

FITNESS SCHEDULE

JAN 14 - APR 12 (NO CLASSES FEB 18-22)

ALL CLASSES IN H131 Located in portables beside tennis courts.

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



FREE

FOR CURRENT MHC STUDENTS & EMPLOYEES
(registration required)

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

benefit@hmc.ab.ca

MON	TUES	WED	THURS	FRI
		12:10PM - 12:50PM		
HAPPY HOUR YOGA w/Roxanne	SUPER CIRCUIT & STRETCH w/Mandy	INTRO TO BEACHBODY LIVE! w/Lisa	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.

MARK YOUR CALENDARS!

JAN 21 - APR 12 BIGGEST WINNER CHALLENGE

FEB 6 WINTER WALK DAY
Meet at the Main Entrance at 12:10PM for a 30min walk outside.

