



PROGRAM GUIDE

Fitness & Wellness
Programming

Fall 2025

**Build healthy
habits for life**
~ Page 15

LIV unLtd

Welcome to Fanshawe Fitness Centre!

Welcome to Fanshawe Fitness Centre - your Campus Fitness & Wellness Program.

These programs are accessible in person or virtually from anywhere and at anytime - from your computer or your mobile device.

Getting started is simple!

CLICK HERE to learn more about activating your membership and continue reading to learn about all of the services available to you.

Most services are included at no charge to you, so be sure to take advantage of all the amazing opportunities provided.

Activate your Fanshawe Fitness Centre Membership today!



About the cover:

As routines reset and the pace picks up, fall is the perfect time to refocus on your well-being. Small daily actions like daily stretch breaks or mindful movement can have a big impact on your energy and focus. Join our 21-Day Habit Challenge and take simple steps toward feeling your best this season! More on page 15.

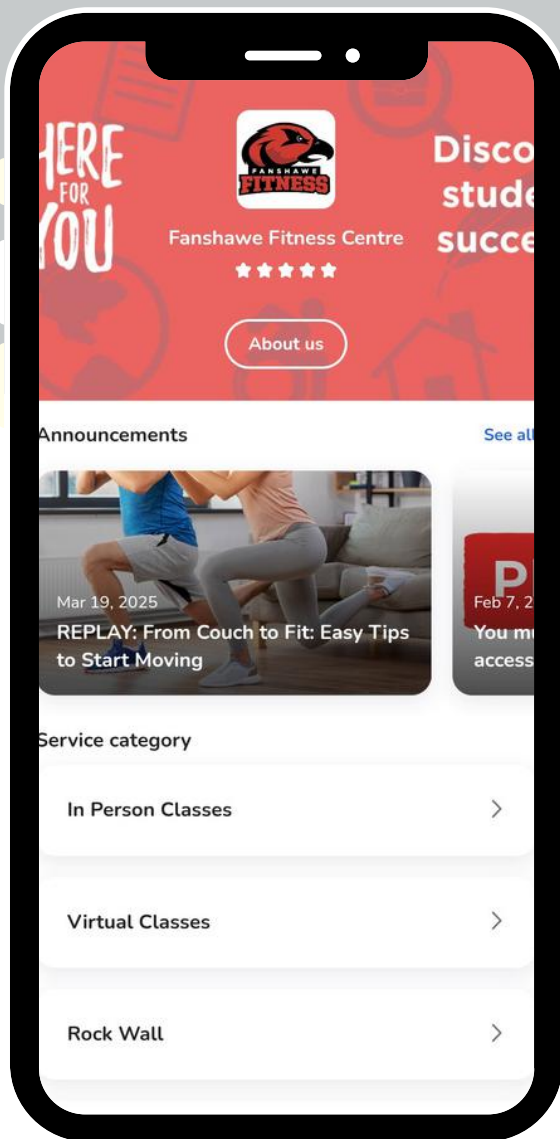
Table of Contents

4		Get the Optimal App
5		Les Mills On Demand
6		In Person Class Schedule
8		Virtual Class Schedule
10		Rock Wall
11		Golf Simulator
12		Squash
13		Hall of Fame
14		September Events & Workshops
18		October Events & Workshops
21		Equipment Orientations
22		InBody Assessments
23		November Events & Workshops
25		December Events & Workshops
		Wellness Rewards
		LIVunLtd Fitness Equipment

[Find more at studentwellnesscentre.ca](http://studentwellnesscentre.ca)

Get the app

Stay Connected



With the Fanshawe Fitness Centre app you get:

- **Push Notifications**
Never miss a class or workshop again with confirmation and reminder notifications
- **Sessions at your Finger Tips**
Book into a class, reserve your spot in a workshop, or join a challenge all from your phone or tablet!
- **Live and On Demand Sessions**
Join any live session and watch any on demand video from your phone - you can even cast to a TV!





