

Fitness Classes - Markham

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MARKHAM FITNESS CLASS SCHEDULE

September 16-December 12

No classes Mon. Oct. 14 (Thanksgiving)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00-12:50pm Functional Training (Jessica)	12:00-1:00pm Acro Conditioning (Julia)		12:00-12:50pm HIIT (Jessica)	
1:00-2:00pm Kickboxing (Saeed)	1:10-2:00pm Hip Hop (Julia)	1:00-2:00pm Kickboxing (Saeed)	1:00-2:00pm Muay Thai (Josimar)	

ACRO CONDITIONING: A blend of acrobatics and dance, learn essential skills and improve your core and overall strength and flexibility in this fun, beginner class.

FUNCTIONAL TRAINING: Enhance everyday movement and strength with functional exercises such as squats with a focus on proper form and technique.

HIIT: High Intensity Interval Training maximizes your workout efficiency with high-intensity exercises with short periods of active rest to improve your strength, endurance, and overall strength.

HIP HOP: Learn essential moves and dynamic choreography in a high-energy, fun environment. This class will boost your rhythm, style, and confidence.

KICKBOXING: Engage in a dynamic Kickboxing class featuring a blend of pad hitting drills, shadowboxing, and strength training.

MUAY THAI: Develop striking precision and overall conditioning with our Muay Thai class, emphasizing correct technique and effective skills.

Location: Beehive (located beside the Fitness Centre)

All classes are drop-in.

Fitness studio reserved for class participants 5 minutes before and after the scheduled times above.



