

FITNESS SCHEDULE

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

ALL CLASSES IN H131 Located in portables beside tennis courts.

FREE
FOR CURRENT
MHC STUDENTS
& EMPLOYEES
MHC ALUMNI \$5 DROP-IN / COMMUNITY \$10 DROP-IN / befitforlife@mhc.ab.ca

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		12:10PM - 12:50PM		
HAPPY HOUR YOGA w/Roxanne	ZUMBA® w/Pam	*NEW INTRO TO P90X LIVE! w/Lisa	PiYo LIVE® w/Lisa	*NEW CORE & RESTORE w/Amy
		4:10PM - 4:50PM		
ZUMBA® w/Pam	BODY BLAST w/Lisa	FLOW YOGA w/Roxanne	*NEW CARDIO KICKBOXING AND STRETCH w/Mandy	

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



be fit for life
medicine hat



MEDICINE HAT
COLLEGE

SPORT & WELLNESS