

# King - Fitness Classes

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## KING FITNESS CLASS SCHEDULE

September 9-December 11

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1:00-2:00pm</b> <b>BOOTCAMP</b> (Nadia)	<b>11:00-12:00pm</b> <b>YOGA</b> (Stephanie)	<b>1:00-2:00pm</b> <b>HIIT AND</b> <b>STRENGTH</b> (Chris)	<b>12:00-1:00pm</b> <b>WELLNESS WALK</b> (Chris)
<b>2:00-3:00pm</b> <b>SPIN</b> (Nadia)			
<b>3:30-4:30pm</b> <b>KICKBOXING</b> (Vince)			

**BOOTCAMP:** Bootcamp is a 60min class that combines the best of cardiovascular and strength training. Expect to challenge your mind and body as you alternate between high and low intensity exercises through timed intervals of free weights, plyometrics, bodyweight and cardio training.

**YOGA:** Our 60min Hatha yoga class focuses on the breath, controlled movements, and stretching. Join us and give your body and mind a chance to relax and recharge through movement and breathwork.

**HIIT & STRENGTH:** Join us for a 45min high-intensity group class with a functional approach to fitness with a focus on strength training, and high intensity interval training. Expect to get a full body workout and learn new movement skills and increase your mobility.

**KICKBOXING:** Engage in a dynamic Kickboxing class featuring a blend of pad hitting drills, shadowboxing, strength training and conditioning. Learn correct technique and effective skills and combos.

**SPIN:** Spin is a 60min 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.

**WELLNESS WALKS:** Come take a break and explore the beautiful King Campus trails for calming hike in nature. Our hikes range from 45mins to 1 hour.

We will work our way up to a 5km distance over 8 weeks, eventually completing a lap around Lake Seneca. Join fellow Seneca's as we improve our physical and mental health and reconnect with nature.



