














# LIVE FITNESS

# CLASS SCHEDULE

## SUMMER 2020

**PLEASE CHECK OUR SOCIAL MEDIA ACCOUNTS FOR UPDATES AS FITNESS CLASSES ARE SUBJECT TO CHANGE WITH LITTLE NOTICE.**

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

**Classes will be held LIVE on these two Instagram accounts:**

**@humberlakeshore\_athletics**

**@humberfitnessnorth**

**For our 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**

# CLASS DESCRIPTIONS



## Kickboxing Jam

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



## 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.



## 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.



## Strength & Yoga

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



## 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.



## Co-Fit 19

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



## #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!



## Strength & Cardio

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



## 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.



## 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!