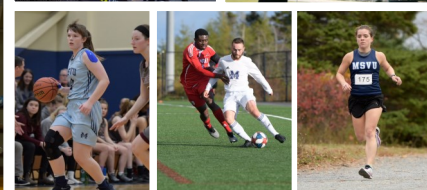


MSVU ATHLETICS & RECREATION STUDENT NEWSLETTER

SEPTEMBER 2020



Your guide to all things fitness, recreation, wellness & varsity! #RECYourlife!

Welcome to your Fitness Centre!

Add some recreation to your life this year! #RECYourlife!

Stay up-to-date on everything Fitness & Recreation by following us on:

Instagram: @MountCampusRec

Facebook: Mount Campus Rec

You receive a **FREE, All-Access Student Pass**, which includes:

- "Get in the ZONE" in-person workouts at the Fitness Centre & gym
- Virtual Fitness Classes
- Campus Rec events, & activities
- 35% off select Recreation Programs (DanceFit, Yoga, etc.)
- Personal Training - Member Rates
- Clubs and Societies to join, and more!



IN THIS ISSUE:

- Become a member
- Stay Connected
- Hours of operation
- Book your in-person workout
- Get in the ZONE
- Virtual Fitness Programs
- Virtual Recreation Programs
- Recreation Events & Activities
- Varsity Sports



VARSITY ATHLETICS

2020-21 SEASON INFORMATION

COVID-19 has brought uncertainty to collegiate sports across the country. This summer, the ACAA announced that Fall sports would be cancelled. As we cautiously, yet optimistically, wait for a decision on Winter sports, we are excited to welcome back our varsity student athletes for the 2020-2021 season!

FALL SPORTS: SOCCER & CROSS COUNTRY

Even though the season has been cancelled, as athletes you know that with adversity comes challenges and opportunities. The challenge to stay motivated. The opportunity to train and stay at the top of your game, as you continue on the academic and collegiate sport path.

TRYOUTS:

Each team will have their own structure for tryouts and team selection. Please contact each Head Coach directly for information on tryout times, training schedules, new COVID-19 protocols, etc.

- Women's Soccer - Head Coach, Danielle Cyr
Email: womens.soccer@msvu.ca
- Men's Soccer - Head Coach, Mark Harnish
Email: mens.soccer@msvu.ca
- Women's & Men's Cross Country - Head Coach, Matthias Mueller
Email: cross.country@msvu.ca

WINTER SPORTS: BASKETBALL & VOLLEYBALL

This will not be the typical start to a varsity season but we are adapting to the COVID-19 regulations to get you back on the court!

TRYOUTS:

Each team will have their own structure for tryouts and team selection. Please contact each Head Coach directly for information on tryout times, training schedules, new COVID-19 protocols, etc.

- Women's Basketball - Head Coach, Mark Forward
Email: womens.basketball@msvu.ca
- Men's Basketball - Head Coach, Ian MacRae
Email: mens.basketball@msvu.ca
- Women's Volleyball - Head Coach, Derek Brooks
Email: womens.volleyball@msvu.ca



STAY CONNECTED



@MountCampusRec (MSVU student updates)
 @MSVUathletics (MSVU Varsity updates)
 @mount_fitnesscentre (Community member updates)



Mount Campus Rec (MSVU student updates)
 Mount Mystics (Varsity updates)
 Mount Fitness Centre (Community member updates)



msvu.ca/fit
msvu.ca/athletics
msvu.ca/rec



@mountmystics
 #goMYSTICSgo



mount.fitness@msvu.ca
athletics@msvu.ca
campusREC@msvu.ca



Mount Fitness Centre
 902-457-6420

MOUNT FITNESS CENTRE

HOURS OF OPERATION

Minimum hours of operation and are subject to change

MUST BOOK 24 HOURS IN ADVANCE.
VISIT MSVU.CA/FIT TO BOOK.

