



FREE FITNESS CLASSES

FOR MHC STAFF & STUDENTS

FITNESS SCHEDULE 2025

APRIL 28 - JUNE 27 (NO CLASS MAY 19)
*PLEASE NOTE, ON APRIL 28TH, MAY 5TH, AND MAY 8TH BARRE CLASS WILL BE HELD IN H131.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	YOGA FLOW w/Erin LOCATION: H131	NO CLASSES Please use our Fitness Centre	BARRE w/Kim LOCATION: GYM*	NO CLASSES Please use our Fitness Centre

H131 IS LOCATED IN THE PORTABLES BESIDE THE TENNIS COURTS.
For class descriptions or more info, email khyde@mhc.ab.ca.