

ATHLETICS & RECREATION

STUDENT NEWSLETTER

JANUARY & FEBRUARY 2019 - PROGRAMS & ACTIVITIES





Mount Students are Members!

No additional fee required for membership activation.



STAY CONNECTED!

Welcome to your Fitness Centre!

Rosaria Student Centre, 2nd Floor

Your Fitness & Facility Combo Membership includes:

A FREE 20 minute Fitness Centre Orientation (sign up at the front desk)
Weight Room, Fitness Classes, Intramurals, Club Sports & Locker Room access.

Additional Programs & Activities:

- 50% off select Active Living Programs (Yoga, Zumba, Karate, etc.)
- Personal Trainers - Member Rates
- Campus Rec Activities
- Rec Society, Clubs
- Special events
- Employment & Leadership opportunities

Become a member today!

Step #1: Go to the Mount Fitness Centre in Rosaria Centre

Step #2: Present your 2018-19 MOUNT Student ID card

Step #3: Complete the release agreement. It's that easy!



Monday - Thursday:	6:30am - 9:30pm
Friday:	6:30am - 8:00pm
Saturday:	7:30am - 5:00pm
Sunday:	8:00am - 9:30pm



@mount_fitnesscentre
@MountCampusRec
@MSVUathletics



Mount Fitness Centre
Mount Campus Rec
Mount Mystics



@mountmystics
#goMYSTICSgo



msvu.ca/fit
msvu.ca/athletics



mount.fitness@msvu.ca
athletics@msvu.ca
campusREC@msvu.ca




Mount Fitness Centre
902-457-6420

Group Fitness Schedule

JANUARY 3 - APRIL 8, 2019

Class descriptions available at: msvu.ca/fit

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15 - 7:00AM CIRCUIT 7:00 - 7:20AM RECOVER Brigitte/Eric		6:15 - 7:00AM MPOWERED 7:00 - 7:20AM RECOVER Brigitte/Eric			8:00 - 8:45AM POWER 45 Brigitte/Eric	
9:15 - 10:15AM	BOX & BURN Brigitte	CORE & MORE Margot	CLASSIC CARDIO Terri	BODY BALANCE Margot	YOGA Brigitte	9:00 - 9:45AM STEP 'N PUMP Delores	
						9:45 - 10:15AM CORE & RECOVER Delores	10:30 - 11:00AM STRONG 30™ Wanda -Starts Jan 13
12:10 - 12:55PM	YOGA Hayley	BALLET BODY Melissa	YOGA Melissa	CORE & MORE Brigitte	BALLET BODY Terri		11:00 - 11:30AM RECOVER Wanda -Starts Jan 13
1:00 - 1:30PM		RECOVER Melissa		RECOVER Brigitte	 <p>MOUNT Fitness Centre</p> <p>NEW classes (shaded) will run for a trial period only until interest is determined.</p>		
5:00PM	5:10 - 5:55PM MPOWERED Melissa	5:15 - 5:45PM TABATA FIT Brigitte/Eric	5:10 - 5:55PM BOX FIT Melissa	5:15 - 5:45PM TABATA FIT Brigitte/Eric			
6:00PM	6:00 - 7:00PM STRENGTH & SCULPT Jennifer	6:15 - 7:00PM STEP TRAINING Delores	6:00 - 7:00PM BOSU Jennifer	6:15 - 7:00PM STEP 'N PUMP Delores			
7:05 - 7:50PM		YOGA Delores		YOGA Michelle			

PERSONAL TRAINING SPECIALS! Available from JANUARY 2 - 25

On sale now at the Mount Fitness Centre. Rosaria Centre 2nd floor or by phone 902-457-6420

50% off FIVE Partner Sessions, 1 hour per session

Members: **NOW \$75.00** per person. Only \$15 per session.

Non-Members: **NOW \$92.50** per person. Only \$18.50 per session.

*Members regularly pay \$150.00 each. Non-Members regularly pay \$185.00 each.

35% off FIVE 1-on-1 Sessions, 1 hour per session

Members: **NOW \$140.00**. Only \$28.00 per session.

Non-Members: **NOW \$175.00**. Only \$35.00 per session.

*Members regularly pay \$189.00. Non-Members regularly pay \$235.75

All prices include HST



TRX Training for ONLY \$15.00

Need something NEW & INTERESTING to spice up your workouts? Book a 30min TRX workout with a Personal Trainer for just \$15.00

Call 902-457-6563 to register!

