

# Fitness Classes

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## Class Descriptions

### Newnham

September 11 - December 13.

No Classes October 9 & October 23 - 27

### **Mondays**

Music Video Dance: 12:35p.m. - 1:25p.m.

Zumba: 2:30p.m. - 3:15p.m.

Hatha Yoga: 3:30p.m. - 4:30p.m.

Mindful Warrior Fitness: 5:30 - 6:30p.m.

### **Tuesdays**

Hip Hop: 1:30p.m. - 2:30p.m.

Kickboxing: 5:00p.m. - 6:00p.m.

### **Wednesdays**

Sculpt: 11:40p.m. - 12:30p.m.

Interval Training: 12:40p.m. - 1:30p.m.

BollyFit: 3:30p.m. - 4:20p.m.

### **Thursdays**

Power Yoga: 12:35p.m. - 1:25p.m.

Pilates: 1:35p.m. - 2:15p.m.

Kickboxing: 3:30p.m. - 4:30p.m.

Interval Training: 5:30p.m. - 6:30p.m.

### **Fridays**

Bollywood Dance Workshop: 3:30p.m. - 4:30p.m.

Mindful Warrior: 5:00p.m. - 6:00p.m.

### **King**

### **Tuesdays**

Spin: 1:00p.m. - 2:00p.m.

Bootcamp: 2:15p.m. - 3:00p.m.

### **Wednesdays**

Yoga: 12:00p.m. - 1:00p.m.

Functional Strength Training: 1:30p.m. - 2:30p.m.

### **Thursdays**

Wellness Walks: 1:15p.m. - 2:15p.m.

### **Seneca @York**

September 11 - December 15.

No Classes October 9 & October 23 - 27

### **Mondays**

Cardio Kickboxing: 12:00p.m. - 1:00p.m.

Bootcamp: 1:45p.m. - 2:45p.m.

30-Minute HIIT: 3:00p.m. - 3:30p.m.

Stretch Yoga: 3:45p.m. - 3:15p.m.

Women's Fitness: 5:00p.m. - 5:50p.m.

30-Minute HITT: 6:00p.m. - 6:30p.m.

### **Tuesdays**

Intro to Fitness: 11:00a.m. - 12p.m.

Yoga: 12:30p.m. - 1:30p.m.

Intro to Fitness: 2p.m. - 3p.m.

Yoga: 3:45p.m. - 4:45p.m.

Hip-Hop Fusion: 5:00p.m. - 6:30p.m.

### **Wednesdays**

Bootcamp: 10:00a.m. - 11:00p.m.

Yoga: 11:20p.m. - 12:20p.m.

Intro to Fitness: 1:00p.m. - 2:00p.m.

Yogalates: 3:30p.m. - 4:30p.m.

30-Minute HITT: 4:40p.m. - 5:10p.m.

Zumba: 5:30p.m. - 6:30p.m.

### **Thursdays**

Intro to Fitness: 11:00a.m. - 12:00p.m.

Bootcamp: 1:00p.m. - 2:00p.m.

30-Minute HIIT: 2:15p.m. - 2:45p.m.

Yoga: 3:00p.m. - 4:00p.m.

Intro to Fitness: 4:00p.m. - 5:00p.m.

Hip-Hop Fusion: 5:00p.m. - 6:30p.m.

### **Fridays**

Yoga: 10:00a.m. - 11:00a.m.

30-Minute HITT: 11:15a.m. - 11:45a.m.

Hip-Hop Fusion: 1:00p.m. - 2:30p.m.

Bootcamp: 3:00p.m. - 4:00p.m.

30-Minute HITT: 4:15p.m. - 4:45p.m.

Cardio Kickboxing: 5:00p.m. - 6:00p.m.

Please visit our [fitness library](#) for past classes.