



GROUP FITNESS

Class schedule: Summer 2025

Visit msvu.ca/fit for bi-weekly class options from June 16-September 1, 2025.

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|----------------------|-----------------------------|
| 9:15-10:00am Walk & Step Until June 23 | 9:15-10:00am MPowered | 9:15-10:00am Line Dancing | 9:15-10:00am Interval Groove | 9:00-10:00am Yoga | 9:15-10:00am Step & Pump |
| 12:10-12:55pm Yogalates Hybrid Class | 12:10-12:55pm Bands & Balls Hybrid Class | 12:10-12:55pm Yoga Hybrid Class | 12:10-12:55pm Core & More | | |
| 5:15-6:00pm Hybrid Class June 16 & 23 Interval Step June 30-Aug 25 Core & More |  5:15-6:00pm Boot Camp | 5:15-6:15pm Step & Pump Hybrid Class | <p>For up-to-date class schedules, instructor information, descriptions and to book your class, please scan the QR code or visit our website.</p> <p>msvu.ca/fit</p>  | | |