

# MFC GROUP FITNESS CLASSES

Winter schedule starts January 8, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 - 10:00am <b>Walk It Out</b> with Melissa		<b>NEW</b> 9:15 - 10:00am <b>Line Dancing</b> with Delores	9:15 - 10:00am <b>Interval Groove</b> with Melissa	9:00 - 10:00am <b>Yoga</b> with Charles	9:15 - 10:00am <b>Step &amp; Pump</b> with Delores
12:10 - 12:55pm <b>Yoga</b> Hybrid Class with Annie	12:10 - 12:55pm <b>Barre Fitness</b> Hybrid Class with Melissa	12:10 - 12:55pm <b>Yoga</b> Hybrid Class with Melissa	12:10 - 12:55pm <b>Core &amp; More</b> Hybrid Class with Delores	12:10 - 12:55pm <b>Total Body Toning</b> Hybrid Class with Caroline	
Free Wellness class! 1:00 - 1:30pm <b>Nap or Stretch</b> with Annie			Free Wellness class! 1:00 - 1:30pm <b>Nap or Stretch</b> with Melissa		
5:15 - 6:00pm <b>Core &amp; More</b> Hybrid Class with Keri	5:15 - 6:00pm <b>Strength Yoga</b> Hybrid Class with Charles	5:15 - 5:45pm <b>Cardio Burn</b> Hybrid Class with Keri	<b>NEW</b> 5:15 - 6:00pm <b>Power &amp; Stability</b> Hybrid Class with Caroline		
	6:15 - 7:15pm <b>Zumba</b> with Tina	5:45 - 6:15pm <b>Core &amp; Stretch</b> Hybrid Class with Keri	7:15 - 8:15pm <b>Yoga</b> Hybrid Class with Annie		



For up-to-date class schedules, descriptions and to book your class, please scan the QR code or visit [msvu.ca/fit](https://msvu.ca/fit)

In-person and Hybrid class options available.

A Hybrid Class is offered in-person and virtually, at the same time.

