**FITNESS SCHEDULE**

**JANUARY 15 - APRIL 13, 2018**  (NO CLASSES FEB 19-23 & MAR 30)

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

**NEW REGISTRATION REQUIRED! COMPLETE THE ONLINE FORM AT MHC.AB.CA/BFFL**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td><strong>12:10PM - 12:50PM</strong></td>
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<tr>
<td>HAPPY HOUR YOGA w/Roxanne</td>
<td>ZUMBA® w/Pam</td>
<td><strong>NEW INTRO TO P90X LIVE!</strong> w/Lisa</td>
<td>PiYo LIVE® w/Lisa</td>
<td><strong>NEW</strong> CORE &amp; RESTORE w/Amy</td>
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<td>ZUMBA® w/Pam</td>
<td>BODY BLAST w/Lisa</td>
<td>FLOW YOGA w/Roxanne</td>
<td><strong>NEW</strong> CARDIO KICKBOXING AND STRETCH w/Mandy</td>
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**BODY BLAST**
This class will make use of a variety of class formats including cardio and strength workouts for a full body routine!

**CARDIO KICKBOXING AND STRETCH**
This action-packed class combines 30 minutes of punching and kicking combinations with a solid ten minute yoga based lengthening and strengthening routine. It’s an intense workout that will increase strength, muscle tone, and endurance with special emphasis on core. Get ready to be challenged!!

**CORE & RESTORE**
This class utilizes a variety of portable equipment with a focus on increasing core strength, incorporating both Pilates and a variety of core strength exercises. The class will close with a few restorative yoga poses with the support of props – the perfect end to the week.

**HAPPY HOUR YOGA**
Break up the mid day blues with a yoga boost! Come find the edge you’ve been looking for with this traditional yoga class. Beginner and intermediate yogis welcome.

**INTRO TO P90X LIVE!**
A full body workout that flies by with short blocks of cardio, lower body, upper body and core strength! This class is perfect for the beginner and all levels of fitness as modifications are shown for each exercise.

**PIYo LIVE®**
Be a yoga rebel with PiYo LIVE®. It's a unique core strengthening workout inspired by yoga and Pilates. With upbeat music and a constant flow of moves, it's a rhythmic, dynamic, and intense workout designed to build strength and flexibility.

**YOGA FLOW**
Incorporate strength, flexibility and stability into your fitness routine with this class of dynamic and flowing yoga sequences.

**ZUMBA®**
Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

**URBAN POLING**
Walking with poles improves posture, upper, lower body & core strength. Improves and increases walking stride and speed, while de-stressing hips and knees. Come try it out, you'll be surprised by the workout! (Borrow poles from Fitness Centre)

**BOOK A BODY COMPOSITION ASSESSMENT WITH OUR NEW INBODY SYSTEM.** WWW.MHC.AB.CA/fitness