
























VIRTUAL FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30AM	RISEING FITNESS  Dillon INSTAGRAM LIVE @HUMBERFITNESSNORTH	STRENGTH & CARDIO  Kathleen ZOOM		RISEING FITNESS  Chris ZOOM	
11:00AM			YOGA  Kellie INSTAGRAM LIVE @HUMBERFITNESSNORTH	YOGA FLOW  Mo INSTAGRAM LIVE @HUMBERFITNESSNORTH	
12:10PM	STRENGTH & CARDIO  Kathleen ZOOM	CIRCUIT TRAINING  Arnaldo INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS		#TBT TOTAL BODY THURSDAY  Amanda ZOOM	BALANCE, STRENGTH & RELAX  Dillon INSTAGRAM LIVE @HUMBERFITNESSNORTH
1:10PM	YOGA  Elaine INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	CORE CAFE  Chris ZOOM	CO-FIT 19  Chris ZOOM	KICKBOXING JAM  Arnaldo INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	ZUMBA  Monica INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS
5:00PM	STRENGTH & YOGA  Abbey INSTAGRAM LIVE @HUMBERFITNESSNORTH	STRENGTH & MOBILITY FLOW  Deb INSTAGRAM LIVE @HUMBERFITNESSNORTH		VINYASA YOGA INTERMEDIATE  Rose INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	
6:00PM		YOGA  Elaine INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	CARNIVAL SPICE  Sulaire ZOOM		
7:00PM			LEGS SCULPT  Amanda ZOOM	CIRCUIT FUSION  Amanda ZOOM	

Classes will be held LIVE on these two Instagram accounts:

@humberlakeshore_athletics

@humberfitnessnorth

For **Chris' and Amanda's** ZOOM class, use the provided meeting i.d. and password:

MEETING ID: 895-0238-2162

PASSWORD: 5558881

For **Kathleen's** Monday ZOOM class, use the provided meeting i.d. and password:

MEETING ID: 722-701-5253

PASSWORD: 10323252

For **Sulaire's** Wednesday ZOOM class, use the provided meeting i.d. and password:

MEETING ID: 953-957- 5304

PASSWORD: 5LeucX

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.



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.



Circuit Fusion

Prep for better performance. Loosen your joints with dynamic flow followed by a circuit focusing on cardio or strength.



Co-Fit 19

High energy workout combining different muscles and heart-pumping exercises for a total body workout.



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.



Rising Fitness

Rise and shine with this amazing class that will focus on a combination of strengthening and stretching and have you starting your day off feeling great!.



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.



Strength & Mobility Flow

This workout will improve your movement IQ as you strengthen and lengthen your body. We will use a variety of tools, a towel, external load (dumbbells or even your laundry detergent) and a mat. Build a resilient body with functional movement, so you feel better everyday.



#TBT Total Body Thursday

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



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!