



FREE FITNESS CLASSES

FOR MHC STAFF & STUDENTS

FITNESS SCHEDULE 2024

JANUARY 15 - APRIL 12 (NO CLASSES FEB 19-23, MARCH 29, APRIL 1)

CLASSES IN H131 (LOCATED IN PORTABLES BESIDE TENNIS COURTS.)

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	BODYWEIGHT BURNOUT w/Paige	YOGA FLOW w/Erin	BOOTCAMP EXPRESS w/Paige	YOGA FLOW w/Erin
4:10pm - 4:50pm	4:10pm - 4:50pm	4:10pm - 4:50pm	4:10pm - 4:50pm	4:10pm - 4:50pm
ZUMBA w/Pam	BARRE w/Kim	BOOTCAMP w/Kim	ZUMBA w/Pam	NO CLASSES Please use our Fitness Centre

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