



# MCMMASTER

## ATHLETICS & RECREATION

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

### PULSE – GROUP FITNESS READING WEEK SCHEDULE

Effective February 15 – February 22

Time	Tuesday	Wednesday	Thursday	Friday
7:00am–7:50am				
12:30pm–1:20pm	<b>Strength (50)</b> Heidi (12:30-1:20)	<b>Strength (50)</b> Lee-Anne	<b>Circuit Training (50)</b> Kate	<b>Yoga (50)</b> Sarah B
4:30pm–5:20pm			<b>Yoga (50)</b> Claire	
5:30pm–6:20pm	<b>Strength and Step (50)</b> Anne-Marie	<b>Yoga (50)</b> Veronica		
6:30pm–7:20pm		<b>Circuit Training (50)</b> Meghan	<b>Zumba (50)</b> Natasha	
7:30pm – 8:20pm	<b>Stretch (30)</b> Caitlin			

**CLASSES WILL TAKE PLACE IN THE FITNESS STUDIO (STUDIO 1)**  
 Class instructor & type may be subject to change.