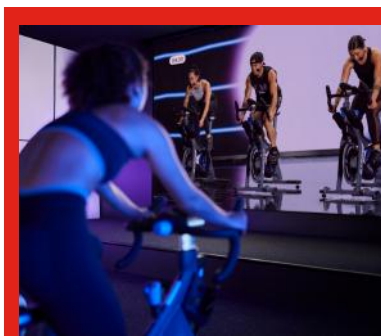
+ **LES MILLS**

EXPERIENCE LES MILLS VIRTUAL

HUNDREDS OF SCIENTIFICALLY-BACKED WORKOUTS,
IN CINEMATIC QUALITY, VIRTUALLY, ANYTIME.

Les Mills - a global leader in group fitness classes - has over 300 on demand videos available in the Fanshawe Fitness Centre platform. These sessions are a part of our class schedule and are a great addition to our live streaming classes!

These classes can be found in our schedule and booked like a live streaming session, or in your On Demand section under the Les Mills heading.



Looking for a Cycling Class?

Give RPM, Sprint or
The Trip a try! Find
them in the On
Demand section!

LES MILLS
BODYPUMP

LES MILLS
BODYCOMBAT

LES MILLS
BODYBALANCE

LES MILLS
CORE

LES MILLS
BODYATTACK

LES MILLS
barre

LES MILLS
GRIT

LES MILLS
SH'BAM

LES MILLS
RPM

LES MILLS
sprint

LES MILLS
THE TRIP

LES MILLS
DANCE

LIVunLtd

In Person Schedule



Fall Schedule Sept

MONDAY

Spin + Core
(12:05 p.m. - 12:50 p.m.)
Trainer: Tab

Yoga
(12:05 p.m. - 12:50 p.m.)
Trainer: Melanie

Mobility Method
(1:05 p.m. - 1:50 p.m.)
Trainer: Clay

Glutes Guts and Guns (GGG)
(5:00 p.m. - 5:45 p.m.)
Trainer: Abi

Yoga
(6:00 p.m. - 6:45 p.m.)
Trainer: Melanie

TUESDAY

Glutes Guts and Guns (GGG)
(12:05 p.m. - 12:50 p.m.)
Trainer: Tab

Yoga
(1:05 p.m. - 1:50 p.m.)
Trainer: Shelley

Cardio HIIT
(5:00 p.m. - 5:45 p.m.)
Trainer: Brayant

Dance X
(6:00 p.m. - 6:45 p.m.)
Trainer: Nanci

Sign up for your classes using
App or at student

- December schedule will be release in November

September 2 – November 28, 2025

WEDNESDAY

Cardio HIIT
(12:05 p.m. - 12:50 p.m.)
Trainer: Abi

Total Body Conditioning (TBC)
(1:05 p.m. - 1:50 p.m.)
Trainer: Lucas

Total Body Conditioning (TBC)
(5:00 p.m. - 5:45 p.m.)
Trainer: Renato

Spin + Core
(6:00 p.m. - 6:45 p.m.)
Trainer: Fernando

THURSDAY

Yoga
(12:05 p.m. - 12:50 p.m.)
Trainer: Shelley

Glutes Guts and Guns (GGG)
(1:05 p.m. - 1:50 p.m.)
Trainer: Tab

Dance X
(5:00 p.m. - 5:45 p.m.)
Trainer: Nanci

FRIDAY

Total Body Conditioning
(12:05 p.m. - 12:50 p.m.)
Trainer: Renato

Mobility Method
(1:05 p.m. - 1:50 p.m.)
Trainer: Ethan

g the Fanshawe Fitness Centre
wellnesscentre.ca



Virtual Schedule



Virtual Schedule

MONDAY

Upper Body Burn
6:55 a.m. - 7:05 a.m.

HIIT
7:10 a.m. - 7:40 a.m.

Mobility Boost
7:45 a.m. - 7:55 a.m.

BodyPump *
9:00 a.m. - 9:30 a.m.

Stretch: Back & Posture
11:30 a.m. - 11:45 a.m.

Cardio Blast
11:50 a.m. - 12:00 p.m.

Strong
12:10 p.m. - 12:40 p.m.

Calm
1:30 p.m. - 1:40 p.m.

Stretch
1:50 p.m. - 2:00 p.m.

Zumba
2:10 p.m. - 2:40 p.m.

