



FALL 2024 FITNESS CLASS SCHEDULE

CLASSES IN STUDIO B-A227—EXCEPT WHERE LISTED OTHERWISE.
BEGINS TUESDAY, SEPTEMBER 3RD—ENDS DECEMBER 13TH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:10am – 11:50am	Balance, Stretch, Release (Leanne)	Strength & Conditioning (Chris)	Balance, Stretch, Release (Leanne)	Bounce-Basics (Chris)	Functional Training (Dillon) (Functional Training Zone)	Weight Room Mastery (Dillon) (Weight Room) Beginning October 5th
12:10pm – 12:50pm	Pilates on the Ball (Elaine)	Core Focus (Chris) ***** Fitness Walk (meet outside Athletics gates) (Leanne)	Yoga (Mo)	Strength & Conditioning (Chris)	Circuit (Dillon)	Functional Training (Dillon) (Functional Training Zone) Beginning October 5th
1:10pm – 1:50pm	Yoga (Elaine)	Kickboxing (Chris)	Pilates—Mat (Mo)	Circuit (Chris) ***** Fitness Walk (meet outside Athletics gates) (Leanne)	Balance, Stretch, Release (Dillon)	
5pm – 5:50pm	CardioBox Fusion (Nelson)	Bounce-Basics (Des)	BootCamp (Terina)	Kickboxing (Chris)		
6pm – 6:50pm	Strength & Conditioning (Nelson)	Bounce & Dance (Des)	Cycle (Terina)	Pilates (Chris)		
7pm – 7:50pm	Cycle (Nelson)	Zumba (Cristina)		Bollywood (Pratishriya)		
8pm – 8:50pm		Afro Dance Fit (Cristina)		Indian Semi Classical Dance (Pratishriya)		

CLASS DESCRIPTIONS CAN BE FOUND AT:

HUMBER.CA/STUDENT-LIFE/SWAC/FITNESS/GROUP-FITNESS/NORTH-CAMPUS-SCHEDULE