

# Newnham Fitness Classes Winter 2026

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## NEWNHAM FITNESS CLASS SCHEDULE

March 2 - April 9, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1:00-2:00pm Kickboxing (Saeed)	1:30-2:15pm Muscle Conditioning (Michelle)	1:00-2:00pm Kickboxing (Saeed)
	3:30-4:20pm Sculpted Pilates (Anu)	3:30-4:30pm Power Yoga (Anu)	3:30-4:20pm Muscle Conditioning Women Only (Marylin)
4:30-5:15pm Muscle Conditioning (Michelle) <small>No Class Feb. 16/Family Day</small>	5:00-6:00pm Flex Flow (Mahsa) <small>No Class Jan. 13</small>	5:00-6:00pm Flex Flow (Mahsa)	
5:30-6:30pm Muay Thai Kickboxing (Josimar) <small>No Class Feb. 16/Family Day</small>		6:15-7:15pm Power & Punch Women Only (Ishi)	

**Location: Fitness Centre, Studio 3**

Register via our Seneca Recreation portal or App.  
Registration opens 10 days before class. Drop ins welcome.  
Check-in required when you attend class.



## NEWNHAM FITNESS CLASS DESCRIPTIONS

March 2 - April 9, 2026

**FLEX FLOW:** This class is designed to enhance your mobility, stability, and flexibility. Whether you're looking to improve flexibility, release tension, or boost your body's functional movement, this class offers the perfect blend of exercises to meet your needs.

**KICKBOXING:** Engage in a dynamic Kickboxing class featuring a blend of pad hitting drills, shadowboxing, and strength training.

**MUAY THAI KICKBOXING:** Develop striking precision and overall conditioning with our Muay Thai martial arts class, emphasizing correct technique and effective skills.

**MUSCLE CONDITIONING:** Using a combination of bodyweight and free weights, this class targets muscle groups through controlled, repetitive movements and functional exercises. Core engagement is integrated throughout to support posture and stability.

**MUSCLE CONDITIONING - WOMEN ONLY:** Whether you're looking to increase strength, tone your body, or boost stamina, this class targets all major muscle groups using a combination of bodyweight movements and free weights. This class is for self-identified women.

**POWER & PUNCH - WOMEN ONLY:** This training class is focused pad hitting, striking techniques, conditioning and confidence. Beginner-friendly. All levels welcome. This class is for for self-identified women.

**POWER YOGA:** In this class you will flow through energizing yoga sequences while adding light weights to sculpt, tone, and strengthen your mind and body. Build heat, boost endurance, and leave feeling powerful, centered, and unstoppable.

**SCULPTED PILATES:** This Pilates class will include classic Pilates moves with light weights to tone, strengthen, and lengthen your body. Build core power, improve posture, and leave feeling strong, sleek, and energized.

**Location: Fitness Centre, Studio 3**

tags : athletics, recreation