



WINTER 2025 FITNESS CLASS SCHEDULE

CLASSES IN STUDIO B-A227—EXCEPT WHERE LISTED OTHERWISE.
JANUARY 6TH—APRIL 25TH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15am – 8am		BootCamp (Nelson)			Movement & Mobility (Nelson)	
11:10am – 11:50am	Balance, Stretch, Release (Leanne)	Strength & Conditioning (Chris)	Balance, Stretch, Release (Leanne)	Bounce-Basics (Chris)	Functional Training [Functional Training Zone] (Dillon)	Weight Room Mastery (Dillon)
12:10pm – 12:50pm	Pilates on the Ball (Elaine)	Core Focus (Chris)	Yoga (Mo)	Strength & Conditioning (Chris)	Human Reformer- Pilates (Leanne)	Functional Training [Functional Training Zone] (Dillon)
1:10 pm – 1:50pm	Yoga (Elaine)	Cycle & Strength (Chris)	Pilates-Mat (Mo)	Circuit (Chris)	Balance, Stretch, Release (Dillon)	
4:40pm – 5:20pm		----- Fitness Walk (Leanne)			Bounce-Basics (Cristina)	
5:30pm – 6:10pm					Zumba (Cristina)	
5:10pm – 6pm	Cycle & Core (Nelson)	Bounce-Basics (Des)	BootCamp (Terina)	Kickboxing (Chris)		
6:10pm – 7pm	Strength & Conditioning (Nelson)	Bounce & Dance (Des)	Dance Cycle (Terina)	Pilates-Mat (Chris)		
7:10pm – 8pm				Bollywood (Pratishriya)		
8:10pm – 9:00pm				Indian Classical Dance (Pratishriya)		

CLASS DESCRIPTIONS CAN BE FOUND AT:
HUMBER.CA/STUDENT-LIFE/SWAC/FITNESS/GROUP-FITNESS/NORTH-CAMPUS-SCHEDULE