



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
7:30AM-8:20AM		MOBILITY & STRETCH Jose	CIRCUIT TRAINING Jose		
10:50AM - 11:40AM			WOMEN's Beginner STRENGTH & CARDIO Kathleen		
12:10PM - 12:50PM	YOGA Nathania	REP & SETS Kathleen	CYCLE & CIRCUIT Nathania	YOGA Sravani	CIRCUIT TRAINING Jose
1:10PM - 1:50PM	STRENGTH & CARDIO Kathleen	BOOTY & CORE Kathleen	PILATES Susan/Elaine	CYCLE & CORE Summer	MOBILITY & STRETCH Jose
2:30PM 3:20PM				WOMEN's Beginner STRENGTH & CARDIO Summer	
Check each class time	WOMEN's Beginner STRENGTH & CARDIO 4:30pm - 5:20pm Kathleen	Pre-Registered Intro to Strength Training - Students only (4pm)	Pre-Registered Intro to Strength Training - Students only (4pm)		
Check each class time	ZUMBA 5:30pm - 6:20pm Melissa	YOGA 5:00pm - 5:50pm Sravani	VINAYASA YOGA 5:00pm - 5:50pm Nathania	CYCLE & CORE 5:00pm - 5:50pm Nelson	
Check each class time	STRONG by ZUMBA 6:30pm - 7:20pm Melissa	CIRCUIT TRAINING 6:00pm - 6:50pm Nelson	KICKBOXING JAM 6:15pm - 7:05pm Arnaldo	ZUMBA 6:00pm - 6:50pm Monica	 Scan QR to visit Fitness Schedule on Website
Check each class time	STRENGTH & STRETCH 7:30pm - 8:20pm Arnaldo	STRENGTH & STRETCH 7:00pm - 7:50pm Nelson	REPS & SETS 7:15pm - 8:05pm Arnaldo	PILATES On the Ball 7:00pm - 7:50pm Elaine	
Check each class time	CORE & STRETCH 8:30pm - 9:00pm Arnaldo		CORE & STRETCH 8:15pm - 8:45pm Arnaldo	YOGA 8:00pm - 8:50pm Elaine	



CLASS DESCRIPTIONS

Fall 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.



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!



Kickboxing Jam

Fusing kickboxing and dance all done perfectly to the beat of the music.



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

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.



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!



Strong by ZUMBA

Start training to the beat. STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.



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

3246 Lakeshore Blvd.
Toronto, ON
M8V 1M1
Phone: 416-675-6622 ext. 3525

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.