

# King - Fitness Classes

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## KING FITNESS CLASS SCHEDULE September 8 - October 17, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BYOB RUCKS</b> With Chris 1:30 - 2:30 PM	<b>3KM WELLNESS WALKS</b> With Chris 1:30 - 2:30 PM	<b>YOGA</b> With Steph 12:15PM TO 1:15PM	<b>HYBRIDFIT</b> With Chris 2 - 3PM	<b>5KM WELLNESS WALKS</b> with Chris 12:15 - 1:15PM
		<b>EXPRESSFIT</b> With Chris 12:30 - 1:15PM		

### Location: Fitness Centre

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

# KING FITNESS CLASS DESCRIPTIONS

September 8 - October 17, 2025

**BYOB RUCKS:** Ready to challenge your body, build real-world strength, and get outside? Bring Your Own Bag (BYOB) blends the simplicity of walking with the intensity of resistance training—using your own loaded backpack as weight (we supply the weight, you supply the bag) We'll ruck through the beautiful grounds on campus on varied terrain. Grab your backpack and join us!

**3KM WELLNESS WALKS:** Come join the Seneca Community on a Wellness Walk as we take in the sights and sounds of our beautiful King Campus. We will lead you through the serene green spaces on campus where you'll have the opportunity to restore your concentration, uplift your mood, decrease your stress and be a part of our campus community. This is a 3km walk at a slower pace than the 5km Wellness Walks and suitable for beginner hikers!

**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.

**EXPRESSFIT :** Looking for a quick but effective workout? This is a 45min version of HybrdFit: a high-intensity group class with a functional approach to fitness with a focus on strength training, power development and high intensity cardio conditioning. Expect to get a full body workout and learn new movement skills and increase your mobility.

**HYBRIDFIT:** This is a high-intensity group class with a functional approach to fitness with a focus on strength training, power development and high intensity cardio conditioning. Expect to get a full body workout and learn new movement skills and increase your mobility.

**5KM WELLNESS WALKS:** 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.

**Location: Fitness Centre**