

Fitness class schedule 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday | | | |
|-----------------|---------------|----------------------|----------------------------|----------------------|--------------------------------|--------------|-----------------------|--|
| 12 - 12:45 p.m. | Yoga at CVH | Yoga at MRHH | Zumba at MRHH | Pilates at CVH | | | | |
| 12:15 - 1 p.m. | | | Kickboxing and Core at CVH | | Total Body Conditioning at CVH | | | |
| 4:15 - 5 p.m. | Zumba at MRHH | Muscle Sculpt at CVH | Muscle Sculpt at MRHH | Muscle Sculpt at CVH | Pilates at MRHH | Zumba at CVH | Muscle Sculpt at MRHH | |



Class descriptions

Yoga

Yoga helps with fitness and flexibility, but it also allows you to de-stress and focus on yourself. Our instructor will guide you through this multi-level class focused on breathing and flow of movement.

Pilates

A fun, low impact, full body workout designed to focus on core training, strength building and stretching. This class emphasizes on breathing, control, and endurance.

Muscle Sculpt

A fun and dynamic strength and conditioning workout that is great for anyone looking to sweat, get stronger, and soak up those group fitness endorphins. No equipment needed.

Zumba

A high intensity fitness class with routines to the top Latin and international songs. All levels of fitness welcome! Enjoy easy to learn movements and great music!

Kickboxing and Core

This combines martial arts techniques with fast-paced cardio, strength, and core moves. This high-energy workout is designed to build stamina, improve coordination and flexibility, and burn calories as you build muscle.

Total Body Conditioning

This incorporates strength exercises and cardio segments using equipment such as dumbbells, bands, and a mat.



Please note: To sign up and receive the waiver and booking instructions, please email wellness@mackenziehealth.ca. You must book your fitness classes through the [Mind Body App](#). Bring your own mat and water bottle.

