


May 2021



2010-2020

Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
5:15-6:00a		POWER HOUR Jordan		POWER HOUR Jordan			
8:00-8:45a	Vinyasa Yoga Michelle	Muscle Pump Shauna	Vinyasa Yoga Kathryn	Muscle Pump Shauna	Vinyasa Yoga Kathryn	8:30-9:15a	Vinyasa Yoga Rotating
9:00-9:45a		TOTAL BODY Sierra	TOTAL BODY Sierra	TOTAL BODY Sierra	TOTAL BODY Sierra		
10:00-10:45a	GENTLE YOGA Michelle		GENTLE YOGA Kathryn		GENTLE YOGA Michelle		
5:30-6:15p	Beginner HIIT Sierra		Beginner HIIT Sierra			 <p>Events on Wednesday May 26th</p>	
6:00-6:45p				Vinyasa Yoga Fae			
6:30-7:45p			<i>Line Dancing</i> Mireya				
7:00-7:45p		GENTLE YOGA Ashley		HATHA/GENTLE FLOW Fae			

Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
9:00a	ZUMBA Karyn		ZUMBA Karyn		ZUMBA Karyn	

Spin Room

6:00p		<i>Spin</i> Shauna		<i>Spin</i> Shauna		
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Aquatics

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
9:00a	Aquarobics Ann	Aquarobics Ann	Aquarobics Ann	Aquarobics Ann	Aquarobics Ann	<p>No AM Aquarobics from 5/3 to 5/11</p>
5:00p	Aquarobics Lea	Aquarobics Lea		Aquarobics Lea		
6:00p	Aquarobics Lea	Aquarobics Lea		Aquarobics Lea		

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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

