



# FREE FITNESS CLASSES

FOR MHC STAFF & STUDENTS

## FITNESS SCHEDULE 2024

SEPTEMBER 16 - DECEMBER 6 (NO CLASSES SEPT 30, OCT 14 AND NOV 11)

CLASSES IN H131 (LOCATED IN PORTABLES BESIDE TENNIS COURTS.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:10am-7:50am	7:10am-7:50am	7:10am-7:50am	7:10am-7:50am	7:10am-7:50am
<b>BODYWEIGHT BURNOUT</b> w/Paige	<b>BODYWEIGHT BURNOUT</b> w/Paige	<b>NO CLASSES</b> Please use our Fitness Centre	<b>BODYWEIGHT BURNOUT</b> w/Paige	<b>NO CLASSES</b> Please use our Fitness Centre
12:10pm - 12:50pm	12:10pm - 12:50pm	12:10pm - 12:50pm	12:10pm - 12:50pm	12:10pm - 12:50pm
<b>BARRE</b> w/Kim	<b>NEW CLASS!</b> <b>MINDFULNESS</b>	<b>YOGA FLOW</b> w/Erin	<b>BOOTCAMP</b> w/Kim	<b>YOGA FLOW</b> w/Erin
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>BARRE</b> w/Kim	<b>BOOTCAMP</b> w/Kim	<b>ZUMBA</b> w/Pam	<b>NO CLASSES</b> Please use our Fitness Centre

For class descriptions or more info, email [khyde@mhc.ab.ca](mailto:khyde@mhc.ab.ca).