



GROUP FITNESS CLASSES

Schedule starts January 6, 2025

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

These classes are included in our ALL-Access memberships.

Schedule and class times are subject to change. Please check the booking system schedule at msvu.ca/fit for weekly updates 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 Ends Jan 29 Total Body Fusion starts Feb 5	9:15-10:00am Interval Groove	9:00-10:00am Yoga	9:15-10:00am Step & Pump
12:10-12:55pm Yogalates Hybrid Class	NEW! 12:10-12:55pm Bands & Balls Hybrid Class	12:10-12:55pm Yoga Hybrid Class	12:10-12:55pm Core & More	12:10-12:55pm Power & Stability Hybrid Class	NEW! 10:15-11:00am Yoga
NEW! 1:00-1:30pm Relaxation	5:15-6:00pm Power & Stability Hybrid Class	5:15-5:45pm Step Hybrid Class	6:15-7:00pm Boot Camp		
5:15-6:00pm Core & More Hybrid Class	6:15-7:15pm Zumba	5:45-6:15pm Core & Stretch Hybrid Class			
		NEW! 6:30-7:15pm Yoga Beats			

**BOOK YOUR
FITNESS CLASS
at msvu.ca/fit**

Request the link for hybrid classes during the membership activation process, or email mount.fitness@msvu.ca.

Updated: January 21, 2025