Stretch Upper Body *
5:00 p.m. - 5:15 p.m.

Core Flow
6:45 p.m. - 6:55 p.m.

Yoga
7:00 p.m. - 7:45 p.m.

Body Balance*
9:00 p.m. - 9:30 p.m.

TUESDAY

Core Flow
6:55 a.m. - 7:05 a.m.

Triple Target
7:10 a.m. - 7:40 a.m.

Mobility Boost
7:45 a.m. - 7:55 a.m.

BodyBalance*
9:00 a.m. - 9:30 a.m.

Stretch
11:30 a.m. - 11:45 a.m.

Core Circuit
11:50 a.m. - 12:00 p.m.

Cardio Sculpt
12:10 p.m. - 12:40 p.m.

Calm
1:30 p.m. - 1:40 p.m.

Stretch
1:50 p.m. - 2:00 p.m.

Cycle *
2:10 p.m. - 2:40 p.m.

BodyBalance*
5:00 p.m. - 5:15 p.m.

Mobility Boost
6:45 p.m. - 6:55 p.m.

Zumba
7:00 p.m. - 7:30 p.m.

BodyCombat
9:00 p.m. - 9:30 p.m.

WEDNESDAY

Core Circuit
6:55 a.m. - 7:05 a.m.

Strong
7:10 a.m. - 7:40 a.m.

Mobility Boost
7:45 a.m. - 7:55 a.m.

Body Attack
9:00 a.m. - 9:30 a.m.

Stretch: Neck & Shoulder
11:30 a.m. - 11:45 a.m.

Lower Body Blast
11:50 a.m. - 12:00 p.m.

Cardio Boxing
12:10 p.m. - 12:40 p.m.

Calm
1:30 p.m. - 1:40 p.m.

Stretch
1:50 p.m. - 2:00 p.m.

Cardio Sculpt
2:10 p.m. - 2:40 p.m.

Yoga Fusion
4:30 p.m. - 5:15 p.m.

Core Circuit
6:45 p.m. - 6:55 p.m.

Cardio Sculpt
7:00 p.m. - 7:30 p.m.

Bodypump
9:00 p.m. - 9:30 p.m.

On Demand

September 2 - December 19, 2025

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lower Body Burn 6:55 a.m. - 7:05 a.m.	Core Flow 6:55a.m. - 7:05 a.m.	Bodypump* 9:00 a.m. - 9:45 a.m.	Dance* 9:00 a.m. - 9:45 a.m.
Yoga 7:10 a.m. - 7:40 a.m.	Cardio Sculpt 7:10 a.m. - 7:40 a.m.	BodyCombat* 10:00 a.m. - 10:45 a.m.	BodyAttack* 10:00 a.m. - 10:45 a.m.
Core Circuit 7:45 a.m. - 7:55 a.m.	Mobility Boost 7:45 a.m. - 7:55 a.m.	BodyAttack* 11:00 a.m. - 11:45 a.m.	Core* 11:00 a.m. - 11:45 a.m.
Dance * 9:00 a.m. - 9:30 a.m.	Body Combat* 9:00 a.m. - 9:30 a.m.	BodyBalance * 12:00 p.m. - 12:45 p.m.	Cycle* 12:00 p.m. - 12:45 p.m.
Stretch 11:30 a.m. - 11:45 a.m.	Stretch: Hips, Wrist & Legs 11:30 a.m. - 11:45 a.m.	Dance * 1:00 p.m. - 1:45 p.m.	BodyPump* 1:00 p.m. - 1:45 p.m.
Core Flow 11:50 a.m. - 12:00 p.m.	Upper Body Burn 11:50 a.m. - 12:00 p.m.	Core * 2:00 p.m. - 2:45 p.m.	BodyCombat* 2:00 p.m. - 2:45 p.m.
HIIT 12:10 p.m. - 12:40 p.m.	Triple Target 12:10 p.m. - 12:40 p.m.	Cycle* 3:00 p.m. - 3:45 p.m.	BodyBalance* 3:00 p.m. - 3:45 p.m.
Calm 1:30 p.m. - 1:40 p.m.	Calm 1:30 p.m. - 1:40 p.m.		
Stretch 1:50 p.m. - 2:00 p.m.	Stretch 1:50 p.m. - 2:00 p.m.		
Core * 2:10 p.m. - 2:40 p.m.	Pilates Fusion 2:10 p.m. - 2:40 p.m.		
Stretch Hip Mobility * 5:00 p.m. - 5:15 p.m.	Stretch Spine Mobility * 5:00 p.m. - 5:15 p.m.		
Body Pump Lower Body * 6:45 p.m. - 7:00 p.m.	Body Pump Arms * 6:45 p.m. - 7:00 p.m.		
Grit: Cardio * 7:00 p.m. - 7:30 p.m.	Grit: Strength* 7:00 p.m. - 7:30 p.m.		
Cycle * 9:00 p.m. - 9:30 p.m.	BodyAttack * 9:00 p.m. - 9:30 p.m.		

