

Mojave Fitness Center

GROUP FITNESS CLASS SCHEDULE

FEBRUARY




2018



Hours of Operation:
Monday-Sunday 24/7
Staffed:
Monday-Friday 6:00 AM-7:00 PM

Check Classes & REGISTER AT:
www.mojavefitness.com

Mojave Fitness Center
1247 Poole St, Mojave CA 93501
Email: mojavefitness@contactelevation.com
Phone: (661) 749-0956

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sunrise Yoga 6:15-6:45AM Marisa</p>				<p>Yoga for Beginners 6:15-6:45AM Marisa</p>
<p> 11:15-12:00PM Michelle</p>	<p>Power Yoga 11:15-11:45AM Marisa</p>	<p>Total Body Circuit 11:15-11:45AM Marisa</p>	<p>Cardio Kickboxing 11:15-11:45AM Marisa</p>	
<p>Bootcamp 5:30-6:15PM Shaun</p>	<p> 5:00-6:00PM Michelle</p> <p>Met Shred 6:00-6:50PM Marisa</p>	<p> 5:00-6:00PM Michelle</p> <p>All Levels Yoga 6:00-6:45PM Marisa</p>	<p>Bootcamp 5:30-6:15PM Shaun</p>	

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GROUP FITNESS CLASS DESCRIPTIONS:

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- **All Levels Yoga:** Become guided through a foundation building grounded flow. Connecting breath with movement in a Vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind. Guided meditations and calming breathing techniques will be incorporated.
- **Bootcamp:** The class that keeps you guessing! These workouts are designed to improve overall fitness – strength, cardio, stamina, and endurance with a variety of weight training, agility drills, and intense functional movements!
- **Cardio Kickboxing:** Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.
- **Full Body Circuit:** Be ready to challenge your muscular strength and cardiovascular endurance with a circuit based class. Incorporating variety with the use of dumbbells, kettlebells, resistance bands and bodyweight exercises to maximize calorie burning, improve mobility, and assist in fat loss.
- **Met (Metabolic) Shred:** This class begins with stretches and foam rolling. This is a fast paced, high intensity workout that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat. Utilizing circuits, complexes and, at times, very specific and timed groups of exercises, Met Shred may consist of bodyweight moves, equipment from kettlebells to medicine balls and other forms of familiar activities such as sprints. Met Shred uses a variety of exercise variables to produce results while keeping your trips to the gym fun, interesting and unpredictable.
- **Power Yoga:** This energetic form of yoga has you fluidly moving from one pose to another while connecting breath to movement. More standing poses are emphasized to keep your heart rate up. You will leave feeling energized and invigorated for the rest of your day. Intermediate to advanced poses will be explored.
- **STRONG by Zumba™:** The music in STRONG by Zumba™ is crafted to drive the intensity in a challenging progression that provides a total body workout. Moving in sync with music makes you work harder. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased afterburn.
- **Sunrise Yoga:** A regular yoga practice will help transform your mind and body, ultimately helping you find inner calmness and peace. Enhance your strength, balance, flexibility and stability. Leave feeling stronger and more centered. From beginners to advanced, this class is for everyone!
- **Yoga for Beginners:** This class is suitable for women and men of all ages and most physical abilities. Discover why yoga is such a powerful tool for keeping you healthy in body, mind and spirit. Learn: basic alignment principals, including modification options.
- **Zumba:** Come on in and join the party – exercise has never been so fun! This fun, easy to follow cardio dance class combines high energy and motivating Latin music. Unique moves and combinations will make you feel like you are partying on the dance floor.

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ALL PARTICIPANTS MUST BE MEMBERS AND REGISTER FOR CLASSES ONLINE AT:
www.mojavefitness.com

All Fitness Levels Welcome! Classes are held in the Mojave Fitness Center unless otherwise noted.

QUESTIONS? Email mojavefitness@contactelevation.com