

FITNESS SCHEDULE

SEPTEMBER 18TH - DECEMBER 8TH, 2017 (NO CLASSES OCT 9TH & NOV 10TH)

ALL CLASSES IN H131 Located in portables beside tennis courts. (*unless stated otherwise).

WWW.MHC.AB.CA/FITNESS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		12:10PM - 12:50PM		
HAPPY HOUR YOGA w/Roxanne	ZUMBA® w/Pam	INTERVAL FIT w/Lisa	PiYo LIVE® w/Lisa	HOOP & STRENGTH w/Amy *GYM
		4:10PM - 4:50PM		
ZUMBA® w/Pam	BODY BLAST w/Lisa	FLOW YOGA w/Roxanne	POUND w/Jodi	

BODY BLAST
This class will make use of a variety of class formats including cardio and strength workouts for a full body routine!

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.

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

HOOP & STRENGTH
This fitness focused class includes Hoop Play on and off body hooping and resistance training with portable equipment. Great for all levels! (*this class is located in the Gym)

INTERVAL FIT
Total body conditioning based on INSANITY LIVE® MAX Interval Training with multiple modifications.

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.

POUND
Rock out your workout with POUND! Using specially designed weight drumsticks or Rip Stix, this full body workout combines cardio, conditioning and strength with yoga and Pilates movements for a calorie burning fun workout!

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.

TIGHT N' BRIGHT ZUMBA
Celebrate Pride Week, Tue. Sept 26th 12:10-12:50PM in H131!