Sign up for your classes using the
Fanshawe Fitness Centre App or at
studentwellnesscentre.ca



and Classes marked with *



Rock Wall

Auto Belays | Top Rope Climbing

Rock climbing is an exciting way to boost your fitness and improve your strength and coordination. It also offers a social experience, allowing you to climb alongside friends. At the Student Wellness Centre, harnesses are provided, or you can bring your own. Don't forget to challenge yourself and have fun!

Click or scan the QR code to learn more and to book your spot on the rock wall!

Available for Fanshawe Fitness Centre members and their guests for a daily fee.

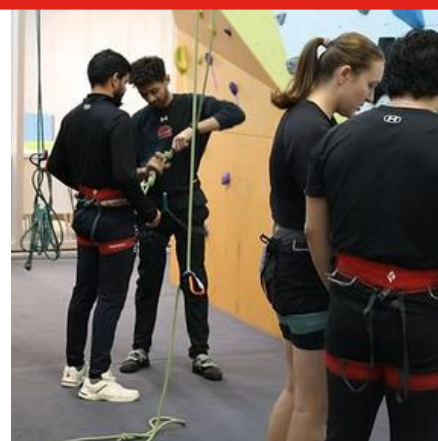
Scan
me



Book a Team Rock Wall Session

Did you know that the Fanshawe Fitness Centre offers team sessions for clubs and college departments? Boost team work, build confidence and have fun!

[Contact us](#) to book your team session!





Golf Simulator

Step into the ultimate golfing experience with our immersive golf simulator! Whether you're a seasoned pro or just picking up a club for the first time, this cutting-edge simulator transports you to stunning virtual courses from around the world. Perfect your swing, master your putt, and compete against friends in a variety of challenges. With realistic graphics, you'll feel like you're on the fairway, all while enjoying a fun and social atmosphere. Ready to tee off? Join us for a round of golf like no other!

Click or scan the QR code to learn more and to book your spot in the Golf Simulator

Scan
me



Available for Fanshawe Fitness Centre student members only.

Learn to Golf

Are you looking to improve your swing? Or looking to learn more about the game of golf? Join us for our Learn to Golf Sessions led by an experienced golfer. You will get tips to improve your swing and learn more about the game of golf. Book your session today!



HERE
FOR
YOU



Squash

Squash is a great activity to get your heart rate up and build your hand eye coordination. There is also a social aspect to squash that allows you to play with a friend. At the Student Wellness Centre goggles are mandatory and will be provided or you can bring your own. Racquets and balls are also available.

Click or scan the QR code to learn more and to book your spot in for Squash.

Available for Fanshawe Fitness Centre student members, employees and their guests can purchase for a daily fee.

**Scan
me**



Learn to Play Squash

Join us to Learn to Play Squash. Learn the rules of the game, how to serve, what the lines on the walls mean and more. Book your first class today to start to improve your Squash game.





Hall of Fame

Each month you can visit the turf area to find out what the exercise will be for the month.

Complete your move as described and record your reps, weight or time. You can update this number throughout the month to try to improve.

Prizes will be awarded at the end of each month to the winner!

Talk to our Fitness Consultants for more information.

