

## Fitness Classes - Newnham

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## NEWNHAM FITNESS & DANCE CLASS SCHEDULE

**Jan. 15-Feb. 23, 2024**

*No Classes Mon. Feb. 19 (Family Day)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>11:30am-12:30pm</b> <b>Women Only</b> <b>Fitness Class</b> (Dance Studio, G2603)		
		<b>12:40-1:30pm</b> <b>Interval Training</b> (Marylin)	<b>12:35-1:25pm</b> <b>Power Yoga</b> (Anu)	
<b>2:30-3:15pm</b> <b>Zumba</b> (Maggie)			<b>1:35-2:15pm</b> <b>Pilates</b> (Anu)	<b>1:30-2:30pm</b> <b>Bollywood Dance</b> <b>Workshop</b> (Devanshi)
<b>3:30-4:30pm</b> <b>Hatha Yoga</b> (Maggie)	<b>3:30-4:30pm</b> <b>Hatha Yoga</b> (Fatima)		<b>3:30-4:30pm</b> <b>Kickboxing</b> (Saeed)	
			<b>4-5pm</b> <b>Women Only</b> <b>Fitness Class</b> (Dance Studio, G2603)	
<b>5:30-6:30pm</b> <b>Muay Thai &amp; Mindful Warrior Fitness</b> (Josimar)	<b>5:00-6:00pm</b> <b>Kickboxing</b> (Saeed)	<b>6-7pm</b> <b>K-Pop Dance</b> (Lolita)	<b>5:30-6:30pm</b> <b>Interval Training</b> (Marylin)	<b>5:00-6:00pm</b> <b>Muay Thai &amp; Mindful Warrior Fitness</b> (Josimar)

**Class Capacity:** 20 participants~first come,first serve. All classes are drop-in.

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



**Location:** Fitness Centre (G1617), Fitness Studio (except *Womens Only Fitness Class*)

## Winter 2024 CLASS DESCRIPTIONS

January 15 - February 23, 2024

### **BOLLYWOOD DANCE WORKSHOP**

Bollywood dancing is a dynamic and theatrical dance style seen in Indian films. It combines classical forms of dance including traditional Indian, folk, salsa, belly-dance while also incorporating more western forms such as hip hop, jazz and funk.

### **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.

### **INTERVAL TRAINING**

This class combines high and low intensity cardio and muscle conditioning exercises for a full-body workout.

### **K-POP DANCE**

During classes 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.

### **KICKBOXING**

Class begins with a warm-up, which may include stretching and traditional exercises such as sit ups and push-ups. This is followed kickboxing movements such as knee strikes, elbow strikes, kicks, and punches using focus mitts, kicking shields. It will conclude with a cool down, followed by muscle conditioning and stretching.

### **MUAY THAI & MINDFUL WARRIOR FITNESS**

Mindful Warrior Fitness is a unique class that aims to integrate mindfulness, Muay Thai, and fitness to improve mental health and well-being. It may help encourage mind-body connection and physical empowerment.

### **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.

### **ZUMBA**

Zumba is a dance fitness class with low and high intensity dance moves for an interval-style, calorie-burning workout with great Latin and World music. The moves are simple, yet effectively boost your cardio endurance and energy. No rhythm required!

### **WOMEN ONLY FITNESS CLASS (DANCE STUDIO, G 2603)**

Athletics & Recreation is implementing Women Only Fitness Hours in the Dance Studio to encourage participation, reduce barriers to being active, and foster inclusively. This class is dedicated to muscle conditioning and cardio based exercise with one of our female group fitness instructors. The window curtains will be drawn for privacy and access to the space will be granted to all self-identifying women. Our female staff will be there to create a comfortable, welcoming environment throughout the fitness time.