Active Living Programs

For program descriptions, visit
msvu.ca/fit

Mount Students receive 50% off select programs.
Discount reflected in the "Mount Student Fee" column

Program	Date	Time	Location	Mount Students Pay:
Aikido Club	Tues, Wed, Fri, Jan 8 - Apr 5	Tues 4:00 - 5:30pm Wed 4:30 - 6:00pm Fri 5:30 - 7:30pm	Evar C410	\$62.37 (\$70 HST included) per term
African Drumming Beginner	Tuesdays, Jan 15 - Feb 19	6:00 - 7:00pm	Rosaria 212	With drum: \$91.30 (\$105 HST inc) Without drum: \$117.40 (\$135 HST inc)
African Drumming Intermediate	Tuesdays, Jan 15 - Apr 2	7:05 - 8:05pm	Rosaria 212	With drum: \$182.60 (\$210 HST inc) Without drum: \$234.78 (\$270 HST inc)
African Dance	Saturdays, Jan 26 - Feb 16	11:30am - 12:30pm	Ex. Studio	\$24.78 (\$28.50 HST included)
Body Reboot (Team Training)	Mon, Wed, Fri, Jan 28 - Apr 1	1:05 - 1:50pm	Ex. Studio	3 times per week: \$119.56 (\$137.50 HST included) 2 times per week:
DanceFit	Mondays, Jan 21 - Mar 25	7:10 - 8:00pm	Ex. Studio	\$24.35 (\$28.00 HST included)
Karate Adult	Thurs & Sat. Jan 10 - Aug 24 Classes reduced in July & Aug	Th 7:30 - 8:45pm Sat 9:15 - 10:30am	Gym	\$139.13 (\$160.00 HST included)
Mindfulness Practise	Thursdays, Jan 17 - Feb 7	12:10 - 12:55pm or 1:10 - 1:55pm	Evar C410	\$17.39 (\$20.00 HST included)
Pound	Tuesdays, Jan 29 - Mar 26	8:00 - 8:45pm	Ex. Studio	\$24.35 (\$28.00 HST included)
Self-Defense for Women	Mondays, Jan 14 - Feb 4	7:00 - 9:00pm	Evar C410	\$26.96 (\$31.00 HST included)
Stretch Lab 101 (Team Training)	Mon & Fri, Jan 21 - Feb 15	5:00 - 5:45pm	Mondays: Evar C410 Fridays: Ex. Studio	\$75.00 (\$86.25 HST included)
Traditional Yoga	Wednesdays, Jan 16 - Apr 3	6:30 - 8:00pm	Evar C410	\$65.22 (\$75.00 HST included)
	Fridays, Jan 18 - Apr 5	12:05 - 1:00pm	Evar C410	\$43.48 (\$50.00 HST included)
Women's Weight Training Beginner	Thursdays, Jan 17 - Feb 7	7:15 - 8:00pm	Weight Room	\$21.74 (\$25.00 HST included)
Women's Weight Training Intermediate	Thursdays, Feb 14 - Mar 14	7:15 - 8:00pm	Weight Room	\$21.74 (\$25.00 HST included)
Zumba Step Fusion	Sundays, Jan 20 - Mar 3	3:30 - 4:30pm	Ex. Studio	\$16.95 (\$19.50 HST included)
Zumba Toning	Wednesdays, Jan 30 - Mar 27	7:15 - 8:15pm	Ex. Studio	\$22.61 (\$26.00 HST included)
	Saturdays, Feb 2 - Mar 30	10:20 - 11:20am	Ex. Studio	\$22.61 (\$26.00 HST included)

2019 FREE Intro Classes

MOUNT
Fitness Centre

Active Living Programs



AFRICAN DRUMMING

FREE TRIAL: Tues, Jan 8 6:00 - 7:00pm Rosaria 212

Rhythm, energy, team work, coordination! Improve these and more in African Drumming with a teacher who brings experience and knowledge of West African rhythms. In a fun and relaxed environment, you will learn the history of the drum, proper sounds and drumming technique. Drums will be provided if you do not have one. Don't miss your chance to experience this FREE before registering for the program which starts Jan 15th!



ZUMBA STEP FUSION

FREE TRIAL: Thurs, Jan 10 6:15 - 7:00pm Exercise Studio

Take the work out of workout and have a blast in this fusion of ZUMBA dance fitness and STEP. Sweat your way out of any stressful day with these guaranteed calorie burning workouts.

This program will run on Sundays 3:30 - 4:30pm starting Jan 20.



MINDFULNESS PRACTISE & STRETCH LAB 101

FREE TRIAL: Mon, Jan 14 5:00 - 6:00pm Evaristus C410

Wishing for more calm, quiet and flexibility for your body? Craving relaxation for your mind? This is the place for you. The first half hour will sample our NEW program: **Stretch Lab 101** with Brigitte & Amir. The second will cover **Mindfulness Practise** with Grant. Get all the info you need and try out the program activities before you pay! Mindfulness starts January 17 and Stretch Lab 101 on January 20.



DANCE TRIO DEMO FREE TRIAL: Mon, Jan 14 7:10 - 8:15pm Exercise Studio

A lively introduction to three fantastic dance programs: **African Dance**, **DanceFit** and **Zumba Toning**. Come for the info to help you decide which program to take and for an amazing workout. Learn from the pros why dancing is more than just physical - it's a total spirit, mind, body experience! New sessions starting this month:

- African Dance: Saturdays at 11:30am starting January 26
- DanceFit: Mondays at 7:10pm starting January 21
- Zumba Toning: Wednesdays at 7:15pm or Saturdays at 10:15am starting January 30



POUND: Rockout. Workout.