Hall of Fame Bench Press	
MEN	WOMEN
335 Karm	140 Anique
300 Liam	135 Abi
285 Jacob K.	130 Tabitha
285 Emmanuel	125 Mackenzi
285 Carlos	120 Janelle
255 Ethan	115 Cristyn O.
230 Bryant	105 GHLOE
225 Ayo	105 Rihanna
155 Ali	100 Jessica

September Events



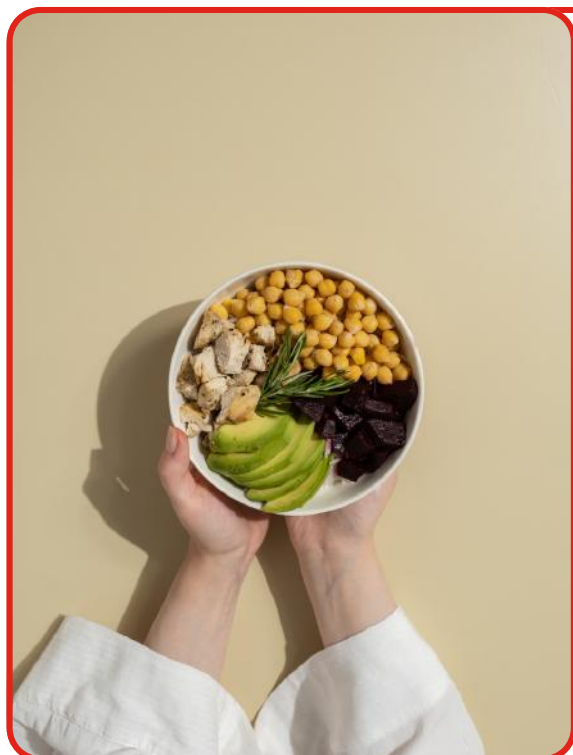
Group Fitness Fundamentals

September 24 - October 1

Join the Student Wellness Centre for our Group Exercise Workshop Series focusing on common exercises used in group fitness classes.

This workshop will run over two weeks and include an upper and lower body session focusing on exercises like chest press, Romanian deadlift, squat and more.

Book Spot



8 Week Nutrition Series

September 24 - November 19

Join us for 8 weeks worth of nutrition content to help you start eating healthier today! Each week will focus on a different topic including healthy nutrition habits, meal planning and prepping, grocery shopping, mindful eating and more.

These sessions are available pre-recorded and will be sent out after each session as a recording.

Learn More



September Events



THE 21-DAY HABIT CHALLENGE

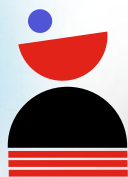
September 8 - 28

Can you put your health first for just 21 days?

Ditch the “I’ll start next Monday” mindset with 21 daily, bite-sized habits anyone can stick to with the 21-Day Habit Challenge!

Includes Success Guide, weekly emails, worksheets and ongoing support!

[Learn More >](#)



BALANCE
BINGO



September 15 - 19

Strike a pose. Find your balance. Win a prize!

Join us for a fun and energizing week-long challenge that puts your stability and focus to the test! The Balance BINGO Challenge invites you to complete balance poses from our special 3x3 BINGO card. Your goal? Try the poses and aim to complete a row-horizontal, vertical, or diagonal.

[Learn More >](#)

September Events

Fit in 30



Challenge yourself over the next 30 days with our Fit in 30 Challenge! This challenge will help you improve your strength and endurance in a group environment! Complete your registration form today and visit the front desk for more information.

Monday & Wednesday 1:05 p.m. - 1:50 p.m.

Starts September 29

[Learn More](#) >



SEPTEMBER WORKSHOPS

Click on an image below to learn more



The Importance of Self-Care: Quick Strategies to Recharge

September 3
2:00 p.m.

In this session, learn how to prioritize self-care with simple yet powerful strategies to help you recharge and maintain balance. Discover quick techniques for managing stress, boosting energy, and improving your overall well-being, all while fitting them into your busy routine.



Fitness in Your 50s: Staying Active and Agile

September 8
10:00 a.m.

Learn how to maintain mobility, strength, and agility as you enter your 50s. Discover the importance of balanced exercise routines to keep your body strong and functional. Explore strategies to prevent injury and improve joint health, while adapting to your body's changing needs.



