






















# VIRTUAL FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30AM	<b>RISING FITNESS</b>  <b>Dillon</b> INSTAGRAM LIVE @HUMBERFITNESSNORTH	<b>STRENGTH &amp; CARDIO</b>  <b>Kathleen</b> ZOOM		<b>RISING FITNESS</b>  <b>Chris</b> ZOOM	
11:00AM			<b>YOGA</b>  <b>Kellie</b> INSTAGRAM LIVE @HUMBERFITNESSNORTH		
12:10PM	<b>STRENGTH &amp; CARDIO</b>  <b>Kathleen</b> ZOOM	<b>CIRCUIT TRAINING</b>  <b>Arnaldo</b> INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS		<b>#TBT TOTAL BODY THURSDAY</b>  <b>Amanda</b> ZOOM	<b>BALANCE, STRENGTH &amp; RELAX</b>  <b>Dillon</b> INSTAGRAM LIVE @HUMBERFITNESSNORTH
1:10PM	<b>YOGA</b>  <b>Elaine</b> INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	<b>CORE CAFE</b>  <b>Chris</b> ZOOM	<b>CO-FIT 19</b>  <b>Chris</b> ZOOM	<b>KICKBOXING JAM</b>  <b>Arnaldo</b> INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	
5:00PM	<b>STRENGTH &amp; YOGA</b>  <b>Abbey</b> INSTAGRAM LIVE @HUMBERFITNESSNORTH	<b>TOTAL TOWEL TRAINING</b>  <b>Deb</b> INSTAGRAM LIVE @HUMBERFITNESSNORTH		<b>VINYASA YOGA INTERMEDIATE</b>  <b>Rose</b> INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	
6:00PM		<b>YOGA</b>  <b>Elaine</b> INSTAGRAM LIVE @HUMBERLAKESHORE_ATHLETICS	<b>CARNIVAL SPICE</b>  <b>Sulaire</b> ZOOM		
7:00PM			<b>LEGS SCULPT</b>  <b>Amanda</b> ZOOM	<b>CIRCUIT FUSION</b>  <b>Amanda</b> 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: 795-7230-7600

PASSWORD: 9Ftvia

# 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.



## #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.



## Total Towel Training

This full body strength training classes uses only a towel and your body weight. You will be amazed at how effective a towel can be and bonus, you can do this anywhere!



## 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.