## **Newnham Fitness Classes Fall 2025**

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## NEWNHAM FITNESS CLASS SCHEDULE

October 27 - December 5, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1:00-2:00pm Kickboxing (Saeed)		1:00-2:00pm Kickboxing (Saeed)	
				2:30-3:15pm Core Conditioning & Stretch (Michelle)
	3:30-4:20pm Sculpted Pilates (Anu)	3:00-3:50pm Zumba (Maggie) No class Nov. 12 & 19	3:30-4:20pm Muscle Conditioning - Women Only (Marylin)	
4:30-5:15pm Core Conditioning & Stretch (Michelle)		<b>4:00-5:00pm</b> <b>Hatha Yoga</b> (Maggie)	<b>4:30-5:20pm</b> <b>HIIT</b> (Marylin)	<b>4:00-5:00pm</b> Flex Flow (Mahsa)
	5:00-600pm Flex Flow (Mahsa)			

**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

October 27 - December 5, 2025

**CORE CONDITIONING & STRETCH:** The class will concentrate on exercises that activate and strengthen the muscles of the abdomen, lower back, and pelvis. A strong core is crucial for enhancing overall functional fitness and improving performance in daily activities and sports. The session will conclude with stretches designed to improve flexibility and relieve muscle tension.

**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.

**HATHA YOGA:** Hatha yoga is a slower-paced practice that emphasizes breath control, mindful movement, and deep stretching. It's particularly helpful for improving flexibility in areas like the hamstrings and spine. This style of yoga also offers a calming, relaxing experience.

HIIT: High Intensity Interval Training maximizes your workout efficiency with high-intensity exercises with short periods of active rest to improve your strength, endurance, and overall strength.

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

**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 for self-identified women.

**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.

**ZUMBA:** Zumba is a dance fitness class with low and high intensity dance moves with great Latin and World music. The moves are simple, yet effectively boost your cardio endurance and engery. No rhythm required!

**Location: Fitness Centre, Studio 3** 

tags: recreation