Monday-Thursday: 10:00am - 2:00pm & 4:00pm - 8:00pm
 Friday: 10:00am - 2:00pm & 4:00pm - 7:00pm
 Saturday: 12:00pm - 5:00pm
 Sunday: 12:00pm - 6:00pm

IN-PERSON WORKOUTS IN THE ROSARIA STUDENT CENTRE

JOIN THE MOUNT FITNESS CENTRE!



- **Step #1:** [GET YOUR MOUNT STUDENT ID CARD AT THE LIBRARY.](#)
We will require your student number to activate your pass!
- **Step #2:** [VISIT MSVU.CA/FIT.](#) Find “Become a Member” under the student site.
- **Step #3:** Take the time to carefully read the participation [RELEASE AGREEMENT AND THE UNIVERSITY ACTIVITIES WAIVERS.](#) You will complete these forms in-person when you arrive for your first visit.
- **Step #4:** [BOOK YOUR TIME SLOT at msvu.ca/fit](#)
On your first visit, expect delays. You will be required to complete and sign the university waivers mentioned above, prior to the start of your activity. To accommodate for the delay, we suggest you book two time slots, back-to-back.

BEFORE YOU ARRIVE - BOOK YOUR SPOT 24 HOURS IN ADVANCE



- **Step #1:** [BOOK YOUR TIME SLOT](#), 24-72 hours in advance, online at [msvu.ca/fit](#). Additional booking details available on page 4.
- **Step #2:** [Complete the SELF ASSESSMENT QUESTIONNAIRE](#)
On the day of your workout you will receive a “reminder” email with a link to the SELF ASSESSMENT QUESTIONNAIRE. You **MUST** complete this questionnaire before arriving on campus.
- **Step #3:** [Pack light!](#) [Bring your MASK](#) and a [WATER BOTTLE.](#)
- **Step #4:** [Arrive with MASK ON](#) and [dressed to workout.](#)
Locker Rooms and showers are closed.

Note: Off campus students must check in through McCain.
Rez students only can enter through Assisi Hall.

WHEN YOU ARRIVE - SIGN IN AT MCCAIN FIRST



- **Step #1:** Off Campus students [CHECK IN AT THE MCCAIN BUILDING.](#)
Rez students only can enter through Assisi Hall.
- **Step #2:** [CHECK IN](#) at the front desk with your student ID. You must wear a [MASK](#) during the check-in and check-out process. It can only be removed when you are in your assigned Zone and working out.
- **Step #3:** [ANSWER](#) a screening questionnaire.
- **Step #4:** [SIGN](#) the Release Agreement & University Activities Waivers
- **Step #5:** [Choose your ZONE.](#) See page 4 & 5 for ZONE details
- **Step #6:** [SANITIZE YOUR HANDS](#) and proceed to your ZONE with mask on.
- **Step #7:** [Wash the equipment BEFORE and AFTER use.](#)
- **Step #8:** [Leave through assigned exit with mask on](#)

BOOKING DETAILS FOR IN-PERSON WORKOUTS



FITNESS CENTRE - BOOKING DETAILS

Book your in-person workout at the Fitness Centre, **24 - 72 HOURS IN ADVANCE.**

- Booking time slots are **ONE HOUR** in length. Workout time is 45 minutes, allowing 15 minutes for transitions and cleaning.
- You can book a maximum of two hours per day
- Back-to-back bookings are permitted.
- You book 24 - 72 hours in advance.
- You will chose your ZONE when you arrive.
- Arrival: Please arrive 10-15 minutes in advance. Off campus students must check in through McCain. Rez students only can enter through Assisi Hall.

FITNESS CENTRE - TIME SLOTS

Monday - Thursday: 10am, 11am, 12pm, 1pm, 4pm, 5pm, 6pm, 7pm

Friday: 10am, 11am, 12pm, 1pm, 4pm, 5pm, 6pm

Saturday: 12pm, 1pm, 2pm, 3pm, 4pm

Sunday: 12pm, 1pm, 2pm, 3pm, 4pm, 5pm



GYMNASIUM - BOOKING DETAILS

Book our gymnasium for recreational activities, **24 - 72 HOURS IN ADVANCE.**

- Booking time slots are **ONE HOUR** in length. Activity time in gymnasium is 45 minutes, allowing 15 minutes for transitions and cleaning.
- You can book a maximum of two hours per day
- Back-to-back bookings are permitted.
- You can book 24 - 72 hours in advance.
- You will chose your ZONE when you arrive.
- Arrival: Please arrive 10-15 minutes in advance. Off campus students must check in through McCain. Rez students only can enter through Assisi Hall.

