



# McMASTER

## ATHLETICS & RECREATION

[www.marauders.ca](http://www.marauders.ca)

### PULSE – Summer 2024 GROUP FITNESS SCHEDULE

Effective Aug 6<sup>th</sup>-30<sup>th</sup>, 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am– 7:50am		Yoga (50) Matt			
12:00pm– 12:50pm	Yoga (50) Claire	Strength and Stretch (50) Abi		Strength (50) Anne-Marie	
4:30pm– 5:20pm			Yoga (50) Claire		
5:30pm– 6:20pm	Circuit Training (50) Meghan	Yoga (50) Veronica		Circuit Training (50) Meghan	
6:30pm– 7:20pm	Mobility (30) Meghan	Zumba(50) Natasha			

**CLASSES WILL TAKE PLACE IN LARGE STUDIO (STUDIO 1)**

**Class instructor & type may be subject to change.**

**Check the McMaster Recreation App, @McMasterPulse, and [www.marauders.ca/thepulse](http://www.marauders.ca/thepulse) for updates.**