FREE TRIAL Tues, Jan 15 8:00 - 8:45pm Exercise Studio

POUND® is world's first cardio jam session inspired by the energizing, infectious, sweat-dripping fun of playing the drums. Unleash your inner rock star and get an amazing workout. Join Jessica to see what this class is all about before starting the new session on Tuesday, January 29.



#RECYourlife
Mount Campus Rec

MARTOCK SKI TRIP

Martock Ski Trip - Caritas Day

Date: Wednesday, January 30

Time: 9am - 6pm

Meet in the Rosaria Lobby at 9am. Bus leaves at 10am.

Packages

***All packages include transportation & helmet:**

- #1 \$40 - Lift ticket, lesson & equipment
- #2 \$30 - Lift ticket and lesson
- #3 \$31 - Equipment rental and lesson
- #4 \$16 - Transportation Only

Limited space available! Purchase your tickets today at the Mount Fitness Centre! 902-457-6420

Stay Connected



@mountcampusrec



Mount Campus Rec



msvu.ca/fit



campusrec@msvu.ca



MOUNT CUP



CHASE THE CUP

Race around campus on
Saturday, January 12th
2:00 - 4:00pm
Meet at Vinnie's Pub

TRIVIA NIGHT

Wednesday, February 6th
8:00 - 10:00pm
Vinnie's Pub



BACKPACK GIVEBACK

On Caritas Day - Wednesday, Jan. 30, we are giving back! Join us 10am - 12pm as we fill Backpacks for local shelters. We are looking for donations of new/gently used backpacks, clothing, blankets and new socks, soaps, toiletries, etc.



FUTSAL INTRAMURALS

FREE! Thursdays, Jan 10 - Feb 28
9:00-10:30pm Gym
*MOUNT STUDENTS ONLY
*Must present valid MOUNT student ID

Play On. Get Active. Be Involved. Live Well.

SOCIETIES AND CREWS



REC Society

Have an amazing year and get involved. Develop your event planning skills, meet new friends and enhance your CCRP. Everyone Welcome!

Find us on Facebook: Mount Campus Rec #RECyourlife #PlayOn



Caritas Crew

Welcome to Caritas Crew! Do you like giving back to your community? Then this is the CREW for you! Volunteer, feel good, meet people, make a change!

Find us on Facebook: Mount Campus Rec



Blue Crew

Wear blue and discover the excitement and comradery as you cheer on your Mystics Varsity teams! *Game schedules available at: msvu.ca/athletics*

Find us on Facebook: Mount Campus Rec



CCR Offered through Career Services

The Co-Curricular Record (CCR) is a way for students to formally document all of their non-academic, extra-curricular involvement in an official format called a Co-Curricular Record (CCR).

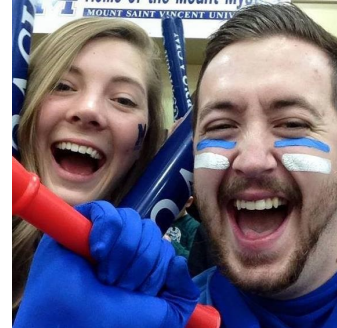
Start yours today! msvu.ca/ccrp



HOME OF THE MOUNT MYSTICS

Women's Volleyball Home Game Schedule

DAY	DATE	AWAY TEAM	VS	HOME TEAM	TIME
Saturday	Jan 26	DALAC	VS	MSVU	1pm
Sunday	Jan 27	MSVU	VS	UKC	2pm
Saturday	Feb 2	UKC	VS	MSVU	1pm
Saturday	Feb 9	MTA	VS	MSVU	2pm
Sunday	Feb 10	HC	VS	MSVU	12pm
Wednesday	Feb 13	DALAC	VS	MSVU	7pm
Saturday	Feb 16	USTEA	VS	MSVU	1:30pm
Sat & Sun	Feb 23 & 24	ACAA Women's Championships at HC			



Current MSVU Students receive FREE admission with valid 2018-19 Student ID!



Women's & Men's Basketball Home Game Schedule

DAY	DATE	AWAY TEAM	VS	HOME TEAM	TIME MEN	TIME WOMEN
Sunday	Jan 20	DALAC	VS	MSVU	1:30pm	3:30pm
Saturday	Jan 26	MTA	VS	MSVU	3:30pm	5:30pm
Sunday	Jan 27	CU	VS	MSVU	1:30pm	3:30pm
Wednesday	Jan 30	UKC	VS	MSVU	6pm	8pm
Wednesday	Feb 13	MSVU	VS	UKC	6pm	8pm
Saturday	Feb 16	STU	VS	MSVU	4pm	6pm
Saturday	Feb 23	HC	VS	MSVU	2pm	4pm



STAY CONNECTED

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 msvu.ca/athletics

