

# Fitness Classes - King

Version 6

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## KING FITNESS CLASS SCHEDULE March 3 to April 4, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Intro to Fitness</b> 10:30 to 11:30am (Chris)		<b>Small Group PT</b> 1:45 to 2:45pm (Chris)	<b>HybridFIT</b> 1:00-2:00pm (Nadia)	<b>Small Group PT</b> 10:00 to 11:00am (Chris)
<b>Kickboxing</b> 3:45-4:45pm (Vince)	<b>Yoga</b> 12:45 to 1:45pm (Steph)		<b>Spin</b> 2:00-3:00pm (Nadia)	

Location: Studio 3 (unless indicated otherwise)

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.



## KING FITNESS CLASS DESCRIPTIONS

**KICKBOXING:** 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.

**SPIN:** Spin is a 60min 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.

**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.

**WELLNESS WALK:** Walking outdoors is an excellent form of exercise that boosts cardiovascular health and strengthens leg muscles. Additionally, spending time outside, even during winter, can help alleviate stress and enhance your mood. Walking in a group also provides a wonderful opportunity for socializing!