

# Fitness Classes - Seneca@York

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## SENECA@YORK FITNESS CLASS SCHEDULE

**February 3-February 21, 2025**

*No classes Monday February 17 (Family Day)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11:00am-12:00pm</b> <b>Ask A</b> <b>Personal Trainer</b> (Nick)	<b>2:30-3:30pm</b> <b>Circuit Training</b> (Nick)	<b>2:30-3:30pm</b> <b>Barbell Pump</b> (Nick)	<b>2:30-3:30pm</b> <b>Circuit Training</b> (Nick)	<b>11:00am-12:00pm</b> <b>Ask A</b> <b>Personal Trainer</b> (Nick)
<b>3:30-4:30pm</b> <b>Women's Fitness</b> (Iris)		<b>3:30-4:30pm</b> <b>Yoga</b> (Shakiba)	<b>3:30-4:30pm</b> <b>Yoga</b> (Shakiba)	
<b>4:30-5:30pm</b> <b>Yogalates</b> (Iris)	<b>4:30-5:30pm</b> <b>Afro Dance</b> (Kofi)		<b>4:30-5:30pm</b> <b>Afro Dance</b> (Kofi)	<b>5:00-6:00pm</b> <b>Yoga &amp; Pilates</b> (Katherine)
<b>5:45-6:45pm</b> <b>Hip-Hop Fusion</b> (Victoria)	<b>5:30-6:30pm</b> <b>Kickboxing</b> (Ash)	<b>5:00-6:00pm</b> <b>Hip-Hop Fusion</b> (Victoria)		<b>6:00-7:00pm</b> <b>Sensual Flow</b> (Katherine)

**Location: 2nd floor Fitness Centre**

**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.**

**Follow**



**for all schedule changes and class cancellations.**



# SENECA@YORK FITNESS CLASS DESCRIPTIONS

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**Afro Dance:** This class is open to dancers and individuals of all levels and cultures and is the perfect opportunity to learn and improve your skills in this exciting dance style. You will learn basic Afro dance steps, traditional Afro beats moves, as well as choreography. We will be learning Azonto, Dancehall, Afrobeat and Amapiano.

**Ask a Personal Trainer:** Getting started in the fitness centre can feel confusing, overwhelming and intimidating. You may have exercised before with limited or short-lived success, or perhaps struggle with confidence or motivation. Ask a Personal Trainer will show you how to use gym equipment, and how to lift weights with proper technique and form. Ask a Personal Trainer provides a framework to teach you all you need to know to get started in the fitness centre.

**Barbell Pump:** Squat, lunge, deadlift, and row yourself into a more toned, and more confident person. Our 60-minute Barbell Pump class is a total body strength training workout that uses a variety of movements to build a strong foundation to help you continually achieve results. The music will fuel your fire and our instructors will encourage you to continually progress, so you walk out of class feeling powerful. All fitness levels welcome.

**Circuit Training:** From Battle Ropes to Sled Pushes and everything in between, this 60-minute Circuit class is a total body cardio and strength training workout that uses a variety of functional movements to build a strong foundation to help you continually achieve results. All levels welcome.

**Hip-Hop Fusion:** Hip Hop Fusion dance class is for beginner dancers, experienced dancers or dancers looking to get back into dancing. This upbeat Hip Hop Fusion class focuses on foundations, grooves and musicality followed by choreography. All levels welcome.

**Kickboxing:** Kickboxing combines cardio 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. You'll build that lean muscle and burn fat in the ultimate workout that'll leave you feeling strong, calm, and confident. All levels welcome.

**Sensual Flow:** Sensual flow is open to all self-identified women. Sensual Flow provides a safe, non-judgmental environment to honor our body and release tension. The class will start with breathwork and warm up improvs. Based on collaborative needs of the day, you'll expect movement elements like heart openers, backbend, hip openers, stretch & mobility, as well as some self massage techniques. At the end of the class, everyone is encouraged to create their own flow in their own safe space. No prerequisite, you'll only need to bring an open heart to yourself and the community, to concrete our mind-body connection, bring awareness to the authentic self, set intentions and boundaries for the future self. All levels welcome.

**Yoga:** Join us for a gentle and restorative yoga class to unplug from a long day. With breathing techniques and meditation integrated throughout class, you'll leave with a renewed feeling of relaxation and focus. All levels welcome.

**Yoga & Pilates:** This class incorporates the basic principles of Classical Pilates and Yoga Asana. It focuses on building strengths and enhancing mobility to achieve better alignments for daily activities. Props are encouraged to be used, all movements can be modified to progress or regress for individual practices. A basic physical analysis and personal feedback will be provided during class.

**Yogalates:** Yogalates blends the movements and postures of Yoga with the core-focused exercises of Pilates, incorporating strength, flexibility, and relaxation techniques into one 60-minute class. All fitness levels welcome.

**Women's 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.