Healthy Habits: Building a Better You

September 17
2:00 p.m.

In this session, explore how to create sustainable, positive habits that lead to lasting change. Learn practical strategies for building healthy routines around fitness, nutrition, sleep, and self-care.

Discover how small, consistent actions can compound to improve your overall well-being.



Walking Meditations: Mindfulness in Motion

September 22
10:00 a.m.

Discover the art of walking meditation, a simple yet powerful practice to combine mindfulness with movement. Learn how to focus your attention on your breath, surroundings, and body while walking, creating a calming and grounding experience. Explore how this practice can help reduce stress and enhance mental clarity.

October Events



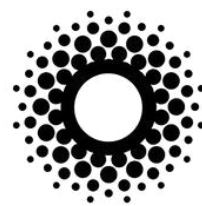
Gratitude Challenge

October 5 - 10

Don't miss out on this 5 day Gratitude Challenge. Each day you will get a new gratitude prompt giving you the opportunity to focus on the positive things in your life.

Complete the prompt each day and return your card to the fitness desk for your chance to be entered to win a \$25 gift card.

Stop by the Fitness Desk to learn more!



OPTIMIZE
Virtual Wellness Fair
by LIV_{unLtd}

October 21-24

Join us for 4 days of learning and connection with Optimize - a virtual wellness fair from LIVunLtd. The 4 days will feature sessions relating to nutrition, mental wellness, physical fitness and more. These sessions are FREE and best of all, you could win a prize just for attending a session!

[Learn More](#)



October Events

Learn to Lift



HERE FOR YOU

Are you looking to improve your main lifts. Beginning the week of October 20, 2025 for 4 weeks we will offer a workshop focusing on four different lifts. Sign up for them all, or choose which workshop you would like to attend. Spots are limited!

**Visit the front desk for details
and to get registered!**

HERE
FOR
YOU

October Workshops

Click on an image below to learn more



Family-Friendly Nutrition: Making Meals Everyone Will Love

October 1 at 2:00 p.m.

Discover how to create nutritious, delicious meals that the whole family can enjoy. Learn practical tips for balancing flavor and nutrition, making healthier ingredient swaps, and involving kids in the cooking process. Explore strategies for meal planning that accommodate varying tastes and dietary needs, while ensuring your family gets the nutrients they need.



Fitness in Your 60s and Beyond: Moving for Longevity

October 6 at 10:00 a.m.

Discover the importance of strength training, balance exercises, and flexibility in keeping your body strong and functional well into your 60s and beyond. Explore practical strategies to prevent injuries and maintain mobility, allowing you to stay active and independent as you age.



Celebrate Progress: Recognizing Non-Scale Victories

October 15 at 2:00 p.m.

Discover the importance of recognizing non-scale milestones, such as increased strength, improved energy, better sleep, and enhanced confidence. Explore how tracking these wins can boost motivation and sustain progress, helping you stay committed to your health and fitness journey.



Power Up with Plants: Adding More Plant Foods to Your Plate

October 27 at 10:00 a.m.

Discover the benefits of incorporating more plant-based foods for improved health and energy. Learn ways to boost your intake of fruits, vegetables, whole grains, legumes, and plant-based proteins. Explore delicious meal ideas and strategies for making plant foods a regular part of your meals, whether you're fully plant-based or just looking to add more variety.



Fitness Orientation

Check out our Fitness Orientation to get you started on your fitness journey today.

Are you getting started on your fitness journey? Sign up for an orientation today to learn about warm-up, cool down, cardiovascular training and strength training. This program will be adjusted to your ability level and your goals. Learn how to use the equipment safely and properly and have your form assessed by one of our fitness consultants to ensure you are getting the best out of your workouts today.

You are eligible for a complimentary fitness assessment with a one-hour appointment.



Scan
me



HERE
FOR
YOU



InBody Assessments

Looking for a body composition assessment?

Our Inbody assessment can give you information about your body weight, total body water, body fat, lean muscle mass and more. This information can help guide your overall health and fitness goals and give you a way to track your progress over time.

