

# 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
NO CLASSES Please use our Fitness Centre	BOOTCAMP w/Paige LOCATION: GYM	NO CLASSES Please use our Fitness Centre	BOOTCAMP w/Paige LOCATION: GYM	CIRCUIT TRAINING 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
BARRE w/Kim LOCATION: GYM	MINDFUL MOVEMENT w/Erin   LOCATION: H131 ZUMBA w/Pam   LOCATION: GYM	BODYWEIGHT BURNOUT w/Paige LOCATION: GYM	BARRE w/Kim LOCATION: GYM	YOGA FLOW w/Erin LOCATION: H131
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](mailto:khyde@mhc.ab.ca).



MEDICINE HAT  
COLLEGE