GYMNASIUM - TIME SLOTS

Monday 10am, 11am, 12pm, 1pm, 4pm, 5pm, 6pm, 7pm

Tuesday 10am, 11am, 12pm, 1pm, 6pm, 7pm

Wednesday 11am, 12pm, 1pm

Thursday 11am, 12pm, 1pm, 6pm, 7pm

Friday 10am, 11am, 12pm, 1pm, 6pm

GET IN THE ZONE!

These ZONES have been created to ensure safe, physical distancing while working out. Zone requests can be made when you arrive for your workout. You MUST book a timeslot 24 hours in advance. See pages 3-5 for details.



ZONE #1 ELLIPTICAL ZONE

Includes:
1 Cross trainer
1 All Motion Trainer (AMT)
1 Mat



ZONE #2 CLIMB & RUN ZONE

Includes:
1 Stairmaster Gauntlet
Stepmill
1 Matrix Treadmill



ZONE #3 CARDIO ZONE

Includes:
1 Precor Treadmill



ZONE #4 RACK ZONE

Includes:
1 Precor Treadmill
1 Squat rack
1 Smith machine
1 Preacher Curl bench
barbells, select plates



ZONE #5 FREE WEIGHT ZONE

Dumbbells 3 to 60lb
1 Flat bench
1 Decline bench
1 Incline bench
1 Hyperextension bench



ZONE #6 WEIGHT MACHINE ZONE

Includes: Pec Deck, Leg Curl, Inner/Outer Thigh, Universal multi-station (Roman Chair, Leg Press, Lat Pull Down, High & Low Cables with various attachments)
1 Mat



ZONE #7 TOTAL BODY ZONE

Includes:
1 Spin bike
1 Incline bench
Dumbbells 3 to 15lb
4 Barbells
1 Mat
1 Stability ball



ZONE #8 ROW & GO ZONE

Includes:
1 Rower
1 Recumbent Bike
Dumbbells 3 to 12lb
1 mat



ZONE #9 STRETCH ZONE

Includes:
1 Stability ball
1 Mat



ZONE #10 PYLOMETRIC ZONE

Includes:
3 Plyometric boxes
1 Stability ball
1 Mat



ZONE #11 BIKE & BALL ZONE

Includes:
1 Upright bike
1 Stability ball
1 Mat



ZONE #12 TRIPLE THREAT ZONE

Includes:
1 Life Fitness Cross Trainer
1 Set of kettlebells 5 to 40lb
1 Mat
1 Floor based Boxing Bag
(bring your own gloves)



ZONE #13 DOUBLE CARDIO ZONE

Includes:
1 Precor Stepper
1 All Motion Trainer (AMT),
1 Mat



GYMNASIUM ZONES

- The gym is divided into **6 ZONES**, defined by the section in relation to the basketball net.
- Zones will be assigned at check-in, pending your activity selection.

MOUNT FITNESS CENTRE

VIRTUAL ONLINE WORKOUTS VIA MICROSOFT TEAMS



Live outside of Halifax and can't workout in-person? Try our...

VIRTUAL ONLINE PROGRAMS!

Using Microsoft Teams

The Fitness Programs is FREE for Mount Students and you receive a 35% discount on Recreation Programs.

Sign up today!

BECOME A VIRTUAL MEMBER TODAY!

