

Newnham Fitness Classes Summer 2025

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NEWNHAM FITNESS CLASS SCHEDULE

July 2 - August 8, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:40am-12:20pm Core Conditioning & Stretch (Michelle) <i>No class July 8</i>		11:35am-12:25pm Yoga (Anu)	10:45-11:35am Wellness Walk (Michelle) <i>No class July 18</i>
	12:30-1:30pm Muay Thai Kickboxing (Josimar)		12:30-1:30pm Muay Thai Kickboxing (Josimar)	
4:00-5:00pm Muscle Conditioning (Marylin) <i>No class August 4</i>		4:00-5:00pm Flex Flow (Mahsa)		4:00-5:00pm Flex Flow (Mahsa)

Location: Rec Room/B1010

(between Tim Hortons and Seneca Campus Store)

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.





NEWNHAM FITNESS CLASS DESCRIPTIONS

July 2 - August 8, 2025

CORE CONDITIONING & STRETCH: The class will concentrate on exercises that activate and strengthen the muscles of the abdomen, lower back, and pelvis. A strong core is crucial for enhancing overall functional fitness and improving performance in daily activities and sports. The session will conclude with stretches designed to improve flexibility and relieve muscle tension.

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 a slower-paced practice that emphasizes breath control, mindful movement, and deep stretching. It's particularly helpful for improving flexibility in areas like the hamstrings and spine. This style of yoga also offers a calming, relaxing experience.

MUSCLE CONDITIONING: Whether you're looking to increase strength, tone your body, or boost stamina, this class offers a balanced approach to muscle conditioning. A variety of exercises will be incorporated to target all major muscle groups using a combination of bodyweight movements, free weights, and resistance training.

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

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

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