


FEBRUARY 2023

MCA COMMUNITY HEALTH FITNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 INDOOR WALKING STRONG 9 AM-10 AM @ SAINT RECREATION BOOT CAMP 4:30-5:15 PM @ SAINT RECREATION	2	3
6 TREADMILL TRAINING 11 AM-12 PM @ KANONHKWA'TSHERI:10 FITNESS CENTER BOOT CAMP 5-5:45 PM @ ISLAND RECREATION	7 INDOOR WALKING STRONG 9 AM-10 AM @ SNYE RECREATION	8 INDOOR WALKING STRONG 9 AM-10 AM @ SAINT RECREATION BOOT CAMP 4:30-5:15 PM @ SAINT RECREATION	9	10 TREADMILL TRAINING 11 AM-12 PM @ KANONHKWA'TSHERI:10 FITNESS CENTER
13 TREADMILL TRAINING 11 AM-12 PM @ KANONHKWA'TSHERI:10 FITNESS CENTER BOOT CAMP 5-5:45 PM @ ISLAND RECREATION	14 INDOOR WALKING STRONG 9 AM-10 AM @ SNYE RECREATION	15	16	17 TREADMILL TRAINING 11 AM-12 PM @ KANONHKWA'TSHERI:10 FITNESS CENTER
20 	21 INDOOR WALKING STRONG 9 AM-10 AM @ SNYE RECREATION	22 INDOOR WALKING STRONG 9 AM-10 AM @ SAINT RECREATION BOOT CAMP 4:30-5:15 PM @ SAINT RECREATION	23	24 TREADMILL TRAINING 11 AM-12 PM @ KANONHKWA'TSHERI:10 FITNESS CENTER
27 TREADMILL TRAINING 11 AM-12 PM @ KANONHKWA'TSHERI:10 FITNESS CENTER BOOT CAMP 5-5:45 PM @ ISLAND RECREATION	28 INDOOR WALKING STRONG 9 AM-10 AM @ SNYE RECREATION			

FITNESS CLASSES:

INDOOR WALKING STRONG
GET YOUR HEART PUMPING WITH THIS WALKING AND STEPPING PROGRAM FOR ALL AGES TO ENJOY. GO AT YOUR OWN PACE OR CHALLENGE YOURSELF!

TREADMILL TRAINING
WALKING, JOGGING, SPRINTING, AND HILLS SOUND FUN? WELL, IT IS! ANOTHER GREAT WAY TO CHALLENGE YOURSELF AND IMPROVE CARDIOVASCULAR HEALTH

BOOT CAMP
BOOT CAMP IS DESIGNED TO GET YOUR HEART PUMPING, INCREASE METABOLISM, AND BURN CALORIES

PLEASE KEEP IN MIND THAT CLASSES WILL BE CANCELED IF MCA IS CLOSED FOR ANY REASON. OTHER ISSUES MAY ARISE THAT WILL CAUSE FITNESS CLASS CANCELLATIONS. PLEASE CHECK OUR FACEBOOK PAGE (MCA COMMUNITY HEALTH PROGRAM) FOR ANY UPDATES.

DIABETES PREVENTION WORKERS:

(613) 575-2341
KRISTA - EXT.3239
SERENA - EXT.3241



FEBRUARY IS HEART HEALTH MONTH. HEART DISEASE IS PREVENTABLE. ALMOST 80% OF PREMATURE HEART DISEASE AND STROKE CAN BE PREVENTED THROUGH HEALTHY BEHAVIORS.