

# January 2023



## Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00a		<b>POWER HOUR</b> Jordan	<b>POWER HOUR</b> Jordan	<b>POWER HOUR</b> Jordan	<b>POWER HOUR</b> Jordan	<b>Mon-Thurs</b> 5 am - 10 pm <b>Friday</b> 5 am - 9 pm <b>Saturday</b> 7 am - 6 pm <b>Sunday</b> 1 pm - 6 pm
7:00-7:45a						
8:00-9:00a		<b>Muscle Pump</b> Shauna	<b>Vinyasa Yoga</b> Kathryn	<b>Muscle Pump</b> Shauna	<b>Vinyasa Yoga</b> Blaise	
9:00-10:00a	<b>PILATES</b> Shauna	<b>PILATES &amp; TONING</b> Shauna	<b>HIIT</b> Marisella	<b>BARRE BLEND</b> Sarah	<b>CORE &amp; BODY BURN</b> Yvette	
10:00-11:00a	<b>GENTLE YOGA</b> Blaise		<b>GENTLE YOGA</b> Kathryn		<b>GENTLE YOGA</b> Blaise	
5:30-6:30p	<b>Kettlebell Trainig</b> Randy		<b>Kettlebell Training</b> Randy			
6:30-8:20p			<i>Line Dancing</i> Mireya			
7:00-8:30p	<b>ZUMBA</b> Genie	<b>ZUMBA</b> Genie		<b>ZUMBA</b> Genie		

## Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00a					
10:00a	<b>POUND</b> Marisella				
6:00-7:00	<b>ZUMBA</b> Debbie	<b>ZUMBA</b> Debbie	<b>ZUMBA</b> Debbie		
7:00-8:00p	<b>HATHA/GENTAL FLOW</b> Fae		<b>HATHA/GENTAL FLOW</b> Fae		

## Spin Room

9-9:45a	<i>Spin</i> Marisella				
6:00p		<i>Spin</i> Shauna		<i>Spin</i> Shauna	

## Aquatics

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00a	<b>Aquarobics</b> Sara	<b>Aquarobics</b> Sara	<b>Aquarobics</b> Sara	<b>Aquarobics</b> Sara	<b>Aquarobics</b> Sara
9:00a	<b>Aquarobics</b> Faunell	<b>Aquarobics</b> Faunell	<b>Aquarobics</b> Faunell	<b>Aquarobics</b> Faunell	<b>Aquarobics</b> Faunell
5:00p	<b>Aquarobics</b> Lea	<b>Aquarobics</b> Lea		<b>Aquarobics</b> Lea	
6:00p	<b>Aquarobics</b> Lea	<b>Aquarobics</b> Lea		<b>Aquarobics</b> Lea	

## **Mission Fitness - Group Fitness Class Descriptions**

**Power Hour-** Barbells, Kettlebells, Dumbbells are the focus of this functional movement class focused on improving strength and endurance. Kick start your day for a clear mind ready for the day ahead!

**Muscle Pump** – Total Body Resistance/cardio focused class to tone and build endurance

**Beginner HIIT-** The perfect workout based on the format of HIIT (High Intensity Interval Training). This class can be scaled to individuals of all fitness levels. Whether beginner or advanced, the various exercises can be adapted to ensure you are improving your fitness safely

**Total Body-** High efficiency workouts through a combination of interval/circuit training. Dumbbells, Kettle bells, Rowers, and Battle ropes are all common tools in this challenging but scalable class.

**Zumba-** A fusion of Latin and International music/dance themes that create a dynamic, exciting, and effective fitness system! The routines feature fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance steps.

**Spin-** Come along for a ride with our instructors. Improve your cardio and lower body endurance. They are sure to push you to a great workout!

**Aquarobics-** This class makes a splash! A fun group exercise class in the water that is low-impact but high on fun. The water is great so come on in for a good time!

**Vinyasa Yoga-** Connect the mind with the body through breathing, stretching and strengthening poses. Spend time holding yoga poses to increase your flexibility and strength then finish with deep relaxation.

**Restorative Yoga-** Restorative Yoga is a calming yoga experience that uses props to support the body as it eases into relaxation and balance. All levels welcome.

**Gentle Yoga-** This form of yoga seeks to provide therapeutic modifications to common yoga poses and allow relaxation for both mental and physical wellbeing

**Hatha-** Practice of Yoga Poses and Pranayama (breathing exercises) which help to bring peace to the mind

**Flow-** Series of asanas that coordinate movement with breathe to flow from one pose to the next

**Barre Blend-** is a hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Most classes incorporate a ballet barre and use classic dance moves such as plies, alongside static stretches. Barre also focuses on high reps of small range movements.

**POUND-** Cardio Jam Session, a 45 minute group fitness class that combines cardio, strength training and Pilates with drumming to achieve a full-body workout.

**Total Toning-** is designed to tone up the whole body, it will help reduce the appearance of body fat while tightening up muscles to give them shape. It will use separate sets of exercises designed to target the lower body, upper body, and tummy and core area in turn.

**Strength & Conditioning-** fun and challenging, medium to high intensity class designed to target the entire body. Improving athletic performance as well as key human performance attributes. Allowing you to increase muscle, strength, power and speed.