

Fitness Classes - Seneca@York

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Seneca@York Fitness Class Schedule

September 9-December 13

No classes Mon. Oct. 14 (Thanksgiving)

No classes study week Oct. 21-25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:30-1:30pm Hip-Hop Fusion (Victoria)	12:30-1:30pm Hip-Hop Fusion (Victoria)	12:00-1:00pm Yoga (Shakiba)	12:00-1:00pm Yoga (Shakiba)	
1:35-2:35pm Circuit Training (Nick)			1:15-2:15pm Hip-Hop Fusion (Victoria)	1:15-2:15pm Cardio Kickboxing (Ash)
2:45-3:45pm Yogalates (Iris)		2:00-3:00pm Yoga (Shakiba)	3:00-4:00pm Circuit Training (Nick)	3:00-4:00pm Barbell Pump (Nick)
3:45-4:45pm Womens's Fitness (Iris)	4:00-5:00pm Barbell Pump (Nick)	4:30-5:30pm Circuit Training (Nick)		
4:45-5:45pm Yogalates (Iris)	6:00-7:00pm Afro Dance (Kofi)	5:30-6:30pm Flex Flow (Mahsa)	6:00-7:00pm Afro Dance (Kofi)	5:15-6:15pm Mat Pilates (Katherine)
	6:30-7:30pm Cardio Kickboxing (Ash)		6:30-7:30pm Cardio Kickboxing (Ash)	6:15-7:15pm Yoga (Katherine)

Location: 2nd floor Fitness Centre

All classes are drop-in



Follow [SenecaYorkRec](#) for all schedule changes and class cancellations





Seneca@York Fitness

Class Descriptions

September 9-December 13

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.

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.

Cardio Kickboxing: Cardio Kickboxing combines cardio and kickboxing into one amazing, butt-kicking workout. Cardio 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.

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.

Flex Flow: This class is designed to enhance your mobility, stability, and flexibility. Whether you're looking to improve flexibility, release tension, or boost your body's functional movement, this class offers the perfect blend of exercise to meet your needs. 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.

Mat Pilates: Mat Pilates is a strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs. 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.

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.