




























# VIRTUAL FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30AM		 <b>STRENGTH &amp; CARDIO</b> Kathleen ZOOM	 <b>RISE &amp; SHINE YOGA</b> Kellie INSTAGRAM LIVE @HUMBERFITNESSNORTH		
10:10AM	 <b>30 MIN BLITZ</b> Chris ZOOM	 <b>30 MIN BLITZ</b> Chris ZOOM	 <b>30 MIN BLITZ</b> Kendra INSTAGRAM LIVE @HUMBERFITNESSNORTH	 <b>30 MIN BLITZ</b> Kendra INSTAGRAM LIVE @HUMBERFITNESSNORTH	
11:00AM	 <b>STRENGTH &amp; YOGA</b> Abbey INSTAGRAM LIVE @HUMBERFITNESSNORTH			 <b>YOGA FLOW</b> Mo INSTAGRAM LIVE @HUMBERFITNESSNORTH	
12:10PM	 <b>STRENGTH &amp; CARDIO</b> Kathleen ZOOM	 <b>CIRCUIT TRAINING</b> Kathleen ZOOM	 <b>YOGA</b> Elaine INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	 <b>REPS &amp; SETS</b> Kendra ZOOM	 <b>BODYWEIGHT ECCENTRICS</b> Dillon INSTAGRAM LIVE @HUMBERFITNESSNORTH
1:10PM	 <b>RELEASE &amp; RESTORE</b> Chris ZOOM	 <b>BOOTCAMP</b> Chris ZOOM	 <b>STRENGTH &amp; CARDIO</b> Kendra ZOOM	 <b>KICKBOXING JAM</b> Arnaldo INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	 <b>CORE CAFE</b> Kendra ZOOM
5:00PM	 <b>ZUMBA</b> Monica INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	 <b>CIRCUIT TRAINING</b> Arnaldo INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	 <b>BOOTCAMP</b> Amanda ZOOM	 <b>VINYASA YOGA INTERMEDIATE</b> Rose ZOOM	
6:00PM	 <b>LOWER BODY 45</b> Amanda ZOOM	 <b>YOGA</b> Elaine INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	 <b>CARNIVAL SPICE</b> Sulaire ZOOM		
7:00PM					



**Fitness Classes held on Instagram please use the below accounts:**

**@humberlakeshore\_athletics**

**@humberfitnessnorth**

**Use the provided meeting ID and Password to access the below ZOOM Fitness Classes:**

#### **MONDAY's**

**BLITZ @ 10:10am - Chris**

**MEETING ID: 845-4531-0296**

**PASSWORD: 885522**

**STRENGTH & CARDIO @ 12:10pm - Kathleen**

**MEETING ID: 722-701-5253**

**PASSWORD: Workout**

**RELEASE & RESTORE @ 1:10pm - Chris**

**MEETING ID: 850-8955-0191**

**PASSWORD: 885522**

**LOWER BODY 45 @ 6:00pm - Amanda**

**MEETING ID: 868-8756-2233**

**PASSWORD: 774411**

#### **WEDNESDAY's**

**STRENGTH & CARDIO @ 1:10pm - Kendra**

**MEETING ID: 833-4653-6217**

**PASSWORD: 996633**

**BOOTCAMP @ 5:00pm - Amanda**

**MEETING ID: 831-7952-7699**

**PASSWORD: 774411**

**CARNIVAL SPICE @ 6:00pm - Sulaire**

**MEETING ID: 953-957-5304**

**PASSWORD: carnival**

#### **FRIDAY's**

**CORE CAFE @ 1:10pm - Kendra**

**MEETING ID: 810-5811-4864**

**PASSWORD: 996633**

#### **TUESDAY's**

**STRENGTH & CARDIO @ 7:30am - Kathleen**

**MEETING ID: 722-701-5253**

**PASSWORD: Workout**

**BLITZ @ 10:10am - Chris**

**MEETING ID: 845-4531-0296**

**PASSWORD: 885522**

**CIRCUIT TRAINING @ 12:10pm - Kathleen**

**MEETING ID: 722-701-5253**

**PASSWORD: Workout**

**BOOTCAMP @ 1:10pm - Chris**

**MEETING ID: 868-4419-1218**

**PASSWORD: 885522**

#### **THURSDAY's**

**REPS & SETS @ 12:10pm - Kendra**

**MEETING ID: 843-7715-4365**

**PASSWORD: 996633**

**VINYASA YOGA (Intermediate) @ 5:00pm - Rose**

**MEETING ID: 892-3006-9625**

**PASSWORD: roseyoga**

#### **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.

# CLASS DESCRIPTIONS



## **Bodyweight Eccentrics**

Learn how to squat, hinge, push and pull with a registered kinesiologist. Gain an understanding of major movement patterns and how they apply in the gym and to your everyday life. This class is tailored for beginner to intermediate fitness enthusiasts and will teach you how to utilize primarily just your bodyweight to challenge yourself in ways you didn't realize you could. Even better, you don't need to go out and buy a bunch of gym equipment since all you need is yourself (and maybe a band).



## **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. This includes a variety of dance moves sure to get your vibes flowing and heart pumping.



## **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.



## **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!



## **30 Min Blitz**

Do you have limited time to workout? Join our instructors for a 30-minute muscle-targeted Blitz class. Each week the class may change to target different muscle groups. Classes include legs, upper body, core and cardio.



## **Kickboxing Jam**

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



## **Lower Body 45**

Build, strengthen and tone your lower body using your own body weight, weights and/or bands. This is a 45min.



## **Release & Restore**

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



## **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!



## **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 / Rise & Shine 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.



## **Yoga Flow**

Move your body and flow between a combination of yoga and Pilates, to strengthen and stretch every muscle group and leave you feeling refreshed and relaxed. Each class is a different design and is delivered for all levels of ability. Focus is on breathing, proper alignment, some balance, and fun! Bring a strap and pillow for each class.



## **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.



## **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!