- **Step #1:** We will require your student number to activate your pass!
- **Step #2:** Email mount.fitness@msvu.ca to request access to your FREE Virtual Fitness Program. Please include your student ID number for verification.
- **Step #3:** We will email you an electronic version of our participation Release Agreement Waiver.
- **Step #4:** Take the time to carefully read and understand the [participation Release Agreement Waiver](#). **Complete and sign the form.**
- **Step #5:** **EMAIL** your completed Release Agreement to mount.fitness@msvu.ca
- **Step #6:** Once received, we will send you the Virtual Fitness Program link. The completed Release Agreement must be emailed to us 72 hours in advance of the class to ensure the class link can be sent in time. Please note: This is a Microsoft Teams link.

[MSVU.CA/FIT](https://msvu.ca/fit)



VIRTUAL FITNESS PROGRAMS

FREE VIRTUAL FITNESS CLASSES

SEPTEMBER 14 - DECEMBER 17

Sign up today! See page 6 for sign up details.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--------|-----------------------------------|
| | Cardio Combo 9:15 to 10:00am | | Yoga 9:15 to 10:00am | | Power 45 9:00 to 9:45am |
| Ballet Body 12:10 to 12:55pm | | Yoga 12:10 to 12:55pm | Core & More 12:10 to 12:55pm | | |
| Strength & Sculpt 5:15 to 6:00pm | Tabata Fit 5:15 to 5:45pm | Box & Tone 6:00 to 6:45pm | Tabata Fit 5:15 to 5:45pm | | |

Ballet Body - A unique approach to muscle toning and endurance! Feel the passion and posture that a dancer develops through regular ballet barre training and other disciplines such as jazz & modern dance and pilates. This class is done barefoot and everyone is welcome - no experience necessary.

Box & Tone - Powerful beats support & inspire a workout blending cardio boxing and core strength. Expect muscle definition and super-charged cardio fitness if you attend regularly. All levels!

Cardio Combo- A taste of classic high/low aerobics mixed with basic step and some athletic drills thrown in. Challenge your heart & lungs, burn mega calories, and feel energized when you're done!

Core & More - Abs & back are only the beginning! In Core & More you will work on functional movement and get a total body workout for the mind and body!

Power 45 - Combining full-body strength training moves with high intensity cardio bursts designed to tone your body, improve your endurance and enhance your well-being. Get and keep your heart rate up and burn more calories in less time!

Strength & Sculpt - Why? Because getting stronger can make you feel healthier and more confident. Every week will include a variety of muscle groups for a complete, full body strength workout.

Tabata Fit - Looking for a challenge? Try this total body system workout that incorporates high intensity exercise bouts with short rest intervals. Only 30 minutes makes it easy to fit in to your life!

Yoga - A must-do class that combines different Yoga styles and stretches to improve your strength, flexibility, balance and peace of mind. The perfect break in your day to leave you calm and refreshed. Different instructors may offer different class structures.

For complete details visit, msvu.ca/fit



35% off

MSVU STUDENTS
receive a discount on
ALL Virtual Recreation
Programs

Virtual Recreation Programs - offered online using Microsoft Teams



DanceFit with *Melissa Millar*

This fan favorite is an easy way to get fit AND have fun at the same time! Every class will include basic dance moves, choreography and will be a workout, but you will forget you are exercising due to the fabulous music and energy of the group. Learn moves from Hip Hop, Bollywood, Disco, Salsa, Merengue and more. This class is for all levels (even those with 'two left feet') so join us to sweat, burn calories, tone, laugh, and de-stress from your day!

Thursdays *Sep 24 - Oct 29* *7:10 - 8:00pm*
Fee: \$41.00 - 35% student discount = \$26.65 + HST



Body Reboot with *Brigitte MacInnes*

Want to feel invigorated, energized and stronger? Burn fat and tone/build muscle? This HIIT based cardio and strength program is designed to give you a MEGA-boost on your own fitness training. These classes involve short but intense cardio intervals, full-body strength moves and a extra dose of abs at the end. Physical assessments are done at the beginning and end to showcase your progress! With a small group class, Body Reboot has a dedicated trainer ready to provide you with training advice to help you reach your fitness goals. Join, meet other awesome people, get your sweat on and leave feeling fit-sational!

