



FREE FITNESS CLASSES

FOR MHC STAFF & STUDENTS

FITNESS SCHEDULE 2025

SEPTEMBER 8 - DECEMBER 12 (NO CLASSES SEPT 30, OCT 13 AND NOV 11)

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
BODYWEIGHT BURNOUT w/Paige LOCATION: GYM	BOOTCAMP w/Paige LOCATION: GYM	NO CLASSES Please use our Fitness Centre	BOOTCAMP w/Paige LOCATION: GYM	NO CLASSES Please use our Fitness Centre
12:10pm - 12:50pm	12:10pm - 12:50pm	12:10pm - 12:50pm	12:10pm - 12:50pm	12:10pm - 12:50pm
BARRE w/Kim LOCATION: GYM	NEW CLASS! MINDFUL MOVEMENT w/Erin LOCATION: H131	BODYWEIGHT BURNOUT w/Paige LOCATION: GYM	BARRE w/Kim LOCATION: GYM	YOGA FLOW w/Erin LOCATION: H131
	ZUMBA w/Pam LOCATION: GYM			
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	BARRE w/Kim LOCATION: H131	YOGA FLOW w/Erin LOCATION: H131	BOOTCAMP w/Kim LOCATION: H131	NO CLASSES Please use our Fitness Centre

For class descriptions or more info, email khyde@mhc.ab.ca.



MEDICINE HAT
COLLEGE