



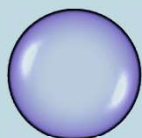
GROUP FITNESS SCHEDULE December 2018



ALL CLASSES ARE FREE & ALL FITNESS LEVELS ARE WELCOME!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM CLASSES	SUNRISE YOGA 6:15-6:45AM Marisa				
	(CHOREOGRAPHED) CARDIO KICK 11:15-11:45AM Marisa		XPRESS CIRCUIT 11:15-11:45AM Marisa	(FREESTYLE/CHOREO) CARDIO KICK 11:15-11:45AM Marisa	
PM CLASSES	 5:15-6:15PM Michelle	NEW! CONDITIONING 5:15-6:00PM Marisa	TONING & ZUMBA 5:00-6:00PM Michelle YOGA 6:15-6:45PM Marisa	FIT CAMP 5:15-6:00PM Shaun	

ALL PARTICIPANTS MUST REGISTER FOR CLASSES AT: WWW.MOJAVEFITNESS.COM



HOURS OF OPERATION:

Staffed: Monday-Friday 6:00 AM-7:00 PM

Unstaffed: Monday-Sunday 24/7

1247 Poole St, Mojave CA 93501 Email:

mojavefitness@contactelevation.com

Phone: (661) 749-0956



Dec 24 & 25: NO CLASSES

Dec 26th: Xpress Circuit ONLY

Dec 27th : Zumba Specialty Class ONLY



GROUP FITNESS CLASS DESCRIPTIONS

DECEMBER 2018

Cardio Kickbox(ing): This is a high-energy boxing martial style workout that involves no contact. Punch and kick your way to fitness. Learn Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Boxing is a great way to release stress, have a blast and feel amazing.

Conditioning: This group fitness class combines bodyweight, light weights, and other equipment with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Burn calories as you build lean muscle with this fun and challenging workout.

Fit Camp: Similar to a Bootcamp style class, this class 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!

Sunrise Yoga: Start your morning off with a great stretch. 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!



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.

Zumba® Toning: Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

Xpress Circuit: Be ready to challenge your muscular strength and cardiovascular endurance with a circuit based class. Incorporating variety with the use of dumbbells, kettlebells, cycling bikes and bodyweight exercises to maximize calorie burning, improve mobility, and assist in fat loss.

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.

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