



# Fitness Schedule January 2022

Virtual Fitness – Location: Zoom  
 Meeting ID: 741 5842 9470  
 Password: thepulse

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>12:00-12:30pm</b> Lee-Anne FUNctional Strength and Stretch (50) <i>Virtual</i>		<b>12:00-12:50pm</b> Rachelle Yoga (50) <i>Virtual</i>
<b>4:30-5:00pm</b> Wynette Core Blast (30) <i>Virtual</i>		<b>4:30-5:00pm</b> Wynette HIIT Fit (30) <i>Virtual</i>	<b>5:30-6:20pm</b> Victoria Full Body Strength (50) <i>Virtual</i>	
<b>5:30-6:20pm</b> Veronica Yoga (50) <i>Virtual</i>	<b>6:30-7:20pm</b> Natasha Zumba (50) <i>Virtual</i>	<b>6:30-7:00pm</b> Rachelle Yoga (30) <i>Virtual</i>	<b>6:30-7:20pm</b> Natasha Zumba (50) <i>Virtual</i>	

This schedule is effective January 10<sup>th</sup>, 2022 to January 28<sup>th</sup>, 2022.  
 Class instructor & type may be subject to change. Alternate schedules will be released for reading week and exam periods.

Check the McMaster Recreation App or [www.marauders.ca/thepulse](http://www.marauders.ca/thepulse) for updates.



# Fitness Class Descriptions

## **Core Blast with Wynette:**

Core Blast with Wynette will be held in the Pop-Up Pulse. This focused class will use deep and superficial muscles on the front, sides, and back of your torso. In 30 minutes, you will warm-up using whole body exercise and then you will be taught proper form and engagement of your core. All equipment is provided.

## **Cardio Hip Hop with Julianna:**

Cardio Hip Hop with Julianna will be held in the Pop-Up Pulse. This is a dance-style fitness class that will get your heart pumping using high-intensity dance moves. Get ready to increase your mobility and strength through movement and music. No fitness or dance experience is required to participate.

## **Yoga with Veronica:**

Yoga with Veronica will be held in the Mindfulness Centre. This 50-minute class will increase functional flexibility, enhance body control, connect mind and body and create a sense of balance and vitality. Mats will be provided.

## **Yoga with Matt:**

Yoga with Matt will be held in the Mindfulness Centre. This 50-minute class will increase functional flexibility, enhance body control, connect mind and body and create a sense of balance and vitality. Mats will be provided.

## **Full Body Strength with Heidi**

Full Body Strength with Heidi will be a fun head-to-toe session which will be held in the Pop-Up Pulse. We will use reps to tone lower body, upper body, and core with a variety of exercises to target these areas. All fitness levels are welcome!

## **Bootcamp with Jem:**

Bootcamp with Jem will be held in the Pop-Up Pulse. This is a 50-minute whole-body workout that will get your heart pumping and strengthen your muscles. You will be coached through whole-body strength circuits and HIIT cardio. No fitness experience required! Please bring your own water. All other equipment will be provided.

## **Cardio & Strength with Alistair:**

Cardio & Strength with Alistair will be held in the Pop-Up Pulse. Alistair will lead you through a fun, dynamic 50-minute sweat session. This class will build muscular

strength, decrease stress, and improve fitness. To ensure that everyone can achieve their goals safely, modifications will be provided throughout the class.

### **Beginner Strength with Lee-Anne**

Beginner Strength with Lee-Anne will be held in the Pop-Up Pulse. This is the perfect lunch time sweat class for all fitness levels. Lee-Anne will take you through strength movements coordinated to the music using all major muscle groups. Join us to learn new concepts or expand your fitness movement library using various fitness concepts (i.e., high reps, body weight movements, and tempo) throughout the semester to keep you on your toes! All fitness levels are welcome.

### **HIIT Fit with Wynette:**

HIIT Fit with Wynette will be held in the Pop-Up Pulse. Utilizing the popular (HIIT) High Intensity Interval Training will test both your cardiovascular and muscular strength in 30 minutes. This high intensity circuit class is not for the faint of heart and you will walk away having used all the main muscle groups. This class will exceed your fitness expectations!

### **Zumba® with Natasha:**

Zumba® with Natasha will be held in the Pop-Up Pulse. This is a dance-fitness class that incorporates Latin and international music and dance movements. No fitness or dance experience is required to participate. The class alternates between fast and slow rhythms. Zumba provides a balance of cardiorespiratory exercise, muscle-toning, and mobility of all joints of the body. Dance movement modifications and progressions are given, as needed.

### **Soca Cardio Dance with Marlice:**

Soca Cardio Dance with Marlice will be held in the Pop-Up Pulse. There's nothing like dance movements and island vibes to get your energy and confidence high after this class. Marlice will teach you the basic Soca dance steps, coordinated to mood-boosting Caribbean music, that will strengthen your heart and muscles. No dance experience required!

### **Full Body Strength with Victoria:**

Full Body Strength with Victoria will be held in the Pop-Up Pulse. This 50-minute class will progress through strength conditioning moves using all the major muscles: back, legs, chest, biceps, triceps, shoulders, and abdominals. This class is focused on increasing muscle tone, muscle strength and muscular endurance. With impact and intensity modifications available, you choose your own level and continue to work towards your goals from there.

### **Yoga with Rachelle:**

Yoga with Rachelle will be held in the Mindfulness Centre. This 50-minute class will

increase functional flexibility, enhance body control, connect mind and body and create a sense of balance and vitality. Mats will be provided.

**Full Body Strength with Julianna:**

Full Body Strength with Julianna will be held in the Pop-Up Pulse. This 50-minute class will progress through strength conditioning moves using all the major muscles: back, legs, chest, biceps, triceps, shoulders, and abdominals. This class is focused on increasing muscle tone, muscle strength and muscular endurance. With impact and intensity modifications available, you choose your own level and continue to work towards your goals from there.