

King Fitness Classes winter 2026

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KING FITNESS CLASS SCHEDULE

STARTING JANUARY 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYBRIDFIT With Chris 11AM - 12PM	INTRO TO FITNESS With Chris 1:30 PM - 2:30 PM	YOGA With Steph 12:15PM TO 1:15PM	SMALL GROUP PERSONAL TRAINING With Chris 1:00 PM - 2:00 PM	CORE & MOBILITY With Chris 11AM - 12PM
BYOB RUCKS With Chris 1PM - 2PM		BOXING With Danny 1:00 PM - 2:00 PM		4KM WELLNESS WALKS With Chris 2PM - 3PM
		EXPRESS FIT With Chris 2:00 PM - 2:45 PM		

Location: Fitness Centre, Studio 2

Register to reserve a spot via the Seneca Recreation portal.
Registration opens 10 days before class. Drop ins welcome.
Check-in required when you attend class.



KING FITNESS CLASS DESCRIPTIONS

BOXING: Kickboxing combines cardio, strength training and kickboxing into one amazing, butt-kicking workout. Kickboxing will have you punching and kicking your way into shape with a combination of kickboxing/cardio movements and strength training exercises. .

YOGA: Join us for a 60min class where you'll practice asanas (yoga postures) and pranayama (yoga breathing exercises) to help create a balance of strength and flexibility in the body and reduce stress.

HYBRID FIT: HybridFIT is 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.

SMALL GROUP PT: This is a diverse one-hour class lead by a personal trainer to help you increase your cardiovascular health, total body strength and improve your mobility and flexibility. The class incorporates many different pieces of equipment and movements to motivate participants to push themselves and discover new ways to exercise.

CORE AND MOBILITY: This 45-minute Core & Mobility class is designed to help you move better, feel stronger, and reduce aches and stiffness from training, school, or daily life. This class is suitable for beginners.

tags : recreation