



# FREE FITNESS CLASSES

FOR MHC STAFF & STUDENTS

## FITNESS SCHEDULE 2025

**JANUARY 13 - APRIL 11** (NO CLASSES FEB 17-21)

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 LOCATION: GYM	<b>BOOTCAMP</b> w/Paige LOCATION: GYM	<b>NO CLASSES</b> Please use our Fitness Centre	<b>BOOTCAMP</b> w/Paige LOCATION: GYM	<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 LOCATION: GYM	<b>YOGA FLOW</b> w/Erin LOCATION: GYM	<b>MINDFULNESS</b> LOCATION: F1009	<b>BOOTCAMP</b> w/Kim LOCATION: GYM	<b>YOGA FLOW</b> w/Erin LOCATION: GYM
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 LOCATION: H131	<b>BARRE</b> w/Kim LOCATION: H131	<b>BOOTCAMP</b> w/Kim LOCATION: H131	<b>ZUMBA</b> w/Pam LOCATION: H131	<b>NO CLASSES</b> Please use our Fitness Centre

*H131 IS LOCATED IN THE PORTABLES BESIDE THE TENNIS COURTS.*

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