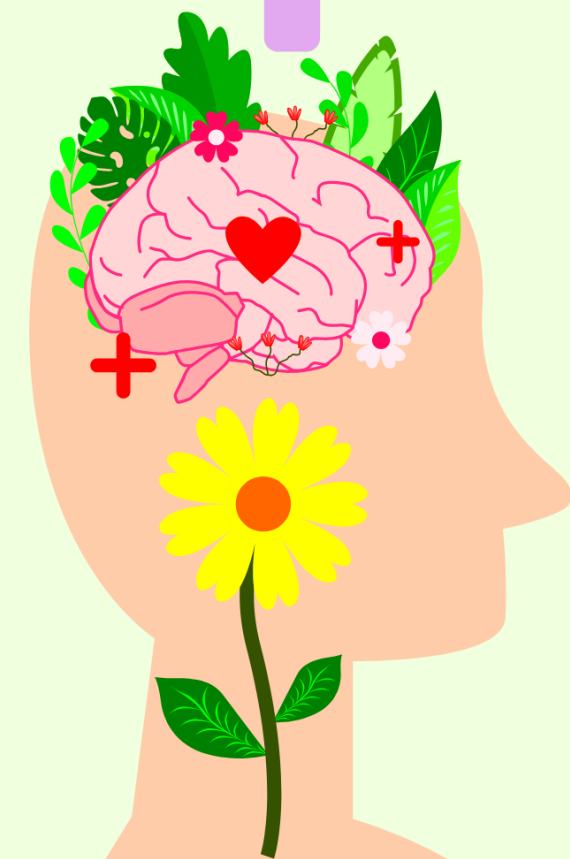


Women's Mental Health Awareness



WOMEN'S MENTAL HEALTH AWARENESS

This May, we're taking time to pause, reset, and prioritize women's mental health. Join us at Mojave Fitness for special post-workout reset sessions designed to help you recharge, reduce stress, and boost your mood.



TAKING CARE OF YOUR MENTAL HEALTH



MOJAVE FITNESS CENTER

PRACTICAL TIPS FOR EVERYDAY WELL-BEING

TAKE TIME TO SLOW DOWN, RESET, AND RECHARGE AFTER YOUR WORKOUT

POST-WORKOUT RESET SESSIONS (15-20 MIN)

- GUIDED STRETCHING
- BREATHWORK
- OPTIONAL JOURNALING

REFLECTION PROMPTS:

“WHAT AM I PROUD OF TODAY?”
“WHAT DO I NEED MORE OF THIS WEEK?”

MOVE FOR YOUR MOOD CLASSES TO TRY

- YOGA & DE STRESS YOGA
- CIRCLE MOBILITY
 - THE BOLSTER EXPERIENCE

DESIGNED TO SUPPORT MENTAL CLARITY, REDUCE ANXIETY, AND IMPROVE OVERALL WELL-BEING. TRY A CLASS TODAY

WOMEN'S WELLNESS WORKSHOPS

TOPICS INCLUDE:

- MANAGING STRESS & OVERWHELM
- BUILDING CONFIDENCE THROUGH FITNESS
- CREATING SUSTAINABLE, HEALTHY ROUTINES

LED BY WELLNESS PROFESSIONALS & EXPERIENCED COACHES

JOIN US: MAY 20 12:00PM-12:45PM
WOMEN'S WELLNESS WORKSHOP

Women's Wellness Workshop

MOJAVE FITNESS CENTER

Women's Wellness Workshops

MAY 20, 2026 |
12:00PM- 12:45PM

JOIN NOW



Topics include:

- Managing stress & overwhelm
- Building confidence through fitness
- Creating sustainable, healthy routines

Led by wellness professionals & experienced coaches

**Join Us: May 20
Women's Wellness Workshop**



Women's Wellness Workshop

Women's Wellness Workshops provide expert-led education on mental health, nutrition, hormones, and stress management—supporting your total, holistic well-being.

Join Jessica Green and Rosaly Young at the fitness center for an engaging, hands-on experience designed to help you feel stronger, more balanced, and empowered.

⚠ Spots are limited!

WOMEN'S WELLNESS WORKSHOPS

Remember, your mental health matters. Don't hesitate to reach out and seek the support you deserve. Together, we can overcome challenges, build resilience, and foster a positive mental well-being.

Contact us today at down below to learn more about our services and how we can support you on your mental health journey. Let's work together to nurture a healthy mind and embrace a brighter future.

