

THE MOUNT FITNESS CENTRE

COMMUNITY PROGRAM FLYER

WINTER 2021

 Mount Fitness Centre

 @mount_fitnesscentre

 msvu.ca/fit

 902-457-6420



VIRTUAL WINTER PROGRAMS ON SALE NOW!

HAPPY NEW YEAR to all our community members!

As 2021 brings new opportunities for health and wellness, we hope you continue to find ways to bring joy into your life.

Although our in-person facility access is currently available only to Mount students, staff and faculty, we continue to offer quality virtual programs for everyone to enjoy.

Check out what we have to offer and what our virtual participants have to say!

Register today by calling 902-457-6420

MEMBERSHIP UPDATE

With our current COVID-19 protocols and phased university access plan, in-person facility access for community members is not available at this time.

If you were a member at the time of our March 2020 closure due to COVID-19, you were eligible to keep your membership on hold, transfer your membership to a pro-rated credit for use on virtual program purchases, or request a refund.

If you have any questions regarding your account, please contact us at mount.fitness@msvu.ca or 902-457-6420.

VIRTUAL PROGRAMS PARTICIPANT TESTIMONIALS:

"This program gave me motivation, a sense of being on a team, and excellent workouts."

"Lots of options made it possible for me to complete the workout and feel amazing at the end."

"Great for beginners. Loved that it was during lunch hour so I could easily fit in my schedule, and a half hour. Looked forward to it each Tuesday."

"Fantastic instructor. Knowledgeable, personal and great content."

"The instructor is very enthusiastic/knowledgeable in the field of fitness. She was great!"

For complete details call 902-457-6420 or visit

msvu.ca/fit

VIRTUAL FITNESS PROGRAM

12 classes per week for 12 weeks!

Just \$75.00 + HST

JANUARY 7 - APRIL 3, 2021

REGISTER TODAY! 902-457-6420

Classes are taught through Microsoft Teams.

Please allow 72 hours to receive your program link.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Strength & Sculpt 9:15 to 10:00am Delores		Mpowered 9:15 to 10:00am Melissa		Power 45 9:00 to 9:45am Brigitte
Yoga 12:10 to 12:55pm Melissa	Total Body 30 12:10 to 12:40pm Brigitte	Ballet Body 12:10 to 12:55pm Melissa	Stand Tall, Stand Strong 12:10 to 12:40pm Brigitte	Yoga 12:10 to 12:55pm Delores	
Power 45 5:15 to 6:00pm Brigitte	Tabata Fit 5:15 to 5:45pm Brigitte	Yoga 7:00 to 8:00pm Caroline	Tabata Fit 5:15 to 5:45pm Brigitte		

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.

Mpowered - LOW impact. HIGH intensity! This MOUNT signature workout is the perfect way to build bodies, not break them. Using items generally found around the house you will do both strength and cardio intervals for a class experience like NO OTHER! Spark your metabolism and burn calories like a pro.

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!

Stand Tall, Stand Strong - Spending more time at a computer these days? Posture suffers, as does the muscle balance our body needs! This 30 minute class will focus on strengthening, stretching, balancing, and realigning your body to help you stand tall! It will help improve your coordination, endurance, bone density and body awareness. With a wide variety of exercises, for all levels, you will not want to miss this.

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. All done with equipment you have at home.

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.

Total Body 30- A high intensity interval training (HIIT) class, alternating between short periods of strength and cardio exercises. This class works the whole body and is exciting, fun and quick to do. Increase your fitness level, build lean muscle, burn calories, and increase energy. An optional 10 minute stretch is offered at the end for those who want to stay!

Yoga - This 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

MFC VIRTUAL

RECREATION PROGRAMS

REGISTER TODAY! CALL 902-457-6420



All programs are taught through Microsoft Teams. Please allow 72 hours to receive your program link.

DANCEFIT with Melissa Millar

INTRO Class: January 18 7:10-8:00 p.m.

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!

Mondays 7:10 - 8:00pm
January 25 – March 22 (No class February 15)
Fee: \$50.00 +HST

TAMING TENSION & FINDING FOCUS

Last year was rough. This is especially true for those who continue to navigate new roles and procedures at home, school and work. Join Grant Hatcher, experienced meditation instructor, for this online program to help you learn a variety of relaxation techniques for processing and letting go of difficult emotions that these times may bring. In addition, you will learn ways to maintain your attention and help you focus on the tasks at hand in order to create a sense of accomplishment and peace.

Tuesdays 12:30 - 1:00pm
February 2 – 23
Fee: \$20.00 +HST

INTRO CLASSES



Are you new to virtual programs?
Or wondering what a program is all about?
Take advantage of a one time intro class
for select Recreation Programs:

- **Reboot 2.0**
Friday, January 15 from 1:10-1:55 p.m.
- **DanceFit**
Monday, January 18 from 7:10-8:00 p.m.
- **Wellness Boot Camp**
Sunday, January 24 from 4:00-4:45 p.m.

Register today by calling
902-457-6420!

