



FITNESS SCHEDULE

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

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30AM-8:20AM		 MOBILITY & STRETCH Jose	 CIRCUIT TRAINING Jose	 VINYASA YOGA Rose	
11:00AM-11:50AM		 YOGA Elaine	 WOMEN's Beginner STRENGTH & CARDIO Kathleen		 GENTLE YOGA & MEDITATION Sravani
12:10PM - 12:50PM	 YOGA Nathania	 PILATES on the Ball Elaine	 REP & SETS Kathleen	 MOBILITY & STRETCH Summer	 CIRCUIT TRAINING Jose
1:10PM - 1:50PM	 STRENGTH & CARDIO Kathleen	 BOOTY & CORE Kathleen	 PILATES Tiffanie	 CYCLE & CORE Summer	 MOBILITY & STRETCH Jose
2:00PM - 2:50PM	 WOMEN's Beginner STRENGTH & CARDIO Kathleen		 PILATES Balance & Stability Tiffanie	 WOMEN's Beginner STRENGTH & CARDIO Summer	
4:00PM-4:50PM		 Intro to Strength Sessions 4:00pm-4:50pm Pre-registration Note: These sessions are run throughout semester. See descriptions for more details.			
Check each class exact start/end time	 PILATES 5:30pm - 6:20pm Tiffanie	 CYCLE & CORE 5:00pm - 5:50pm Summer	 VINYASA YOGA 5:00pm - 5:50pm Nathania	 YOGA 5:00pm - 5:50pm Sravani	
Check each class exact start/end time	 ZUMBA & CORE 6:30pm - 7:20pm Melissa	 CIRCUIT TRAINING 6:00pm - 6:50pm Summer	 ISLAND ENERGY 6:00pm - 6:50pm Jaekel	 ZUMBA 6:00pm - 6:50pm Monica	Schedule is available on our website.
Check each class exact start/end time	 STRENGTH & STRETCH 7:30pm - 8:20pm Arnaldo	 STRENGTH & STRETCH 7:00pm - 7:50pm Summer		 STRENGTH & STRETCH 7:00pm - 7:50pm Summer	
Check each class exact start/end time	 CORE & STRETCH 8:30pm - 9:00pm Arnaldo				

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

LATE ENTRY NOT PERMITTED: For your safety and out of respect for the instructor and fellow participants, late entry is not permitted once the class has started.



CLASS DESCRIPTIONS



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.



Island Energy

Island Energy brings Caribbean dance, infectious music, and energizing movement together for a fun, high-intensity workout that makes you forget you're exercising!



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.



Cycle & Circuit/ Core

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!



Core & Stretch

This 30-minute class combines core-strengthening exercises with gentle stretches to improve flexibility, stability, and muscle tone. Perfect for all fitness levels, it's a quick way to strengthen and unwind!



Intro to Strength Training

Kickstart your strength journey with our 5-week Intro to Strength Training program for a fee of \$25+HST **for Students, \$75+HST for Staff Members! Pre-registration required at the Fitness Centre office. Office Hours: Mon-Thurs:10AM - 6PM | Fri: 10AM - 4PM**



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.



Pilates - Balance & Stability

Build core strength, improve posture, and enhance stability through controlled Pilates movements designed to challenge balance and coordination.



Pilates / Pilates on the Ball

Pilates: A full-body workout focused on core strength, posture, and flexibility through controlled movements that build stability and balance. **Pilates on the Ball:** This class maintains the same principals but uses a stability ball to add variation.



Pilates - Strength & Stretch

Low-impact mindful strengthening and flexibility exercises targeting the whole body.



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.



W- Beginner Strength & Cardio

Beginner Strength & Cardio: This class is focused on dedicating more time to teaching and practicing exercises before completing the workout. Great way to start your fitness journey.

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

Women's - Sessions are inclusive of anyone who identifies as a woman. We invite participants to select the session that best suits their comfort, and we extend a warm welcome to cisgender, transgender, and non-binary individuals.

Beginner Strength & Cardio - Open to all



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!



ZUMBA & Core

A fun, high-energy Zumba class with upbeat music and easy-to-follow moves, finishing with a focused core workout to build strength and stability.

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Virtual Fitness Classes can be found on our YouTube
"Humber College Athletics Fitness" under Follow Along Playlists

Website: www.humberathletics.ca

Instagram: [@humberlakeshore_athletics](https://www.instagram.com/humberlakeshore_athletics)

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.