
















FITNESS SCHEDULE

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

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

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

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 scheduled for August. We will have a full schedule starting in September.**



CLASS DESCRIPTIONS

July 2024



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.



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!



Pilates on the Ball

Discover Pilates: Core-focused exercise for all. Strengthen, lengthen, and thrive using an exercise ball. 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!



Zumba Strong

In STRONG by Zumba, you'll use your own bodyweight to push yourself through a HIIT-like workout. In this one-hour class, you'll do everything from traditional squats and lunges to burpees, shuffles, kicks, punches, push-ups and all sorts of core-sculpting moves as you work out to EDM and hip-hop inspired beats.

Website: 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.