



























Classes are first come first serve.  
Classes run 40-50min  
**NOTE: Follow us on Instagram for all last minute changes.**

# FITNESS SCHEDULE

All Classes located in Studio B on 2nd floor of Fitness Centre. Group Cycle Studio A.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30AM - 8:20AM		 MOBILITY & STRETCH Jose	 CIRCUIT TRAINING Jose		
12:10PM - 12:50PM	 YOGA Nathania	 REP & SETS Kathleen	 CYCLE & STRENGTH Nathania	 STRENGTH & CARDIO Kathleen	 YOGA Elaine
1:10PM - 1:50PM	 STRENGTH & CARDIO Kathleen	 BOOTY & CORE Kathleen	 PILATES Susan	 GENTLE YOGA & MEDITATION Sravani	
Check each class time	 ZUMBA 5:30pm - 6:20pm Monica	 CIRCUIT TRAINING 5:00pm - 5:50pm Arnaldo	 VINYASA YOGA 5:00pm - 5:50pm Nathania		
Check each class time	 BARRE 6:30pm - 7:20pm Anie	 STRENGTH & STRETCH 6:00pm - 6:50pm Arnaldo	 DANCEFIT 6:15pm - 7:05pm Arnaldo	 ZUMBA 6:00pm - 6:50pm Melissa	
Check each class time	 POP PILATES 7:30pm - 8:20pm Anie	 CORE 7:00pm - 7:30pm Arnaldo	 REPS & SETS 7:15pm - 8:05pm Arnaldo	 PILATES ON THE BALL 7:00pm - 7:50pm Elaine	
Schedule is available on our website. 				 YOGA 8:00pm - 8:50pm Elaine	

Schedule subject to change at anytime. Please check our Instagram for last minute subs, cancellations and changes. IG- @humberlakeshore\_athletics

**NOTE: THERE WILL BE NO FITNESS CLASSES JULY & AUGUST**



# CLASS DESCRIPTIONS

Spring 2024



## BARRE

Barre combines moves from dance, Pilates, and functional fitness for a total-body burn to a killer playlist! We incorporate small isolated movement to fatigue the muscles, large range of motion to elevate the heart rate, and sequencing that incorporates the core, upper and lower body to make every minute count.



## Booty & Core

Train regions of the lower body and core with this strength class. Workouts will focus on the abs, glutes, legs, and lower back using light weights and body resistance.



## Circuit Training

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



## Core

Get ready to fire up your core in this high-energy session compact class. You'll engage in targeted exercises to sculpt and strengthen your abs, obliques, and lower back while improving stability and posture. Suitable for all fitness levels.



## Cycle & Strength

Something for everyone! Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire! We will add in some weights and core for a full body workout! Come on in for the ride!



## DanceFit

Discover DanceFit – an electrifying fitness experience! This class blends hip-hop, salsa, modern dance, and more for a thrilling full-body workout. All levels are welcome to join in the fun!



## Mobility & Stretch

Improve your body's freedom of movement in our Mobility Class. Our expert-guided session focuses on enhancing joint flexibility, functional range, and overall mobility. Whether you're an athlete or seeking greater everyday comfort, this class will help you move with ease and confidence.



## POP Pilates

POP Pilates is a powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. Improve your core strength, flexibility, and mobility in this total body dance on the mat. Great for all fitness levels!



## Pilates

Discover Pilates: Core-focused exercise for all. Strengthen, lengthen, and thrive. Join us!



## Reps & Sets

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!



## Strength & Cardio

A combo of strength and cardio exercises using either your body weight or weight (Dumbbells, bands, barbells etc).



## Strength & Stretch

This class is designed to increase physical strength through weight-bearing and resistance exercise. All major muscle groups are worked from head to toe. We finish with core training and stretching for a complete workout.



## Yoga

**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.

**Vinyasa Yoga** - These classes string postures together utilizing breath and movement. It leans toward strength building as poses are held longer and moved through more quickly. A knowledge of sun salutation's is recommended.

**Gentle Yoga & Meditation** - Postures are taught slower but fluid and your practice ends with a relaxing meditation!



## 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!

Website: [www.humberathletics.ca](http://www.humberathletics.ca)

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Follow us on Instagram: @humberlakeshore\_athletics

Virtual Fitness Classes can be found on our YouTube

"Humber College Athletics Fitness" under Follow Along Playlists

### DISCLAIMER:

We ask that you consult with your physician or healthcare professional before starting any fitness program to know if it's right for you. Particularly if you or someone in your family has a history of high blood pressure or heart disease. If you have ever experienced chest pain when exercising or have experienced chest pain in the last month when you have not engaged in physical activity. If you smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start a fitness program if your physician or healthcare provider advises against it. If you experience dizziness, pain or shortness of breath at any time while exercising you should stop immediately and consult a doctor.