

GROUP FITNESS CLASSES

Winter schedule starts January 5, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:00am Classic Cardio NEW	9:15-10:00am MPowered	9:15-10:00am Body Balance	9:15-10:00am Interval Groove	9:00-10:00am Yoga	9:00-10:00am Step & Pump Hybrid Class
12:10-12:55pm Yoga Fusion Hybrid Class	12:10-12:55pm Balls & Bands 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	10:15-11:00am Kick & Tone Starts Jan. 17 NEW
5:15-6:00pm Interval Step Hybrid Class	5:15-6:00pm Power & Stability Hybrid Class	1:10-1:55pm Kickboxing for Fitness Hybrid Class NEW	5:15-6:00pm Boot Camp		
6:15-7:00pm Line Dancing NEW	6:15-7:15pm Zumba	5:15-5:45pm Step Hybrid Class			
		5:45-6:15pm Core & Stretch Hybrid Class			

In-person and Hybrid class options available. Hybrid Classes are offered in-person and virtually, at the same time.

msvu.ca/fit



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