

Campus Wellness Fitness Classes

Wednesdays, 12:05-12:35PM

Concordia University's new ***School of Physical Education and Wellness*** is thrilled to be offering free drop in fitness classes for students, staff and faculty starting February 10th!! Every Wednesday, join us in the gym for 30 minutes of exercise and experience all of the amazing benefits of increased physical activity. Increased energy, improved health and cognition, and stress relief are just a few examples of how physical activity will benefit you. Start your road to better health and wellness off right by joining us in the Ralph King Athletic Centre's gymnasium. See you there! *Classes are designed for all levels of fitness. Whether you have never exercised or are regularly active, you are sure to benefit from the session.*

Class Descriptions

Core-Cardio

- You will work to improve your core strength and cardiovascular fitness in this 30-minute class. A great way to boost your energy and improve your mood!

Total Body Strength

- For 30 minutes, using only your body weight, you will work to strengthen every muscle you have! Leave the class feeling strong and empowered!

Abs and Arms

- This fast and effective upper body circuit is designed to tone and strengthen your arms and abs without using any equipment!

Lower Body Blast

Spend 30 minutes strengthening the biggest muscles in your body. As a result, you will spend the afternoon burning more calories and feeling positive vibes!

HIIT – High Intensity Interval Training

This class will improve your overall fitness levels as you work through circuits that are designed to make the most out of your 30 minutes! You are sure to leave this efficient and effective class feeling motivated and inspired!

February

2016

Sunday Monday Tuesday **Wellness** Thursday Friday Saturday
Wednesday!

31	1	2	3	4	5	6
7	8	9	10 12:05 - 12:35 Arms an Abs	11	12	13
14	15	16	17 No class Reading Week	18	19	20
21	22	23	24 12:05 - 12:35 Total Body	25	26	27
28	29	1	2 12:05- 12:35 HIIT	3	4	5
6	7	8	9 12:05- 12:35 Lower Body Blast	10	11	12