



# FREE FITNESS CLASSES

**FOR MHC STAFF & STUDENTS**

## FITNESS SCHEDULE 2026

**JANUARY 12 - APRIL 24** (NO CLASSES FEB 16, APRIL 3 AND APRIL 6)

SCAN TO  
REGISTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:10am-7:50am	7:10am-7:50am	7:10am-7:50am	7:10am-7:50am	11:10am-11:50am
<b>NO CLASSES</b> Please use our Fitness Centre	<b>BOOTCAMP</b> w/Paige LOCATION: GYM	<b>NO CLASSES</b> Please use our Fitness Centre	<b>BOOTCAMP</b> w/Paige LOCATION: GYM	<b>CIRCUIT TRAINING</b> w/Paige LOCATION: FITNESS CENTRE
12:10pm - 12:50pm	12:10pm - 12:50pm	12:10pm - 12:50pm	12:10pm - 12:50pm	12:10pm - 12:50pm
<b>BARRE</b> w/Kim LOCATION: GYM	<b>MINDFUL MOVEMENT</b> w/Erin   LOCATION: H131 <b>ZUMBA</b> w/Pam   LOCATION: GYM	<b>BODYWEIGHT BURNOUT</b> w/Paige LOCATION: GYM	<b>BARRE</b> w/Kim LOCATION: GYM	<b>YOGA FLOW</b> w/Erin LOCATION: H131
4:10pm - 4:50pm	4:10pm - 4:50pm	4:10pm - 4:50pm	4:10pm - 4:50pm	4:10pm - 4:50pm
<b>ZUMBA</b> w/Pam LOCATION: H131	<b>BARRE</b> w/Kim LOCATION: H131	<b>YOGA FLOW</b> w/Erin LOCATION: H131	<b>BOOTCAMP</b> w/Kim LOCATION: H131	<b>NO CLASSES</b> Please use our Fitness Centre

For class descriptions or more info, email [khyde@mhc.ab.ca](mailto:khyde@mhc.ab.ca).



**MEDICINE HAT  
COLLEGE**

# Fitness Class Schedule Changes

**Tuesday, January 20<sup>th</sup> at 12:10pm**

NO Mindful Movement class at 12:10pm  
(please attend Zumba in the gym)

**Wednesday, January 21<sup>st</sup>, at 4:10pm**

Barre with Kim (not yoga)  
H131

**Monday, February 9<sup>th</sup>: 12:10-12:50pm**

Bootcamp with Paige (not Barre)

**Tuesday, Feb 10<sup>th</sup>: 4:10-4:50pm**

Yoga Flow with Erin (not Barre)

**Thursday, Feb 12<sup>th</sup>: 12:10-12:50pm**

Bootcamp with Paige (not Barre)

**Thursday, Feb 12<sup>th</sup>: 4:10-4:50pm**

Bootcamp with Paige (not Kim)

**Friday, Feb 13<sup>th</sup>: 12:10-12:50pm**

NO YOGA! (please attend the 11:10am class with Paige in the  
Fitness Centre)