



# Fleming College



FROST CAMPUS – FIELD HOUSE

Nov. 27 – Dec. 22

## FALL FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Cycling</b> 6:45 – 7:30 am Sarah		<b>Muscle Works</b> 6:45 – 7:30 am Sarah			
					Fitness classes are taught at a beginner level and modifications for intensity will be provided in each class.  Classes are offered for Frost Fleming students and are offered at the Field House.  *Instructors are subject to change.  For more information, questions or feedback please contact Jennifer Bell Fitness and Lifestyle Coordinator <a href="mailto:Jennifer.Bell@flemingcollege.ca">Jennifer.Bell@flemingcollege.ca</a>	
	<b>Yoga</b> 12:10 – 12:55 pm Heidi		<b>HIIT</b> 12:05 – 12:55 pm Sarah			
<b>Bootcamp</b> 5:15 – 6:00 pm Ray	<b>Muscle Works</b> 5:15 - 6:00 pm Amarilis		<b>Cycling</b> 5:15 – 6:00 pm Sarah			
	<b>Zumba</b> 6:00 - 6:45 pm Amarilis					

**Yoga**  
 A beginner yoga class for all levels. This class works on building strength and stamina with a sequence of postures and movements linked to breathing.

**Bootcamp**  
 A cardio and muscle conditioning class that focuses on agility, balance and muscular strength and endurance. This class incorporates resistance training using intervals and weights for a series of circuits. Modifications are shown for all levels.

**HIIT**  
 High Intensity Interval Training is the ultimate interval class that includes short bursts of activity followed by a less intense recovery period. Options will be shown that allow you to work at your own pace.

**Cycling**  
 Suitable for all fitness levels, this high energy cardio ride includes endurance and interval training using hills, flats and sprints.

**Zumba**  
 Take the work out of workout! This easy to follow, calorie burning Latin-inspired fitness dance party includes muscle conditioning, balance and flexibility.

**Muscle Works**  
 This class has it all! A weight training class that is a full body workout and great for all levels. Come learn the fundamentals of strength training.