

FITNESS SCHEDULE

SEPT 17 - DEC 7, 2018 (NO CLASSES OCT 8 & NOV 12)

ALL CLASSES IN H131 Located in portables beside tennis courts.

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

| MON | TUES | WED | THURS | FRI |
|------------------------------|--|--|--|-------------------------|
| | | 12:10PM - 12:50PM | | |
| HAPPY HOUR YOGA w/Roxanne | NEW SUPER CIRCUIT & STRETCH w/Mandy | NEW INTRO TO BEACHBODY LIVE! w/Lisa | NEW DAY ZUMBA® w/Pam | CORE & RESTORE w/Amy |
| | | 4:10PM - 4:50PM | | |
| ZUMBA® w/Pam | BODY BLAST w/Lisa | FLOW YOGA w/Roxanne | 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 BEACHBODY LIVE!

This intro class focuses on full body conditioning using a variety of formats including: P90X LIVE!, Insanity LIVE!, PiYo LIVE! and CORE DE FORCE LIVE! Modifications provided in all formats.

SUPER CIRCUIT AND STRETCH

Effective interval training that will build cardiovascular fitness while improving muscular strength and endurance utilizing body weight and equipment enhanced resistance training exercises. Finish up with some yoga-based stretching and you'll feel accomplished and ready to tackle the rest of your week.

FLOW YOGA

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.

MHC THEME CLASSES IN SUPPORT OF THE STUDENT'S ASSOCIATION

SEPT 25TH
Tight n Bright
Circuit Training
for Pride Week!

OCT 10TH
Wear Green at
Beachbody LIVE!
for World Mental
Health Day!

NOV 8TH
Wear Plaid at Zumba
for Movember!

DEC 3RD
Ugly Sweater Day at
Yoga for the Holidays!

FREE

FOR CURRENT
MHC STUDENTS
& EMPLOYEES
(registration required)

MHC ALUMNI \$5 DROP-IN / COMMUNITY \$10 DROP-IN

for info@h131@mhc.ab.ca