You can receive one free Inbody assessment each month and the appointment only takes 15 minutes. Schedule yours today before your workout. You will be required to remove your shoes and socks and stand on our scale. You will also receive a print out of your results.



Scan
me



November Events



ROLLVEMBER

by LIV

November 1 - 30

Get ready for ROLLvember, our month-long game that turns showing up into winning big! Every class you attend moves our token forward on the game board and earns you a ballot for the ROLLvember Prize Pack, featuring mini resistance bands and cork massage balls.

No sign-up needed-just join a class, have fun, and keep rolling toward your wellness goals!

[Learn More](#) >



Fridge *clean out* challenge

November 10 - 14

Is your fridge a source of inspiration or frustration? Let's clear the clutter, physically and mentally, with the Fridge Clean Out Challenge! In celebration of National Clean Your Fridge Day on November 15, we're taking a fresh approach to health by starting where many of our decisions begin: the fridge.

Be sure to join our Fridge Fix workshop on November 10 to get yourself inspired and ready to go!

[Learn More](#) >

November Workshops

Click on an image below to learn more



Fit in the Kitchen - Healthy Nacho for Nacho Day

November 5 at 2:00 p.m.

Celebrate Nacho Day (November 6) with a live cooking demo that puts a healthy twist on everyone's favorite snack! In this session, we'll show you how to create a delicious and nutritious version of nachos using wholesome ingredients.

Get the recipe ahead of time so you can cook along with us and learn tips for making nachos that are both satisfying and guilt-free.



The Fridge Fix: Organize for Better Nutrition

November 10 at 10:00 a.m.

Discover how a well-organized fridge can set you up for healthier eating habits. Learn practical tips to make nutritious choices more accessible, reduce food waste, and save time during busy weekdays. From smart storage solutions to easy meal-prepping hacks, you'll gain strategies for keeping your fridge stocked and organized to support your nutrition goals.



Stress Less, Celebrate More: Mindful Tips for the Holidays

November 19 at 2:00 p.m.

In this session, learn how to navigate the holiday season with more joy and less stress. Discover simple mindfulness techniques to stay grounded, manage holiday pressures, and fully embrace the festive moments. Explore practical strategies for setting boundaries, practicing gratitude, and finding balance, so you can celebrate without feeling overwhelmed.

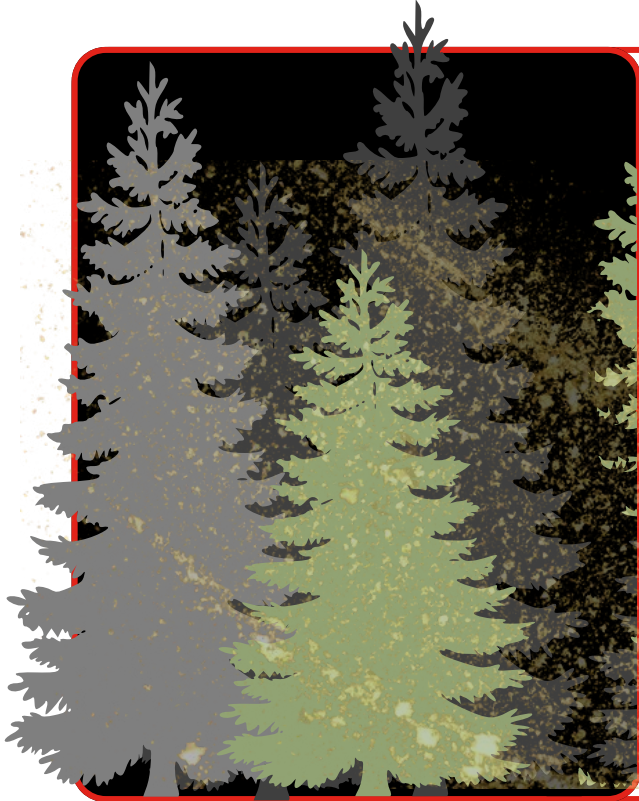


Lighten Your Mood: Boosting Mental Well-Being in the Dark Months

November 24 at 10:00 a.m.

