



MSVU ATHLETICS & RECREATION STUDENT NEWSLETTER

NOVEMBER 2020



Get in the ZONE at the Mount Fitness Centre!

ALL Mount students receive a FREE ALL-ACCESS PASS to the Mount Fitness Centre!



Includes:

- In-person Facility workouts with in our newly designed "ZONES"
 - Zones are assigned upon arrival on a first come, first serve basis. Visit msvu.ca/fit for zone details
- FREE 20 minute orientation
- Virtual Fitness Classes
- Campus Rec events & activities in the Virtual Crow's Nest
- 35% off select Recreation Programs (DanceFit, Yoga, etc.)
- Personal Training - Member Rates

To workout in-person, you must:

- Book a time slot at msvu.ca/fit using your MSVU email account.
- On the day of your workout, complete the Mount's ONLINE CHECK-IN FOR CAMPUS ACCESS FORM, prior to arrival.
- Complete the MSVU Participation Release Agreement and University Activities Waiver on your first visit.

Hours of operation:

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



Stay up-to-date on everything Recreation & Fitness by following us on:
Instagram: @MountCampusRec
Facebook: Mount Campus Rec



NEW CLASSES
COMING SOON!

VIRTUAL FITNESS PROGRAM

JOIN VIRTUAL FITNESS ANYTIME!

All current Mount students can access the Virtual Fitness Program for FREE!

Sign up today by emailing mount.fitness@msvu.ca. Classes are taught through Microsoft Teams.

Everything in the Fitness Schedule is included in your student All-Access pass!

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

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!

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.

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.

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.

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 - 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

COMING SOON!
Finding Calm in the Chaos

MEDITATION



- Virtual program offered through Microsoft Teams
- Instructors: Grant Hatcher and Melissa Millar
- This program is available to everyone!

Life is never easy, but that's especially true during these uncertain times. Join Grant and Melissa for this 2-hour workshop and start the process of feeling calmer and better able to thrive. Melissa will start with a relaxing Yoga flow to get the body moving and warmed up. Then Grant will lead you in a hands on learning approach to various meditation techniques that help keep you calm and process the complex emotions that difficult situations induce. Leave with tools that will support you long into the future.

Sunday, November 22

3:00 - 5:00pm (AST)

Fee: \$30.00 - 35% MSVU Student discount = **\$19.50+HST**

TO REGISTER, call 902-457-6420

Please register a minimum of 72 hours in advance to allow for the completion of our participation Release Agreement and program link access.

PERSONAL TRAINING

In-person and 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 and access to the Mount Fitness Centre!

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.
- Can be held in-person at the Mount Fitness Centre OR virtually through Microsoft Teams.

Your health and safety is important to us! We have worked hard to adapt our space to welcome you back. COVID-19 protocols have been implemented at the Mount Fitness Centre and will apply to Personal Training sessions.

For complete details visit msvu.ca/fit

#RECYourLife and have FUN with us this year!

Hangout with Mount Campus Rec in the

VIRTUAL CROW'S NEST



msvu.ca/hangout

Trivia Night - General Knowledge

Tuesday, November 17 9:00-10:00 P.M.

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!

Paint Night

Thursday, November 19 8:00P.M.

Explore your creative side by taking part in our guided virtual paint night. Supply options will be posted online at msvu.ca/hangout in advance to the event. Hope to see you there!

Game Night

Tuesday, November 24 9:00-10:00 P.M.

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!

Trivia Night - Grey's Anatomy Themed

Tuesday, December 1 9:00-10:00 P.M.

It's Trivia Tuesday! Do you love Grey's? Join us and test your knowledge of the fan favourite TV show with a virtual trivia night. Meet new people while testing your knowledge! All you need is a device to follow along and participate from home!

MOUNT OLYMPICS 2020

It's not too late to try the Mount Olympics challenges! Join Mount Campus Rec staff and challenge yourself to a series of activities e.g. Min to Win It and Dance Challenges. Film your attempt and tag @mountcampusrec for a chance to win a prize. Tune in to our Instagram story Wednesdays throughout the semester for a new challenge, the more challenges you participate in the greater chance you have at winning a grand prize in December!

Missed a challenge?

Visit our Instagram Highlights to catch up!



Interested in joining
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!

MOUNT MYSTICS SENIOR RECOGNITION

Thank you for your contributions to the Mystics
varsity program! #OneWayTogether

Women's Soccer



Allana Khoury #16



Ally Seamone #6



Breagh Laing #3



Carly Johnston #4



Julia Short #5



Men's Soccer



Poku Ofori-Atta #17



Donald Dewolfe

Cross Country



WE CAN STILL DREAM

Mount Mystics Trip of the Mount Lottery

Every ticket has 36 chances to
win. Only 1000 tickets sold!

Monthly Draw:

1st Prize - Trip for two
OR take the cash prize!

2nd Prize: \$250

3rd Prize: \$100

50/50 Draw:

One time only! Jan 8, 2021

LAST YEAR'S PRIZE: \$5945

Purchase your ticket today!

902-457-6420

msvu.ca/lotto

