

# Fitness Classes - Seneca@York

Version 3

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## SENECA@YORK FITNESS CLASS SCHEDULE March 3-April 4, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00am-12:00pm Ask A Personal Trainer (Nick)	1:30-2:30pm Power Yoga (Shakiba)	1:30-2:30pm Hip-Hop Fusion (Victoria)	2:30-3:30pm Circuit Training (Nick)	11:00am-12:00pm Ask A Personal Trainer (Nick)
3:30-4:30pm Women's Fitness (Iris)	2:30-3:30pm Circuit Training (Nick)	2:30-3:30pm Kickboxing (Ash)	3:30-4:30pm Power Yoga (Shakiba)	
4:30-5:30pm Yogalates (Iris)	4:30-5:30pm Afro Dance (Kofi)	4:30-5:30pm Tone & Sculpt (Shakiba)	4:30-5:30pm Afro Dance (Kofi)	
5:45-6:45pm Hip-Hop Fusion (Victoria)	5:30-6:30pm Kickboxing (Ash)	5:30-6:30pm Freedom Flow (Shakiba)		

**Location: 2nd floor Fitness Centre**

**Register to reserve a spot via Fusion Portal or App.**

**Registration opens 10 days before class. Drop-ins welcome.**

**Check-in required when you attend class.**

**Follow**



for all schedule changes and class cancellations



# SENECA@YORK FITNESS CLASS DESCRIPTIONS

March 3-April 4, 2025

**Afro Dance:** This class is open to dancers and individuals of all levels and cultures and is the perfect opportunity to learn and improve your skills in this exciting dance style. You will learn basic Afro dance steps, traditional Afro beats moves, as well as choreography. We will be learning Azonto, Dancehall, Afrobeat and Amapiano.

**Ask a Personal Trainer:** Getting started in the fitness centre can feel confusing, overwhelming and intimidating. You may have exercised before with limited or short-lived success, or perhaps struggle with confidence or motivation. Ask a Personal Trainer will show you how to use gym equipment, and how to lift weights with proper technique and form. Ask a Personal Trainer provides a framework to teach you all you need to know to get started in the fitness centre.

**Barbell Pump:** Squat, lunge, deadlift, and row yourself into a more toned, and more confident person. Our 60-minute Barbell Pump class is a total body strength training workout that uses a variety of movements to build a strong foundation to help you continually achieve results. The music will fuel your fire and our instructors will encourage you to continually progress, so you walk out of class feeling powerful. All fitness levels welcome.

**Circuit Training:** From Battle Ropes to Sled Pushes and everything in between, this 60-minute Circuit class is a total body cardio and strength training workout that uses a variety of functional movements to build a strong foundation to help you continually achieve results. All levels welcome.

**Freedom Flow:** This class begins in Savasana, focusing on breath control (Pranayama) and gentle spinal twists for about five minutes to warm up. It then transitions into a dynamic flow, moving seamlessly from pose to pose with each breath. The class incorporates standing postures, balance poses, detoxifying twists, and elements of Pranayama and Mudra. Suitable for all levels, it enhances flexibility, strength, and mind-body connection

**Hip-Hop Fusion:** Hip Hop Fusion dance class is for beginner dancers, experienced dancers or dancers looking to get back into dancing. This upbeat Hip Hop Fusion class focuses on foundations, grooves and musicality followed by choreography. All levels welcome.

**Kickboxing:** Kickboxing combines cardio 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. You'll build that lean muscle and burn fat in the ultimate workout that'll leave you feeling strong, calm, and confident. All levels welcome.

**Power Yoga:** A vigorous, fitness-based yoga style that builds strength, endurance, and flexibility. This dynamic practice links breath with movement through continuous, flowing sequences. Power Yoga challenges the body with strong holds, balance postures, and core work, making it an excellent option for those looking for a more intense and energizing experience.

**Tone & Sculpt:** A unique sculpting session using weighted toning bars to target the arms, core, and legs in new ways. This class builds muscle, burns calories, and promotes fat loss through controlled, effective movements. Expect to sweat and feel muscles you didn't know existed!

**Yogalates:** Yogalates blends the movements and postures of Yoga with the core-focused exercises of Pilates, incorporating strength, flexibility, and relaxation techniques into one 60-minute class. All fitness levels welcome.

**Women's 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.