

Fitness Classes - King

Version 7

Published 2/25/2025 by Mahsa Hajir Last updated 5/16/2025 2:26 PM by Mahsa Hajir



KING FITNESS CLASS SCHEDULE May 19-July 7, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HybridFIT 11:00am-12pm		HybridFIT 11:00am-12pm	
		Wellness Walks (Beginner) 1:00-2:00pm		Wellness Walks (Intermediate) 1:45am-11:45am

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.





KING FITNESS CLASS DESCRIPTIONS

HYBRID FIT: FST is 60min high-intensity group class with a functional approach to fitness with a focus is on strength training, power development and high intensity cardio conditioning. Expect to get a full body workout and learn new movement skills and increase your mobility.

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!