

# GROUP FITNESS SCHEDULE MAY 2019



**Classes  
Cancelled:**  
Monday, May 27<sup>th</sup>  
in observance of  
Memorial Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUNRISE YOGA 6:15-6:45AM MARISA				
CARDIO KICKBOXING 11:15-12:00PM MARISA	 11:15-12:00PM MICHELLE	TABATA CARDIO 11:15-11:45AM KIRSTEN	GLUTE CAMP 11:15-11:45AM MARISA	
FIT CAMP LEGS/ABS 5:15-6:00PM KIRSTEN	METABOLIC CONDITIONING 5:15-6:00PM MARISA	FIT CAMP UPPER/ARMS 5:15-6:00PM MARISA	OBSTACLE COURSE SKILLS 5:15-6:00PM KIRSTEN	
STRETCH & MOBILITY 6:15-6:45PM KIRSTEN	BEGINNERS YOGA 6:15-6:45PM MARISA	VINYASA YOGA 6:15-6:45PM MARISA		

ALL CLASSES ARE FREE UNLESS OTHERWISE NOTED & ALL FITNESS LEVELS ARE WELCOME!  
(CLASS DESCRIPTIONS LISTED ON BACK)  
\*INSTRUCTOR MAY CHANGE – CHECK PORTAL

ALL PARTICIPANTS MUST REGISTER FOR CLASSES AT: [WWW.MOJAVEFITNESS.COM](http://WWW.MOJAVEFITNESS.COM) THEN SELECT MEMBERSHIP LOGIN

# GROUP FITNESS CLASS DESCRIPTIONS

## MAY 2019

**Beginners Yoga:** This yoga practice is designed for beginners and experienced practitioners alike. Learn the basics of yoga from the Sun Salutations to the proper alignment for all foundational poses.

**Cardio Kick (boxing):** This is a high-energy boxing martial style workout that involves no contact. Punch and kick your way to fitness. Boxing is a great way to release stress, have a blast and feel amazing.

**Metabolic Conditioning:** Conditioning class designed to target individual muscle groups. Hand weights are used to increase the effectiveness and intensity of the workout. This class improves muscular strength and creates muscle definition.

**Fit Camp Legs/Core:** Similar to a Bootcamp style class, this class keeps you guessing! This workout will focus on the muscles of the lower body and core and is designed to improve overall fitness – strength, cardio, stamina, and endurance with a variety of weight training, cardio drills, and intense functional movements!

**Fit Camp Upper/Arms:** Similar to a Bootcamp style class, this class keeps you guessing! This workout will focus on the muscles of the upper body including the arms and is designed to improve overall fitness – strength, cardio, stamina, and endurance with a variety of weight training, cardio drills, and intense functional movements!

**Glute Camp:** Train and tighten all regions of the glutes and lower body. Cardio, strength movements and other equipment like bands will be utilized.

**Obstacle Course Skills:** Get ready for our upcoming Obstacle Course Challenge with this class designed to prepare you for a Tough Mudder, Spartan or other similar events. We will incorporate exercises like running, bucket carries, crawling and more!

**Stretch & Mobility:** Each class will work to balance all muscle groups' strength and flexibility. This class combines joint mobility exercises, stretching and balance exercises to improve joint/muscle flexibility, movement and decrease stiffness.



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.

**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!

**Tabata Cardio:** Are you short on time and don't think a 30 minute workout will cut it? Think again! This training style is perfect for those that want to get in a great workout in a short amount of time. You will increase athletic performance and torch calories both during class and after!

**Vinyasa 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.

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

ALL PARTICIPANTS MUST BE MEMBERS AND REGISTER FOR CLASSES ONLINE AT:  
[www.mojavefitness.com](http://www.mojavefitness.com)

All Fitness Levels Welcome! Classes are held in the Mojave Fitness Center unless otherwise noted.  
QUESTIONS? Email [mojavefitness@contactelevation.com](mailto:mojavefitness@contactelevation.com).