Wednesdays & Fridays *Sept 23 - Nov 18* *1:10-1:55pm*
Fee: \$153.28 - 35% student discount = \$99.64 + HST

TO REGISTER: Call 902-457-6420 (Starting Sept 8) or email mount.fitness@msvu.ca today!
Please include your phone number in the email and we will contact you!

#RECYourLife and have FUN with us this year!



Mount Olympics 2020

The Mount Olympics 2020 kick off on September 9! Join the Mount Campus Rec staff and challenge yourself to a series of activities – e.g. Minute to Win It and Dance Challenges. Film your attempt and tag @mountcampusrec for a chance to win a prize. Tune in every Wednesday and Friday for a new challenge throughout the semester, the more challenges you participate in the greater chance you have at winning the grand prize in December!



Let's have FUN and RUN!

Intro to Running Club

This virtual run club is a great way to keep you motivated, meet friends and have lots of FUN! Everyone is welcome! Looking to try running for the first time? Follow along the introduction to running program with Recreation Coordinator, Brittany Lowe. We will have one weekly group check-in but the schedule is flexible and whatever works for you—run on your own time! There will be weekly challenges, themes, and much more. Email campusrec@msvu.ca to sign up TODAY!



RUN WALK ROLL

Virtual Kilometre Challenge: Looking for fun ways to stay active? We have a challenge to spark your motivation! Let's get moving and see how many kilometres we can log through active transportation (run, walk, bike, roll, or move however you choose!). You'll have from Monday, September 21 until Friday, October 16th to accumulate the kilometres.

Sign up for this friendly competition by emailing campusrec@msvu.ca. We will send you a link to log your daily distance. You don't need a special app, track your kilometres however works for you!

REC Society

We've gone virtual but there are still lots of opportunities to get involved! Meet new friends, develop your event planning skills, have FUN and enhance your CCR. **Everyone Welcome!**

Email campusrec@msvu.ca to sign up and get involved.

Co-Curricular Record (CCR)

CCR is an official document where you can record your involvement in activities including REC Society, Varsity Athletics, and other Athletics & Recreation volunteer opportunities. Validate your experience outside the classroom, impress future employers or grad schools, and make your applications stand out! Start yours today! careerconnects.msvu.ca



 @mountcampusrec

 Mount Campus Rec



Come hangout at the

VIRTUAL CROW'S NEST



This fall semester may look different. We may not be able to explore campus and be with friends our favourite spaces, but that doesn't mean we can't still hangout together! Visit the Virtual Crow's Nest and join us for a variety of fun and interactive virtual activities on Microsoft Teams! Visit msvu.ca/hangout for more information.

Trivia Night

September 15 & September 29

8:30 - 9:30pm

Join Mount Campus Rec for a virtual Trivia Night. Make new friends while testing your knowledge in this fun new format! All you need is a device to follow along and participate from home!

DanceFIT: FREE Trial

September 17 7:10 - 7:40pm

Get up and DANCE with this FREE session of DanceFit! Melissa from the Mount Fitness Centre is here to show you just how fun a virtual dance class can be! With dance moves from Hip Hop, Bollywood, Disco, Salsa, Merengue and more, it's an easy way de-stress from your day, get fit AND have fun at the same time! This class will give you a taste of what will be offered during our fall DanceFit virtual recreation program. More details on that program are available at msvu.ca/fit

Kitchen Party

September 17 9:00 - 10:00pm

Get into the East Coast groove with a virtual Kitchen party! We have added our own spin to this classic East Coast tradition and YOU are invited! Students are welcome to hangout, share stories and music. The event will be Open Mic - if you wish to perform please email campusrec@msvu.ca by September 16.

Game Night

September 22 8:30 - 9:30pm

Join Mount Campus Rec for a little friendly competition and a whole lot of FUN! We've moved to a virtual format but we will be sure to have classics like Pictionary and lots of laughs with Bad Lip Reading! A guaranteed good time!

Paint Night

September 24 8:00 - 9:30pm

Join Mount Campus Rec for a fun, relaxing time with our virtual paint night! Supplies will be posted online at msvu.ca/hangout in advance of the event. Hope to see you there!