

Fitness Classes - King

Version 10

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KING FITNESS CLASS SCHEDULE July 2-August 7, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HybridFIT 11:00am-12pm		HybridFIT 10:30am-11:30am	
		Wellness Walks (Beginner) 1:00-2:00pm		

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.

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!

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.



tags : recreation