



SPRING 2024 FITNESS CLASSES SCHEDULE

CLASSES IN STUDIO B-A227—EXCEPT WHERE LISTED OTHERWISE.
MAY 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)	Yoga (Mo)	Muscle Conditioning (Chris)	Circuit (Dillon)
1:10pm – 1:50pm	Yoga (Elaine)	Core Focus (Chris)	Pilates-Mat (Mo)	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



FITNESS CLASS DESCRIPTIONS

BALANCE, STRETCH, RELEASE

This class combines exercise techniques for improved balance, flexibility, and tension relief through TriggerPoint or alternative methods ensuring you feel revitalized.

BOUNCE-BASICS

Experience the excitement of our Bounce—Basics class, a lively workout with specialized Bounce boots. Elevate your cardio, engage your core, and invigorate your body. Join us for an introduction to Bounce fundamentals, combining cardio and endurance training for a well-rounded fitness experience. Reserve your boots in advance at the cardio room desk.

BOUNCE & DANCE

Join our Bounce & Dance class for an energizing fusion of Bounce and choreographed dance. Boost cardio, engage your core, and enjoy the dynamic fitness journey. Secure your Bounce boots early and get ready to move, groove, and bounce into a healthier you!

CIRCUIT

Circuit training is a dynamic workout involving endurance and resistance exercises performed in a circuit. It's a fun method for enhancing strength and muscular endurance across the entire body.

CORE FOCUS

Enhance your core strength with our effective Core Focus class. Suitable for all levels, this session targets every core muscle, setting the foundation for a stronger and more resilient you. Join us for a concise and impactful fitness session!

CYCLE

Get ready for an exciting journey in our Cycle class! Ride to the beat in a music-driven, high-energy setting. This dynamic cycling session will test your endurance, enhance your cardiovascular fitness, and shape your lower body. Whether you're a newbie or a seasoned cyclist, come join us for an enjoyable and effective workout that accelerates your fitness journey.

FITNESS NATURE WALK

Join our Fitness Walk through the arboretum and Humber Trail for a holistic, low-impact workout. Opt for Urban Poles to intensify muscle recruitment and elevate your cardiovascular while recruiting more muscle use. Experience the calming effects of nature, reducing anxiety and stress. Meet at the Athletics Desk to start your destressing journey immersed in nature!

FUNCTIONAL TRAINING

The class will be held in the Functional Training area (at the top of the ramp before the cardio room). We'll use Synergy360 stations (TRX, battle ropes, rope pull, jump platform), along with other functional exercises, for a full-body.

KICKBOXING

Join our dynamic Kickboxing session, incorporating pad hitting drills, shadowboxing, and strength training to improve speed, agility, endurance, and stamina. With a blend of martial arts styles and energizing music, it guarantees a high-energy and enjoyable workout.

MUSCLE CONDITIONING

Join our Muscle Conditioning session, designed to boost your physical strength through weight-bearing and resistance exercises. Targeting every major muscle group, it delivers a full-body workout. Finish with core training and refreshing stretches for a well-rounded and revitalizing exercise routine.

PILATES-MAT

Pilates Mat classes sculpt long, lean muscles with a full-body workout. Utilizing gravity and your body's resistance on a mat, it enhances flexibility, posture, strength, and balance. Ideal for various fitness levels, it's beginner-friendly and effective.

PILATES ON THE BALL

Experience an unparalleled core challenge in this class! Utilizing the Pilates Ball (55cm or 65cm), this session will engage your entire body, offering stability and strength challenges from head to toe.

STRENGTH BLAST

Join our dynamic fitness class, welcoming all levels. Experience a comprehensive strength-building session tailored to you, and embrace a fitter, stronger you!

YOGA

Our classes offer an escape from daily stress while enhancing flexibility, strength, and concentration, helping you uncover newfound inner strength. Each instructor brings their unique teaching style.

ZUMBA

Join the lively realm of Zumba, a fitness program blending Latin and global music with dynamic dance. Featuring interval training, it boosts cardiovascular fitness with fast and slow rhythms. It's not just a workout, it's a fitness party!