00PM	 ZUMBA Monica INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS		 CO-FIT 19 Chris ZOOM	 #TBT TOTAL BODY THURSDAY Amanda ZOOM	 YOGA Elaine INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	
5:00PM			 CARNIVAL SPICE Shakera INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS			

Classes will be held LIVE on these two Instagram accounts:

@humberlakeshore_athletics

@humberfitnessnorth

For our ZOOM class, use the provided meeting i.d. and password:

MEETING ID: 895-0238-2162

PASSWORD: 5558881

CLASS DESCRIPTIONS



Balance, Strength & Relax

Utilizing techniques from many forms of exercise, you will reap the benefits of balance training, stretching and releasing tight areas using different techniques.



Yoga

Classes will help you escape from the stresses of daily life as well as to increase your flexibility, strength and help your concentration. Come discover a new kind of inner strength. Each instructor utilizes their own style of teaching.



Intermediate Vinyasa Yoga

Intermediate vinyasa yoga is a practice that strings together a sequence of poses. It leans toward strength building as poses are held longer and moved through more quickly. There is a strong focus on breath synchronized movement to encourage a mindful practice.



Co-Fit 19

High energy workout combining different muscles and heart-pumping exercises for a total body workout.



#TBT Total Body Thursday

This class is a combination of muscle conditioning and cardio utilizing interval and circuit training. Get ready to sweat and strengthen your entire body.



Total Towel Training

This full body strength training classes uses only a towel and your body weight. You will be amazed at how effective a towel can be and bonus, you can do this anywhere!



Strength & Cardio

A combo of strength and cardio exercises using either your body weight or weight (can be jugs, bags etc).



Carnival Spice

Strengthen and tone your body to the Caribbean rhythms of Soca, Dancehall, Latin and more. It includes a variety of dance moves sure to get your vibes flowing and heart pumping.



Zumba

Ditch the routine and join the party! ZUMBA is a cardio based workout that combines Latin and other international music to create an interval training class that is both fun and easy to do!