In this uplifting session, discover strategies to enhance your mental well-being during the darker, colder months. Learn how to combat the winter blues with practical tips like increasing light exposure, staying active, and practicing self-care. Explore ways to boost your mood, build resilience, and maintain a positive mindset even when the days are short.

December Events

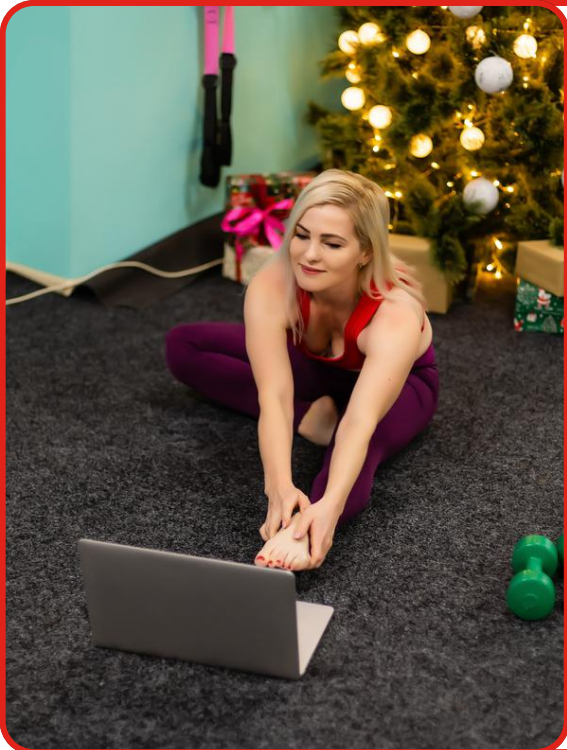


The 12 days of FITNESS

December 1 - 12

Get ready for a festive fitness countdown that builds just like the classic holiday song! In The 12 Days of Fitness, you'll start with one move on day one, then add a new exercise each day until you're doing all twelve in a fun, full-body workout. It's quick, energizing, and the perfect way to keep moving and motivated through the holiday season.

[Learn More](#)



HOLIDAY ❄️ SCHEDULE

We're wrapping up the year with a week of festive fun! In person classes will change starting December 1. From December 15–19, our virtual instructors will be decking the halls (and their workout spaces) with holiday tunes, décor, and themed outfits.

It's our lively send-off before we take a break from live classes - come sweat, smile, and celebrate the season with us.

[In Person Schedule](#)



[Virtual Schedule](#)



December Events



Stress Buster Challenge

December 8 - 12

The Stress Buster Challenge will set you up to head into exam week with a clear head and some stress busting techniques to get you through. Each day you will be able to choose a stress busting activity from the challenge card to try. Complete 5 of these activities and return your card to the fitness desk for your chance to win a \$25 gift card.

Stop by the Fitness Desk to learn more.

December Workshops

Click on an image below to learn more



Mindful Eating During the Holidays:

Savor and Enjoy

December 1 at 10:00 a.m.

In this session, learn how to enjoy the holiday treats and meals without feeling guilty or overindulging. Discover the principles of mindful eating, which help you savor each bite and tune into your body's hunger cues. Explore tips for navigating holiday gatherings with ease, setting boundaries, and making conscious choices that nourish both your body and your enjoyment.



Festive Flexibility:

Simple Stretches for Holiday Relief

December 10 at 2:00 p.m.

In this session, discover easy and effective stretches to help you stay flexible and reduce holiday stress. Learn simple movements that can alleviate tension from shopping, traveling, or long hours of sitting. These stretches can be done anywhere, making it easy to fit in a quick break during your busy holiday schedule.



Staying Strong Through Winter:

Fitness Strategies for the Dark Months

December 15 at 10:00 a.m.

Discover fitness strategies to keep you active and strong during the winter season. Learn how to adapt your workouts to colder weather, stay motivated when daylight is limited, and maintain strength and endurance despite the season. Explore indoor workout ideas, tips for boosting energy, and how to create a fitness routine that supports your goals year-round.



Thank you for an amazing 2025!

You Fanshawe Fitness Team!



studentwellnesscentre.ca
wellness@fanshawec.ca

HERE
FOR
YOU