

March 2023

**NATIONAL
NUTRITION
MONTH**



Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00a		POWER HOUR Jordan	POWER HOUR Jordan	POWER HOUR Jordan	POWER HOUR Jordan	Mon-Thurs 5 am - 10 pm Friday 5 am - 9 pm Saturday 7 am - 6 pm Sunday 1 pm - 6 pm
8:00-9:00a	Vinyasa Yoga Kathryn	Muscle Pump Shauna	Vinyasa Yoga Liz	Muscle Pump Shauna	Vinyasa Yoga Blaise	
9:00-10:00a	PILATES Shauna	PILATES & TONING Shauna	HIIT Marisella	BARRE BLEND Shauna	CORE & BODY BURN Yvette	
10:00-11:00a	GENTLE YOGA Blaise		GENTLE YOGA Liz		GENTLE YOGA Blaise	
2:00-2:30p		Bodies in Balance Cindy	Bodies in Balance Cindy			
5:30-6:30p	Kettlebell Trainig Randy		Kettlebell Training Randy			
6:30-8:20p			Line Dancing Mireya			
7:00-8:30p	ZUMBA Genie	ZUMBA Genie		ZUMBA Genie	ZUMBA Genie	

Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00a					
10:00a	POUND Marisella		Strong Nation Marisella		
6:00-7:00	ZUMBA Debbie	ZUMBA Debbie	ZUMBA Debbie	ZUMBA Debbie	
7:00-8:00p	HATHA/GENTAL FLOW Fae		HATHA/GENTAL FLOW 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	Aquarobics Sara	Aquarobics Sara	Aquarobics Sara	Aquarobics Sara	Aquarobics Sara
9:00a	Aquarobics Faunell	Aquarobics Faunell	Aquarobics Faunell	Aquarobics Faunell	Aquarobics Faunell
5:00p	Aquarobics Faunell	Aquarobics Faunell		Aquarobics Faunell	
6:00p	Aquarobics Faunell	Aquarobics Faunell		Aquarobics Faunell	

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.

Bodies in Balance- a fun, 30 min workout to build confidence, improve movement and stability.

Strong Nation- combines body weight, muscle conditioning, cardio and plyometric training, synced to original music that has been specifically designed to match ever single move.