

Mojave Fitness Center

GROUP FITNESS CLASS SCHEDULE

DECEMBER 2017



*****NO PM CLASSES THE LAST WEEK OF DECEMBER**

Due to Holiday, Zumba will be limited in December.

Please check portal for updates.

Check Classes & REGISTER AT:

www.mojavefitness.com

Mojave Fitness Center
 1247 Poole St, Mojave CA 93501
 Email: mojavefitness@contactelevation.com
 Phone: (661) 749-0956

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Gentle Sunrise Yoga 6:15-6:45AM Marisa *No class Dec. 4th</p>				
<p>Cardio Kickboxing 11:15-11:45AM Marisa *HIIT on December 4th</p>			<p>High Speed H.I.I.T. 11:15-11:45AM Marisa</p>	
<p>Zumba 5:05-6:00PM BRI *Dec. 11th ONLY</p>	<p>Bootcamp 5:15-6:00PM Shaun *No class Dec 26th</p>	<p>*Zumba* 5:00-6:00PM Bri -12/13 *MICHELLE -12/6 SUBJECT TO CHANGE</p>		
		<p>All Levels Yoga 6:00-6:45 PM Marisa *No class Dec. 27th</p>		
<p>Hours of Operation: Monday-Sunday 24/7 Staffed: Monday-Friday 6:00 AM-7:00 PM – Be sure to see our HOLIDAY SCHEDULE</p>				

*****LOOK FORWARD TO
 BRAND NEW CLASSES
 IN JANUARY!!**

All Levels
 Intermediate
 Advanced



Mojave Fitness Center

GROUP FITNESS CLASS DESCRIPTIONS:

December 2017



- **All Levels Yoga:** Become guided through a foundation building grounded flow. Connecting breath with movement in a Vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind. Guided meditations and calming breathing techniques will be incorporated.
- **Zumba:** 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.
- **Gentle Sunrise Yoga:** 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. Leave feeling stronger and more centered. From beginners to advanced, this class is for everyone!
- **Cardio Kickboxing:** Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.
- **Power Yoga:** This energetic form of yoga has you fluidly moving from one pose to another while connecting breath to movement. More standing poses are emphasized to keep your heart rate up. You will leave feeling energized and invigorated for the rest of your day. Intermediate to advanced poses will be explored.
- **High Speed H.I.I.T:** HIIT, or high-intensity interval training, is a training technique in which you give an all-out, high-speed, effort through intense body weight exercises, followed by short, recovery periods to help you keep burning fat long after the workout is over.
- **Full Body Circuit:** Be ready to challenge your muscular strength and cardiovascular endurance with a circuit based class. Incorporating variety with the use of dumbbells, kettlebells, resistance bands and bodyweight exercises to maximize calorie burning, improve mobility, and assist in fat loss.
- **Bootcamp:** The class that keeps you guessing! These workouts are designed to improve overall fitness – strength, cardio, stamina, and endurance with a variety of weight training, agility drills, and intense functional movements!

Hours of Operation:
Monday-Sunday 24/7
Staffed:
Monday-Friday 6:00 AM-7:00 PM

ALL PARTICIPANTS MUST BE MEMBERS AND REGISTER FOR CLASSES ONLINE AT:
www.mojavefitness.com

All Fitness Levels Welcome! Classes are held in the Mojave Fitness Center unless otherwise noted.

QUESTIONS? Email mojavefitness@contactelevation.com