



# MFC GROUP FITNESS



Fall schedule starts September 3, 2024

In-person and Hybrid class options available. A Hybrid Class is offered in-person and virtually, at the same time. Request the link for hybrid classes during the activation process, or email [mount.fitness@msvu.ca](mailto:mount.fitness@msvu.ca).

Schedule and class times are subject to change. Please check the booking system schedule at [msvu.ca/fit](http://msvu.ca/fit) for weekly updates, class descriptions and to book your spot.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:00am Walk It Out	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 Barre Fitness Hybrid Class	12:10-12:55pm Yoga	12:10-12:55pm Core & More	12:10-12:55pm Power & Stability Hybrid Class	10:15-11:00am Boot Camp <b>Starts Sep. 14</b>
1:00-1:30pm Nap or Stretch <b>Free Wellness class</b>	5:15-6:00pm Power & Stability Hybrid Class	5:15-5:45pm Step Hybrid Class	5:15-6:00pm Yogalates Hybrid Class		
5:15-6:00pm Core & More Hybrid Class	6:15-7:15pm Zumba	5:45-6:15pm Core & Stretch Hybrid Class	6:15-7:00pm Boot Camp		
6:15-7:00pm Strong Nation		6:30-7:15pm Yoga Beats			

## BOOK YOUR FITNESS CLASS

[msvu.ca/fit](http://msvu.ca/fit)

