McMASTER ATHLETICS & RECREATION

McMaster University

Instructional Programs Winter 2018: Your Week at a Glance

ALL = Appropriate for all skill levels BEG = Beginner INT = Intermediate ADV = Advanced Location: **RH=Rose Hill Studio, MC=Mindfulness Ctr., FS= Fitzhenry Studio W202/203**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BEG INT **Yoga** 7:30pm **MC**	ALL **Meditation** 9:30am **MC**	BEG **Ballet** 10:30am **FS**	BEG **Yoga** 12:30pm **MC**	ALL **Meditation** 4:30pm **MC**	BEG INT **Yoga: Flow** 12:30pm **MC**	ALL **Run, Jump, Throw. Indoor Track Program** (Ages 6-12) 10:00am
	BEG **Pilates** 11:30am **MC**	INT **Ballet** 11:30am **FS**	BEG & INT **Tai Chi** 5:30pm **MC**	BEG **Yoga** 6:00pm **MC**	ALL **Self Defense for Women** 5:30pm **MC** ***March 2, 9, 16***	
	INT **Pilates** 12:30pm **MC**	BEG **Yoga: Men Only, "Never too late" Non-Students** 12:00pm **MC**	ALL **Yoga: Power** 6:30pm **MC**	BEG **Latin Dance** 6:00pm **FS**	BEG **Ballroom Dance 1** 5:30pm **FS**	
	BEG INT **Ballet** 2:30pm **FS**	BEG **Belly Dance** 5:00pm **FS**	BEG **Hip Hop Dance** 7:00pm **FS**	ALL **Yoga: Restorative** 7:00pm **MC**	BEG INT **Ballroom 2** 6:30pm **FS**	
	BEG **Ballet** 4:00pm **FS**	BEG **Squash** 5:20pm **DBAC Courts 1-3**	ALL **Triathlon Training (Day 2)** 7:00pm **Cycling Studio**	INT **Latin Dance** 7:00pm **FS**	ALL **Haidong Gumdo** 7:00pm **MC (Day 2)**	
	BEG **Yoga** 5:00pm **MC**	BEG **Yoga: Women's Only** 6:00pm **MC**	BEG **Squash** 7:20pm **DBAC Courts 1-3**	ALL **Muay Thai** 8:30pm **RH**		
	BEG INT **Lyrical/Contempory Dance** 5:00pm **FS**	ALL **Yoga: Power** 7:00pm **MC**	ALL **Yoga: Fascial Stretch** 7:30pm **MC**			
	ALL **Yoga: Power** 6:00pm **MC**	ALL **Muay Thai** 8:00pm **RH**	ADV **Karate (Day 2)** 8:00pm **FS**			
	ALL **Haidong Gumdo** 7:00pm **MC (Day 1)**	BEG INT **Yoga: Flow** 8:00pm **MC**	BEG **Karate (Day 2)** 9:00pm **FS**			
	BEG **Lindy Hop Swing Dance** 7:00pm **FS**					
	ALL **Triathlon Training (Day 1)** 7:00pm **Indoor Track**					
	BEG **Karate (Day 1)** 8:00pm **FS**	**#CHOOSEBETTER**				
	ALL **Krav Maga Self Defense** 8:30pm **RH**					
	ADV **Karate (Day 1)** 9:00pm **FS**					

When?
Set of programs begins
Sunday January 14, 2018.

First week of classes FREE to try!!

Exceptions:
Squash, if class is full, and Self Defense for Women
McMaster Students get Member Rates!

How To Register?
Registration begins **December 1, 2017**.
Register online, by mail, or in person at the Recreation Business Office WG 101 DBAC
905-525-9140 x 24464 **reconline@mcmaster.ca**

Check out the David Braley Athletic Centre for great recreational programs!

marauders.ca/instructional

Questions? Email obrienh@mcmaster.ca