



# SUMMER 2024 FITNESS CLASS SCHEDULE

CLASSES IN STUDIO B-A227—EXCEPT WHERE LISTED OTHERWISE.

JUNE 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:10am – 11:50am	Balance, Stretch, Release (Leanne)	Strength Blast (Chris)	Balance, Stretch, Release (Leanne)	Bounce-Basics (Chris)	Functional Training (Dillon) *Functional Training Zone*
12:10pm – 12:50pm	Pilates on the Ball (Elaine)	Step & Pump (Chris) ***** Fitness Nature Walk (Leanne)	Circuit (Caryssa)	Muscle Conditioning (Chris)	Circuit (Dillon)
1:10pm – 1:50pm	Yoga (Elaine)	Core Focus (Chris)	Muscle Conditioning (Caryssa)	Circuit (Chris) ***** Fitness Nature Walk (Leanne)	Balance, Stretch, Release (Dillon)
5pm – 6pm		Bounce-Basics (Des)	Zumba (Monica)	Kickboxing (Chris)	
6pm – 7pm		Bounce & Dance (Des)	Cycle (Terina)		

**CLASS DESCRIPTIONS CAN BE FOUND AT:**

**HUMBER.CA/STUDENT-LIFE/SWAC/FITNESS/GROUP-FITNESS/NORTH-CAMPUS-SCHEDULE**