

# Newnham Fitness Classes Winter 2026

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## NEWNHAM FITNESS CLASS SCHEDULE

**January 12 - February 19, 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<b>1:00-2:00pm</b> <b>Kickboxing</b> (Saeed)	<b>1:30-2:15pm</b> <b>Muscle Conditioning</b> (Michelle)	<b>1:00-2:00pm</b> <b>Kickboxing</b> (Saeed)
	<b>3:30-4:20pm</b> <b>Sculpted Pilates</b> (Anu)	<b>3:30-4:30pm</b> <b>Hatha Yoga</b> (Anu)	<b>3:30-4:20pm</b> <b>Muscle Conditioning</b> <b>Women Only</b> (Marylin)
<b>4:30-5:15pm</b> <b>Muscle Conditioning</b> (Michelle)  <i>No Class Feb. 16/Family Day</i>	<b>5:00-6:00pm</b> <b>Flex Flow</b> (Mahsa)  <i>No Class Jan. 13</i>	<b>5:00-6:00pm</b> <b>Flex Flow</b> (Mahsa)	
<b>5:30-6:30pm</b> <b>Muay Thai Kickboxing</b> (Josimar)  <i>No Class Feb. 16/Family Day</i>		<b>6:15-7:15pm</b> <b>Power &amp; Punch</b> <b>Women Only</b> (Ishi)	

**Location: Fitness Centre, Studio 3**

Register via our Seneca Recreation portal or App.  
Registration opens 10 days before class. Drop ins welcome.



## NEWNHAM FITNESS CLASS DESCRIPTIONS

January 12 - February 19, 2026

**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.

**KICKBOXING:** Engage in a dynamic Kickboxing class featuring a blend of pad hitting drills, shadowboxing, and strength training.

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

**MUSCLE CONDITIONING:** Using a combination of bodyweight and free weights, this class targets muscle groups through controlled, repetitive movements and functional exercises. Core engagement is integrated throughout to support posture and stability.

**MUSCLE CONDITIONING - WOMEN ONLY:** Whether you're looking to increase strength, tone your body, or boost stamina, this class targets all major muscle groups using a combination of bodyweight movements and free weights. This class is for self-identified women.

**POWER & PUNCH - WOMEN ONLY:** This training class is focused pad hitting, striking techniques, conditioning and confidence. Beginner-friendly. All levels welcome. This class is for self-identified women.

**SCULPTED PILATES:** This Pilates class will include classic Pilates moves with light weights to tone, strengthen, and lengthen your body. Build core power, improve posture, and leave feeling strong, sleek, and energized.

**Location: Fitness Centre, Studio 3**

tags : athletics, recreation