



# McMASTER

## ATHLETICS & RECREATION

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

### PULSE – Winter Exam 2024 GROUP FITNESS SCHEDULE

Effective April 15<sup>th</sup>-19<sup>th</sup>, 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:00pm– 12:50pm				Soca Dance Cardio (50) Marlice	
4:30pm– 5:20pm		Core and Stretch (50) Laura		Zumba (50) Rachel	
5:30pm– 6:20pm	Circuit Training (50) Meghan		Zumba (50) Monica	Circuit Training (50) Meghan	
6:30pm– 7:20pm	Strength and Cardio (50) Kadyn	HIIT(50) Alistair		Strength and Cardio (50) Kadyn	

**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.**

**Please refer to the Exam Yoga schedule for yoga classes taking place in the Mindfulness Centre**