

Fitness Classes - Newnham

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NEWNHAM FITNESS CLASS SCHEDULE

September 9-December 11

No classes Mon. Oct. 14 (Thanksgiving)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00-12:50pm Zumba (Maggie)		12:30-1:20pm Zumba (Parisa)	12:00-1:00pm Power Yoga (Anu) <i>Location: B1010/Rec Room</i>	12:00-1:00pm Hip Hop (Julia)
1:00-2:00pm Hatha Yoga (Maggie)	1:00-2:00pm Muay Thai (Josimar)		1:10-2:00pm Pilates (Anu) <i>Location: B1010/Rec Room</i>	1:10-2:00pm Acrobatics (Julia)
2:30-3:20pm Functional Training (Saeed)	2:30-3:20pm Women Only Fitness (Marylin)	2:30-3:30pm Kickboxing (Saeed)	2:30-3:30pm Muay Thai (Josimar)	
3:30-4:30pm Kickboxing (Saeed)	3:30-4:20pm HIIT (Marylin)		3:40-4:30pm Women Only Fitness (Marylin)	
	5:00-6:00pm Flex Flow (Mahsa)		4:40-5:30pm HIIT (Marylin)	5:00-6:00pm Flex Flow (Mahsa)
		6:00-7:00pm K-Pop Dance (Lolita)		

Location: Fitness Studio (unless indicated otherwise)

All classes are drop-in.



Fitness studio reserved for class participants 5 minutes before and after the scheduled times above.



NEWNHAM FITNESS CLASS DESCRIPTIONS

September 9-December 11

ACRO CONDITIONING: A blend of acrobatics and dance. Learn essential skills and improve your core and overall strength and flexibility in this fun, beginner class.

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.

FUNCTIONAL TRAINING: Enhance everyday movement and strength with functional exercises such as squats with a focus on proper form and technique.

HATHA YOGA: Hatha yoga is practiced at a slower pace, focusing on the breath, controlled movements, and stretching. If you want to become more flexible, hatha yoga can help, especially in the hamstrings and spine. Practice can be very relaxing.

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.

HIP HOP: Learn essential moves and dynamic choreography in a high-energy, fun environment. This class will boost your rhythm, style, and confidence.

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

K-POP DANCE: In this class you will learn different original choreographies of famous Korean groups. No experience is required, just a desire to learn more about K-pop, learn how to dance in this style and have fun in the process.

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

POWER YOGA: In class, you will go through various yoga poses and flow focusing on breath, correct alignment, and muscle engagement. You will build strength, stamina, flexibility, and balance - all pillars of fitness.

WOMEN ONLY FITNESS: This class is dedicated to muscle conditioning and cardio based exercise with one of our female group fitness instructors. Access to the space is granted to all self-identified women.

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 energy. No rhythm required!