

GROUP FITNESS PROGRAM

JOINING LATE? WE WILL PRORATE!

MARCH 8 - 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
	NEW! Core & Recover 9:15 to 10:00am Delores		MPowered 9:15 to 10:00am Melissa		NEW: HIIT 50/50 9:00 to 10:00am Brigitte
Yoga 12:10 to 12:55pm Melissa	Total Body 45* 12:10 to 12:55pm Brigitte	Ballet Body 12:10 to 12:55pm Melissa	Stand Tall. Stand Strong.* 12:10 to 12:55pm Brigitte	Yoga 12:10 to 12:55pm Delores	
Power 45 5:15 to 6:00pm Brigitte	Tabata Fit* 5:15 to 6:00pm Brigitte	Yoga 7:00 to 8:00pm Caroline	Tabata Fit* 5:15 to 6:00pm Brigitte		

NEW hybrid classes (in-person & virtual) are highlighted above in yellow. Please book your spot online if you wish to attend in person.

**The following classes have been changed from 30 minutes to 45 minutes: Tuesday 12:10pm & 5:15pm & Tuesday 12:10pm & 5:15pm*

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 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. Designed for all levels, you will not want to miss this.

NEW! Core & Recover - First you challenge the centre of your body with exercises designed for strength and endurance with no equipment necessary. Then, you breathe and unwind. Recover provides guided stretches to improve daily function and prevent injury, as well as relaxation time to release stress and anxiety. What more could you want to feel strong and calm?

Tabata Fit* - Looking for a challenge? Try this total body system workout that incorporates high intensity exercise bouts with short rest intervals. Only 45 minutes makes it easy to fit in to your life.

Total Body 45* - 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.

NEW! HIIT 50/50 - If you want a complete workout this class is for you! It's 50% cardio, 50% weight training, and 100% fun! Exercises include plyometrics, agility, core and strength moves for a non-stop pace that will work every muscle group. Come prepared to raise your heart rate, burn fat and torch calories with the afterburn. All fitness levels welcomed!

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