



VIRTUAL FITNESS PROGRAMS

Virtual Fitness Program Schedule

SEPTEMBER 21 - DECEMBER 17, 2020

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.

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.

For complete details visit, msvu.ca/fit