



FALL 2025 FITNESS CLASS SCHEDULE

CLASSES IN STUDIO B--A227--EXCEPT WHERE LISTED OTHERWISE.
SEPTEMBER 2ND--DECEMBER 12TH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:10am - 7:50am	RUN CLUB (Dillon) * meet in front of Athletics *		BOOTCAMP (Nelson)		Movement & Mobility (Nelson)
11:10am - 11:50am	BALANCE, STRETCH, RELEASE (Leanne)	BOOTCAMP (Chris)	BALANCE, STRETCH, RELEASE (Leanne)	CARDIO STRONG (Chris)	FUNCTIONAL TRAINING (Dillon) * Functional Training Zone *
12:10pm - 12:50pm	PILATES ON THE BALL (Elaine)	CORE FOCUS (Chris)	YOGA (Mo)	STRENGTH & CONDITIONING (Chris) ----- FITNESS NATURE WALK (Leanne)	CIRCUIT (Dillon)
1:10pm - 1:50pm	YOGA (Elaine)	KICKBOXING (Chris) ----- FITNESS NATURE WALK (Leanne)	PILATES-MAT (Mo)	CIRCUIT (Chris)	BALANCE, STRETCH, RELEASE (Dillon)
5:10pm - 5:50pm	CARDIO HIIT (Kate)	BOUNCE-BASICS (Des)	BOOT CAMP (Terina)	KICKBOXING (Chris)	
6:10pm - 6:50pm	STRENGTH & CONDITIONING (Kate)	BOUNCE & DANCE (Des)	CYCLE (Terina)	PILATES-MAT (Chris)	
7:10pm - 7:50pm	ZUMBA (Alicia)	CARNIVAL SPICE (Jaekel)		FIESTA DANCE FITNESS (Zania)	

CLASS DESCRIPTIONS CAN BE FOUND AT:

[HUMBER.CA/STUDENT-LIFE/SWAC/FITNESS/GROUP-FITNESS/NORTH-CAMPUS-SCHEDULE](https://humber.ca/student-life/swac/fitness/group-fitness/north-campus-schedule)