



GROUP EXERCISE SCHEDULE

March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SUNRISE YOGA 6:15-6:45am Marisa</p> <p>NEW!!! POWER YOGA HIIT 11:15-11:45am Marisa</p> <p>CARDIO & WEIGHTS 5:15-6:00pm Kirsten</p>	<p>KICKBOX & CONDITIONING 11:15-11:45am Shaun</p> <p>METABOLIC CONDITIONING 5:15-6:00pm Marisa</p> <p>ALL LEVELS YOGA 6:05-6:45pm Marisa</p>	<p>SUNRISE YOGA 6:15-6:45am Marisa</p> <p>6 PACK ABS 11:15-11:45am Shaun</p> <p> 5:15-6:15 PM Michelle</p>	<p>SUNRISE YOGA 6:15-6:45am Marisa</p> <p>EXPRESS TOTAL BODY 11:15-11:45am Marisa</p> <p>CARDIO & WEIGHTS 5:15-6:00pm Shaun</p>	

Participants must register for classes at:
<https://elevationportal.com/login>

Contact:
 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
 Website: www.mojavefitness.com



MOJAVE FITNESS GROUP EXERCISE CLASS DESCRIPTIONS

March 2020

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.

KICKBOX CONDITIONING: This fat burning class will incorporate boxing drills, agility drills, free weights and use other equipment as well as bodyweight training for a great workout in a short amount of time.

ALL LEVELS YOGA: A vinyasa(connecting breath to movement) based class that also focuses on strength, balance, and flexibility. This class is great for those who want to break a sweat while also enjoying the relaxing benefits of winding down into resting poses and inversions.



: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.

METABOLIC CONDITIONING: This high-intensity, constantly varied intervals of strength, cardio, and functional exercises! This class will be circuit style moving throughout a number of stations for a timed period. Get ready to sweat!

CARDIO & WEIGHTS: Intervals of bodyweight exercises, free weights, balance and core is mixed with fast-paced combinations of resistance training and cardio endurance work all intertwined with playful athletic training to raise the heart rate.

6 PACK ABS: There are four main muscle groups that make up the ab wall in its totality and this class is designed to help you test each one of them for better, faster results.

EXPRESS TOTAL BODY: All levels light cardio and strength training mixed class will build a stronger body using weights and your own body weight to: define, develop, and tone in a 30 minute express class.

POWER YOGA HIIT: Want go back to your job/day feeling stronger, stretched and restored? This class incorporates classical Yoga Sun Salutations with a twist! Incorporating Strength and cardio movements and a circuit style training. The class will end with a short meditation and other breathing techniques.

All fitness classes can be adapted to your fitness level! Talk with the instructor who will help you modify exercises to your needs and get a great workout that's appropriate to your level!

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