



VIRTUAL FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30AM		 STRENGTH & CARDIO Kathleen ZOOM	 INTERMEDIATE VINYASA YOGA Rose ZOOM		
11:00AM				 RELEASE & RESTORE Chris ZOOM	
12:10PM	 STRENGTH & CARDIO Kathleen ZOOM			 KICKBOXING JAM Arnaldo INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	 BALANCE, STRENGTH & RELAX Dillon INSTAGRAM LIVE @HUMBERFITNESSNORTH
1:10PM	 YOGA Elaine INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	 CIRCUIT TRAINING Chirs ZOOM		 CORE CAFE Kendra ZOOM	 REPS & SETS Kendra ZOOM
2:00PM					
5:00PM	 STRENGTH & YOGA Abbey INSTAGRAM LIVE @HUMBERFITNESSNORTH		 BOOTCAMP Amanda ZOOM		
6:00PM	 LEGS SCULPT Amanda ZOOM		 CARNIVAL SPICE Sulaire ZOOM		
7:00PM					

Classes will be held LIVE on these two Instagram accounts:

@humberlakeshore_athletics

@humberfitnessnorth

LEGS SCULPT with Amanda - 6pm - Monday

MEETING ID: 868-8756-2233

PASSCODE: 774411

STRENGTH & CARDIO with Kathleen @1210pm - Monday & @ 7:30am - Tuesday

MEETING ID: 722-701-5253

PASSWORD: 10323252

CIRCUIT TRAINING with Chris @ 1:10pm - Tuesday

MEETING ID: 874-3433-3424

PASSCODE: 885522

INTERMEDIATE VINYASA YOGA with Rose @ 7:30am - Wednesday

MEETING ID: 892-3006- 9625

PASSWORD: roseyoga

BOOTCAMP with Amanda @ 5:00pm - Wednesday

MEETING ID: 831-7952-7699

PASSCODE: 774411

CARNIVAL SPICE with Sulaire @6:00pm - Wednesday

MEETING ID: 953-957- 5304

PASSWORD: carnival

RELEASE AND RESTORE with Chris @ 11:00am - Thursday

MEETING ID: 848-6896-8707

PASSCODE: 885522

CORE CAFE with Kendra @ 1:10pm - Thursday

MEETING ID: 812-4462-3456

PASSCODE: 996633

REPS & SETS with Kendra @ 1:10pm - Friday

MEETING ID: 886-5918-0205

PASSCODE: 996633

CLASS DESCRIPTIONS



Balance, Strength & Relax

Utilizing techniques from many forms of exercise, you will reap the benefits of balance training, stretching and releasing tight areas using different techniques.



Bootcamp

Add variety and fun to your exercise regimen! Bootcamp home edition is a total body circuit utilizing things around the home. Suitable for all fitness levels.



Carnival Spice

Strengthen and tone your body to the Caribbean rhythms of Soca, Dancehall, Latin and more. It includes a variety of dance moves sure to get your vibes flowing and heart pumping.



Circuit Training

High - Low impact that involves strength and cardio using body weight, weights, and various equipment.



Core Cafe

You never know what will be on the menu at the Core Cafe! We will strengthen and tone the core area of the body including your abs, back, and butt! Come transform your body and help get your greatest "assets" feeling great!



Intermediate Vinyasa Yoga

Intermediate vinyasa yoga is a practice that strings together a sequence of poses. It leans toward strength building as poses are held longer and moved through more quickly. There is a strong focus on breath synchronized movement to encourage a mindful practice.



Kickboxing Jam

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



Legs Sculpt

Build, strengthen and tone your lower body using your own body weight, weights and/or bands.



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!



Release & Restore

This class will utilize a combination of release techniques and stretches to get your muscles back to their optimal form.



Strength & Cardio

A combo of strength and cardio exercises using either your body weight or weight (can be jugs, bags etc).



Strength & Yoga

A strength and yoga session focusing on breathe and mindfulness to cultivate strength within oneself.



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.



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!