



























VIRTUAL FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30AM	RISEING FITNESS  Dillon INSTAGRAM LIVE @HUMBERFITNESSNORTH	STRENGTH & CARDIO  Kathleen ZOOM		RELEASE & RESTORE  Chris ZOOM	
11:00AM			YOGA  Kellie INSTAGRAM LIVE @HUMBERFITNESSNORTH	YOGA FLOW  Mo INSTAGRAM LIVE @HUMBERFITNESSNORTH	ZUMBA  Monica INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS
12:10PM	STRENGTH & CARDIO  Kathleen ZOOM	CIRCUIT TRAINING  Kathleen ZOOM	DIRTY 30  Kendra ZOOM	#TBT TOTAL BODY THURSDAY  Amanda ZOOM	BALANCE, STRENGTH & RELAX  Dillon INSTAGRAM LIVE @HUMBERFITNESSNORTH
1:10PM	YOGA  Elaine INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	CO-FIT 19  Chris ZOOM	CORE CAFE  Chris ZOOM	HIIT  Kathleen ZOOM	CORE CAFE  Kendra ZOOM
2:00PM		YOGA FLOW  Deb INSTAGRAM LIVE @HUMBERFITNESSNORTH		STRENGTH & MOBILITY FLOW  Deb INSTAGRAM LIVE @HUMBERFITNESSNORTH	
5:00PM	STRENGTH & YOGA  Abbey INSTAGRAM LIVE @HUMBERFITNESSNORTH			VINYASA YOGA INTERMEDIATE  Rose ZOOM	
6:00PM		YOGA  Elaine INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	CARNIVAL SPICE  Sulaire ZOOM		
7:00PM	LEGS SCULPT  Amanda ZOOM		BOOTCAMP  Amanda ZOOM		

Classes will be held LIVE on these two Instagram accounts:

@humberlakeshore_athletics

@humberfitnessnorth

For Kendra's Dirty 30 ZOOM class at 12:10 PM every Wednesday, use the provided meeting i.d. and password:

MEETING ID: 851-2296-5489

PASSWORD: 996633

For Kendra's Core Cafe ZOOM class at 1:10 PM every Friday, use the provided meeting i.d. and password:

MEETING ID: 811-5106-2123

PASSWORD: 996633

For Chris' Core Cafe ZOOM class at 1:10 PM every Wednesday, use the provided meeting i.d. and password:

MEETING ID: 851-3926-9015

PASSWORD: 885522

For Chris' Release & Restore ZOOM class at 7:30 AM every Wednesday, use the provided meeting i.d. and password:

MEETING ID: 857-7360-3683

PASSWORD: 885522

For Chris' CO-FIT 19 ZOOM class at 1:10 PM every Tuesday, use the provided meeting i.d. and password:

MEETING ID: 885-2727-4620

PASSWORD: 885522

For Amanda's Bootcamp ZOOM class at 7:00 PM, every Wednesday use the provided meeting i.d. and password:

MEETING ID: 822-4324-8794

PASSWORD: 774411

For Amanda's Leg Sculpt ZOOM class at 7:00 PM every Monday, use the provided meeting i.d. and password:

MEETING ID: 875-8755-2082

PASSWORD: 774411

For Amanda's #TBT Total Body Thursday ZOOM class at 12:10 PM every Thursday, use the provided meeting i.d. and password:

MEETING ID: 819-8540-5284

PASSWORD: 774411

For Rose's Thursday ZOOM class, use the provided meeting i.d. and password:

MEETING ID: 892-3006- 9625

PASSWORD: roseyoga

For Kathleen's Monday, Tuesday & Thursday ZOOM classes, use the provided meeting i.d. and password:

MEETING ID: 722-701-5253

PASSWORD: 10323252

For Sulaire's Wednesday ZOOM class, use the provided meeting i.d. and password:

MEETING ID: 953-957- 5304

PASSWORD: carnival

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.



Bootcamp

Add variety and fun to your exercise regimen! Bootcamp home edition is a total body circuit utilizing things around the home. Suitable for all fitness levels.



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.



Circuit Training

High - Low impact that involves strength and cardio using body weight, weights, and various equipment.



Circuit Fusion

Prep for better performance. Loosen your joints with dynamic flow followed by a circuit focusing on cardio or strength.



Co-Fit 19

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



Core Cafe

You never know what will be on the menu at the Core Cafe! We will strengthen and tone the core area of the body including your abs, back, and butt! Come transform your body and help get your greatest "assets" feeling great!



Dirty 30

30 reps or 30 seconds for 30 minutes. This low weight, high rep class will be sure to get your heart rate up and show you that you don't need much to get your sweat on.



HIIT

HIIT is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. This class combines resistance training with plyometric moves to improve your strength and power.



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.



Kickboxing Jam

Fusing kickboxing and dance all done perfectly to the beat of the music.



Legs Sculpt

Build, strengthen and tone your lower body using your own body weight, weights and/or bands.



Release & Restore

This class will utilize a combination of release techniques and stretches to get your muscles back to their optimal form.



Rising Fitness

Rise and shine with this amazing class that will focus on a combination of strengthening and stretching and have you starting your day off feeling great!



Strength & Cardio

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



Strength & Yoga

A strength and yoga session focusing on breathe and mindfulness to cultivate strength within oneself.



Strength & Mobility Flow

This workout will improve your movement IQ as you strengthen and lengthen your body. We will use a variety of tools, a towel, external load (dumbbells or even your laundry detergent) and a mat. Build a resilient body with functional movement, so you feel better everyday.



#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.



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.



Yoga Flow

Move your body and flow between a combination of yoga and Pilates, to strengthen and stretch every muscle group and leave you feeling refreshed and relaxed. Each class is a different design and is delivered for all levels of ability. Focus is on breathing, proper alignment, some balance, and fun! Bring a strap and pillow for each class.



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!