

# Fitness Classes - Newnham

Version 3

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## NEWNHAM FITNESS CLASS SCHEDULE

**March 3-April 4, 2025**

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| <b>1:00-2:00pm</b><br><b>Kickboxing</b><br>(Saeed)         | <b>1:00-2:00pm</b><br><b>Muay Thai</b><br>(Josimar) | <b>1:00-2:00pm</b><br><b>Kickboxing</b><br>(Saeed)   |  |   |
| <b>2:30-3:20pm</b><br><b>Spin</b><br>(Jessica)             |   |  | <b>2:30-3:30pm</b><br><b>Muay Thai</b><br>(Josimar)          | <b>2:30-3:20pm</b><br><b>Spin</b><br>(Jessica)    |
| <b>3:30-4:15pm</b><br><b>Abs &amp; Glutes</b><br>(Jessica) | <b>3:40-4:30pm</b><br><b>HIIT</b><br>(Marylin)      | <b>3:40-4:30pm</b><br><b>Zumba</b><br>(Maggie)       | <b>3:40-4:30pm</b><br><b>Women Only Fitness</b><br>(Marylin) |   |
| <b>5:30-6:30pm</b><br><b>Hatha Yoga</b><br>(Shruti)        | <b>5:00-6:00pm</b><br><b>Flex Flow</b><br>(Mahsa)   | <b>4:40-5:40pm</b><br><b>Hatha Yoga</b><br>(Maggie)  | <b>4:40-5:30pm</b><br><b>HIIT</b><br>(Marylin)               | <b>5:00-6:00pm</b><br><b>Flex Flow</b><br>(Mahsa) |
|  |   | <b>6:00-7:00pm</b><br><b>K-Pop Dance</b><br>(Lolita) |  |   |

Location: Studio 3

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.

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



## NEWNHAM FITNESS CLASS DESCRIPTIONS

March 3-April 4, 2025

**ABS & GLUTES:** Sculpt and tone your abs and glutes with this high-energy workout that combines body weight exercises, resistance bands, and light weights. This class is designed to target your core and glutes, helping you build strength, improve endurance, and enhance muscle definition.

**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 exercises to meet your needs.

**HATHA YOGA:** Hatha yoga is practiced at a slower pace, focusing on the breath, controlled movements, and stretching. If you want to become more flexible, hatha yoga can help, especially in the hamstrings and spine. Practice can be very relaxing.

**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.

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

**K-POP DANCE:** In this class you will learn different original choreographies of famous Korean groups. No experience is required, just a desire to learn more about K-pop, learn how to dance in this style and have fun in the process.

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

**SPIN:** Spin is a 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.

**WOMEN ONLY 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.

**ZUMBA:** Zumba is a dance fitness class with low and high intensity dance moves with great Latin and World music. The moves are simple, yet effectively boost your cardio endurance and energy. No rhythm required!