

GROUP FITNESS CLASSES

Effective April 6, 2026

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|---|
| 9:15-10:00am Classic Cardio | NEW 9:15-10:00am Total Body Toning | 9:15-10:00am Body Balance | NEW 9:15-10:00am Step & Pump | 9:00-10:00am Yoga | 9:00-10:00am Step & Pump Hybrid Class |
| 12:10-12:55pm Yoga Fusion Hybrid Class | NEW 12:10-12:55pm Functional Fitness Hybrid Class | 12:10-12:55pm Yoga Hybrid Class | 12:10-12:55pm Core & More Hybrid Class | 12:10-12:55pm Power & Stability Hybrid Class | 10:15-11:15am Kick & Tone |
| 5:15-6:00pm Interval Step Hybrid Class | 5:15-6:00pm Power & Stability Hybrid Class | 5:15-5:45pm Core & Stretch Hybrid Class | 5:15-6:00pm Boot Camp | In-person and Hybrid class options available. Hybrid Classes are offered in-person and virtually, at the same time. | |
| 6:15-7:00pm Line Dancing | 6:15-7:15pm Zumba | 5:45-6:15pm Core & Stretch Hybrid Class | | | |

For up-to-date class schedules, instructor information, descriptions and to book your class, please scan the QR code or visit our website.

msvu.ca/fit

