



FREE FITNESS CLASSES 2026/27

FOR MHC STUDENTS & EMPLOYEES

FITNESS SCHEDULE 2026/2027

SEPTEMBER 8 - DECEMBER 18, 2026 & JANUARY 4 - APRIL 30, 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:10am-7:50am	7:10am-7:50am	7:10am-7:50am	7:10am-7:50am	7:10am-7:50am
NO CLASSES Please use our Fitness Centre	NO CLASSES Please use our Fitness Centre	NO CLASSES Please use our Fitness Centre	NO CLASSES Please use our Fitness Centre	NO CLASSES Please use our Fitness Centre
12:10pm - 12:50pm	12:10pm - 12:50pm	11:10am - 11:50am	12:10pm - 12:50pm	11:10am - 11:50am
BARRE w/Kim LOCATION: GYM	ZUMBA w/Pam LOCATION: GYM YOGA FLOW w/Erin LOCATION:H131	CIRCUIT w/Paige LOCATION: FITNESS CENTRE	BARRE w/Kim LOCATION: GYM	SPIN w/Paige LOCATION: H130
4:10pm - 4:50pm	4:10pm - 4:50pm	4:10pm - 4:50pm	4:10pm - 4:50pm	4:10pm - 4:50pm
ZUMBA w/Pam LOCATION: H131	SPIN w/Kim LOCATION: H130	NO CLASSES Please use our Fitness Centre	NO CLASSES Please use our Fitness Centre	NO CLASSES Please use our Fitness Centre

NO CLASSES:
Sept 30, Oct 12, Nov 11 & Dec 19-Jan 3
Feb 15, Mar 26, Mar 29
For class descriptions or more info, email khyde@mhc.ab.ca.



MEDICINE HAT
COLLEGE