



# GROUP EXERCISE VIRTUAL SCHEDULE

March 24th-April 3rd

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

You will receive an email 30 min prior to class starting on instructions for joining OR you will be sent a link for the workout of the day to complete at your convenience.

MONDAY 3/23	TUESDAY 3/24	WEDNESDAY 3/25	THURSDAY 3/26	FRIDAY 3/27
	<b>LIVE SUNRISE YOGA</b> 9:30 AM (30 min) Marisa  <b>LOWER BODY</b> 3:00 PM Marisa	<b>LIVE UPPER BODY &amp; ABS</b> 11:00 AM (30 min) Marisa  <b>HIIT CARDIO</b> 3:00 PM Shaun	<b>LIVE KICKBOX CONDITIONING</b> 11:00 AM (30 min) Shaun  <b>6 PACK ABS</b> 3:00 PM Shaun	<b>LIVE LUNCHBREAK YOGA</b> 11:00 AM (30 min) Marisa
MONDAY 3/30	TUESDAY 3/31	WEDNESDAY 4/1	THURSDAY 4/2	FRIDAY 4/3
<b>LIVE TOTAL BODY</b> 11:00 AM (30 Min) Shaun  <b>ALL LEVELS YOGA</b> 3:00 PM (30 min) Marisa	<b>LIVE SUNRISE YOGA</b> 9:30 AM (30 min) Marisa  <b>LOWER BODY</b> 3:00 PM (30 min) Marisa	<b>LIVE UPPER BODY&amp;ABS</b> 11:00 AM (30 min) Marisa  <b>HIIT CARDIO</b> 3:00 PM (30 min) Shaun	<b>LIVE KICKBOX CONDITIONING</b> 11:00 AM (30 min) Shaun  <b>6 PACK ABS</b> 3:00 PM (30 min) Shaun	<b>LIVE LUNCHBREAK YOGA</b> 11:00 AM (30 min) Marisa

# MOJAVE FITNESS

## GROUP EXERCISE CLASS DESCRIPTIONS

**KICKBOX CONDITIONING:** This fat burning class will incorporate boxing cardio and strength drills, agility drills, bodyweight training for a great workout in a short amount of time.

**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.

**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.

**LOWER BODY:** This class will work the muscles of the lower body using your own bodyweight and minimal optional equipment.

**UPPER BODY & ABS:** This class has a little bit of everything. A variety of strength exercises targeting the muscles of the upper body and incorporate exercises to target your midsection.

**TOTAL BODY:** During this 30 min. class you will have a total body workout that will leave you energized for the rest of your day. Mixing in body weight and cardio movements to keep the heart rate pumping while we tone up our entire body! All levels welcome!

**HIIT CARDIO:** High Intensity Interval Training (HIIT) is a system of organizing cardiorespiratory training which calls for repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery. This class will focus on cardio exercises to help burn calories in a shorter duration than traditional cardio methods.