



# Virtual Fitness Program Schedule

JANUARY 7 - APRIL 3, 2021

TO REGISTER: CALL 902-457-6420

New class times or styles are indicated below in yellow.

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

**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** - 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.