

# FITNESS SCHEDULE

**JANUARY 16 - APRIL 14, 2023**

(NO CLASSES FEB 20-24, APR 7, APR 10)

**CLASSES IN H131** Located in portables beside tennis courts.

MON	TUES	WED	THURS	FRI
12:10PM - 12:50PM	12:10PM - 12:50PM	12:10PM - 12:50PM	12:10PM - 12:50PM	12:10PM - 12:50PM
<b>PUMPED UP STRENGTH</b> w/Kim	<b>YOGA FLOW</b> w/Erin	<b>SUPER CIRCUIT</b> w/Mandy	<b>YOGA FLOW</b> w/Erin	<b>NO CLASSES</b> Please use our Fitness Centre
4:10PM - 4:50PM	4:10PM - 4:50PM	4:10PM - 4:50PM	4:10PM - 4:50PM	4:10PM - 4:50PM
<b>ZUMBA</b> w/Pam	<b>STRENGTH CLASS</b> w/Kim	<b>BOOTCAMP</b> w/Kim	<b>ZUMBA</b> w/Pam	<b>NO CLASSES</b> Please use our Fitness Centre

\* FOR MORE INFO, CONTACT: Dean Studer, Athletics & Recreation Programmer, [dstuder@mhc.ab.ca](mailto:dstuder@mhc.ab.ca) / 403-529-3834

**FREE**

**CLASSES  
FOR MHC STAFF &  
STUDENTS ONLY**