For complete details visit
msvu.ca/fit

MFC VIRTUAL RECREATION PROGRAMS

REGISTER TODAY! CALL 902-457-6420

All programs are taught through Microsoft Teams. Please allow 72 hours to receive your program link.

INTRO Class:
Sunday, January 24
4:00-4:45 p.m.

WELLNESS BOOT CAMP



CHECK OUT OUR NEW VIRTUAL WELLNESS PROGRAM FOR WOMEN! WITH MELISSA MILLAR

Do you often leave your own self-care to the last and then feel too tired to do anything? Do you range between feeling like your head is just above water and feeling totally overwhelmed?

DOES THIS SOUND LIKE YOU?

Under regular circumstances we can all fall into a pattern of forgetting to care for our own wellbeing and right now our lives are anything but regular! It's time to choose you and make small changes toward greater well being and happiness. That includes: physical strength, energy and endurance mental strength, emotional stability and overall self-confidence and self-esteem. If you are ready to do this, join us for a six week virtual training program!

THIS PROGRAM INCLUDES:

- A wellness assessment covering elements such as fitness, mental & emotional strength, sleep, social & spiritual wellbeing & more.
- Recorded workouts to do at home ranging from 10-30 minutes (including strength, cardio, flexibility and guided meditations.)
- 1 virtual group session per week (40-50 minutes)
- Private Facebook group for participants.
- Shared access to weekly logbook for tracking activities.
- A 30 minutes "one-on-one" virtual session with trainer to set goals and provide relevant personal info.
- Topics covered may include: mindfulness, menopause, family, stress management, self-esteem, posture, healthy eating, muscle strength, body shaming/body love and work/home life balance during COVID-19.
- **ONE-TIME BONUS:** access to our Virtual Fitness Class schedule for the duration of this program (12 classes per week), valued at \$75.00 +HST.



6 WEEK SESSION: January 31 – March 12, 2021

SPECIAL LAUNCH RATE: \$150.00 +HST



WOMEN'S SELF DEFENCE

Are you ready to develop skills like assertiveness, awareness, and intuition training? This dynamic system of self defence, Women's Awareness Survival Program, is for women aged 18 years old and above. The virtualized program will utilize a PowerPoint presentation to discuss aspects of self defence including the above and the psychology of violence, physical defence, threat assessment, and so much more. You will be introduced to physical combat using videos as well as interactive practise with the instructors. This program is an eye-opening, life-altering journey that will build your self-confidence and self-esteem.

Mondays 6:30 - 8:00pm

February 22 & March 1

Fee: \$25.00 +HST

For complete details visit
msvu.ca/fit

MFC VIRTUAL RECREATION PROGRAMS

REGISTER TODAY! CALL 902-457-6420

All programs are taught through Microsoft Teams. Please allow 72 hours to receive your program link.

REBOOT 2.0

INTRO Class: Friday, January 15 from 1:10-1:55 p.m.

2020 HAS BEEN ROUGH ON OUR BODIES, MINDS AND SPIRITS. DO YOU NEED A REBOOT?

Join this small team of people to work towards greater energy, improved mood, focus, strength and endurance and the feeling like the last year WASN'T a complete write off!

WHY CHOOSE VIRTUAL REBOOT 2.0 OVER OTHER VIRTUAL FITNESS CLASSES?

- This UNIQUE and highly effective exercise format called HIRT, High Intensity Resistance Training can boost your metabolism, increase fat burning, improve muscle strength and reduce boredom.
- You can borrow an equipment bundle! Items could include: medicine ball, step and risers, gliding discs, or dumbbells.
- Small group for personalized attention: 1 trainer for just 8 people!
- Virtual wellness assessments to measure successes.
- A one-on-one video call between you and the trainer to establish personal goals and troubleshoot the workout plan.
- Stay accountable with a dedicated Facebook group.

Wednesdays & Fridays 1:10-1:55pm
January 20 - March 12 (8 weeks)
\$150.00 +HST



PERSONAL TRAINING

Virtual options available!

Are you feeling tired, unfit and need some help getting a fitness program started? Or need help adapting your at-home workouts for the coming winter? Prepare now with personalized attention from one of our certified instructors.

Our packages:

- Your choice of a 3, 5 or 10 session package
- Are one-on-one to stay focused on your goals!
- May include goal setting and fitness assessments if desired.
- All sessions are one-hour in length, but can be split into half hours.
- Sessions will be held virtually through Microsoft Teams.

For complete details visit msvu.ca/fit or email Melissa at: melissa.millar1@msvu.ca



LAST CHANCE!

Time is running out! **January 7, 2021** is the final day to purchase a Mount Mystics Trip of the Month Lottery Ticket!

Every ticket has 36 chances to win!

Each month 3 tickets will be drawn with the chance to win:

1st prize: a TRIP FOR TWO or take the CASH PRIZE!

2nd prize: \$250.00

3rd prize: \$100.00

Your ticket will be entered into every draw each month.

50/50 add-on option is BACK!

Last year's winner took home \$5945.00 cash prize!



Tickets are \$100

Over \$40,000 in prizes to be won

Only 1000 tickets available for purchase

902-457-6420

msvu.ca/lotto



Thank you for supporting Mount Athletics!