

# Fitness Classes - Newnham

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## NEWNHAM FITNESS CLASS SCHEDULE

**January 13-February 21, 2025**

*No classes Monday February 17 (Family Day)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11:40am-12:25pm</b> <b>Wellness Walk</b> (Michelle)			<b>12:00-1:00pm</b> <b>Power Yoga</b> (Anu) <i>Location: B1010/Rec Room</i>	<b>11:40am-12:25pm</b> <b>Treadmill Intervals &amp; Core</b> (Michelle)
<b>1:00-2:00pm</b> <b>Kickboxing</b> (Saeed)	<b>1:00-2:00pm</b> <b>Muay Thai</b> (Josimar)	<b>1:00-2:00pm</b> <b>Kickboxing</b> (Saeed)	<b>1:10-2:00pm</b> <b>Pilates</b> (Anu) <i>Location: B1010/Rec Room</i>	
<b>2:30-3:20pm</b> <b>Spin</b> (Jessica) <i>Location: Studio 2</i>				<b>2:30-3:20pm</b> <b>Spin</b> (Jessica) <i>Location: Studio 2</i>
<b>3:30-4:15pm</b> <b>Abs &amp; Glutes</b> (Jessica)	<b>3:40-4:30pm</b> <b>HIIT</b> (Marylin)	<b>3:40-4:30pm</b> <b>Zumba</b> (Maggie)	<b>3:40-4:30pm</b> <b>Women Only Fitness</b> (Marylin)	
<b>5:30-6:30pm</b> <b>Hatha Yoga</b> (Maria)	<b>5:00-6:00pm</b> <b>Flex Flow</b> (Mahsa)	<b>4:40-5:30pm</b> <b>Hatha Yoga</b> (Maggie)	<b>4:40-5:30pm</b> <b>HIIT</b> (Marylin)	<b>5:00-6:00pm</b> <b>Flex Flow</b> (Mahsa)
		<b>6:00-7:00pm</b> <b>K-Pop Dance</b> (Lolita)		

Location: Studio 3 (unless indicated otherwise)

**Register to reserve a spot via Fusion Portal or App. Registration opens 10 days before class. Drop ins welcome.**

**Check-in required when you attend class.**

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





# NEWNHAM FITNESS CLASS DESCRIPTIONS

January 13-February 21, 2025

**ABS & GLUTES:** Sculpt and tone your abs and glutes with this high-energy workout that combines body weight exercises, resistance bands, and light weights. This class is designed to target your core and glutes, helping you build strength, improve endurance, and enhance muscle definition.

**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 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.

**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.

**PILATES:** Pilates involves a repertoire of exercises performed on a mat to promote strength, stability, and flexibility with controlled movements and breathing. It will target the "powerhouse" muscles, which include abdominal, glutes, hips, pelvic floor, and lower back.

**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.

**SPIN:** Spin is a high energy indoor cycling class with a combination of endurance and strength building intervals. With a mix of fast sprints and heavy climbs all timed to the beat of amazing, high-energy music. *Class Size:*

**TREADMILL DRILLS & CORE:** This class allows you to run or walk indoors, doing different drills and intervals with core and body weight exercises will be added to the mix for variety. *Class Size: 4*

**WELLNESS WALK:** Walking outdoors is a great exercise that can improve your cardiovascular health and strengthen your leg muscles. Plus, being outside (even in the winter) can help reduce stress and improve your mood.

**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!