Group Fitness Schedule



Group Fitness Schedule



MAY 2026

MONDAY

PILATES FOAM ROLLER FOR BEGINNERS
10am-10:45am
w. Jessica

CIRCLE MOBILITY
10:50AM-11:30am
w. MICHELLE

CIRCUIT TRAINING
5:15pm-6:00pm
w. Rosaly

TUESDAY

BEGINNER YOGA
10am-10:30am
w. Jessica

THE BOLSTER EXPERIENCE
5:15PM-6:00PM
w. Rosaly

WEDNESDAY

CHEST & TRICEPS
10am-10:30am
w. Jessica

DDPY FITNESS WORKOUT
5:15pm-6:00pm
w. Owen

THURSDAY

ABs BURNOUT
10am-10:30am
w. Jessica

LOWER BODY BLAST
5:15pm-6:30pm
w. Rosaly

FRIDAY

WEIGHTED PILATES
10am-10:45am
w. Jessica

DE STRESS YOGA
10:50am-11:30am
w. Jessica



Access MORE Elevation Live FREE Virtual classes through your member account!

ALL CLASSES INCLUDED IN YOUR MEMBERSHIP! TAKE A CLASS AT NO EXTRA COST!

PRE-REGISTER FOR CLASSES VIA YOUR MEMBER ACCOUNT AT WWW.ELEVATIONFITNESSPORTAL.COM

Email: mojavefitness@contactelevation.com

Phone 661 749 0956 - Address 1247 POOLE ST MOJAVE, CA - WEBSITE: www.mojavefitness.com



\$100.00
IN
PRIZES!

HEALTHY LIFESTYLE PROGRAM STEP INTO SPRING

May 4th - May 18th
Enrollment starts April 20th

- Track your steps every day using any device or wearable.
- Post your daily steps + weekly total on the bulletin board and check off that program activity.
- Complete both weeks = Raffle entry!
- Bonus Challenges: Complete weekly bonus tasks for extra entries!

TUESDAY,
MAY 19TH

HIGHLIGHTED LIVE CLASS: DUMBBELL BOOTCAMP

Join Ryan for a challenging 45-minute class where participants will complete a variety of strength and cardio exercises. Get ready to sweat in this class!

Intermediate to advanced fitness level recommended

*Participants will need a set of dumbbells

TIME: 6AM PST, 7AM MST, 8AM CST, 9AM EST

SATURDAY,
MAY 30TH

ELEVATE YOURSELF PODCAST:

Bike Safety/Global Health & Fitness Month

Join Rob, host of the "Elevate Yourself" for a BRAND-NEW episode. Rob will be chatting with Karin Goin about "**Complete Streets: Designing Accessible Environments.**" Available on apple podcasts!



Circuit Training

MOJAVE FITNESS CENTER

CIRCUIT TRAINING



MONDAY

**MONDAYS AT
5:15 PM
W. ROSALY**

MOVE THROUGH A SERIES OF DIFFERENT EXERCISES, FOCUSING ON A DIFFERENT MUSCLE GROUP OR MOVEMENT, STRENGTH, CORE AND LIFT. FINISH ALL YOUR STATIONS, YOU GOT A "CIRCUIT" REPEAT!!

MOJAVE

AIR & SPACE PORT
AT RUTAN FIELD



The Bolster Experience

MOJAVE FITNESS CENTER

THE BOLSTER EXPERIENCE



**RESET
RESTORE
UNWIND**

**TUESDAYS At 5:15PM
W. ROSALY**



Yoga Bolster Class for body relaxation, deep stretches and improved alignment, while supporting your spine and nervous system.

MOJAVE
AIR & SPACE PORT
AT RUTAN FIELD

**Recommend a long towel/Bolster
provided availability by gym, or bring
your own.**

elevation
HEALTH

Highlighted Virtual Class



HIGHLIGHTED LIVE CLASS

DUMBBELL BOOTCAMP WITH RYAN

Join this challenging 45-minute class as we complete a variety of strength and cardio exercises. Get ready to sweat in this class!

Intermediate to Advanced Fitness Level
Recommended

Participants will need a set of dumbbells

TUESDAY, MAY 19TH
6AM PST, 7AM MST, 8AM CST, 9AM EST

CLICK
HERE, OR
SCAN THE
CODE TO
START



CAN'T MAKE THE LIVE CLASS???
CHECK OUT THIS SIMILIAR
WORKOUT VIDEO ON THE
ELEVATION STATION!

STRENGTH & ABS WITH ERICA

Refer a Friend

MOJAVE FITNESS CENTER



**REFER FRIENDS AND
SAVE!**



**\$5 OFF FOR EVERY
PERSON REFERRED!**



**MAKE SURE YOUR FRIEND/FAMILY
MEMBER MENTIONS AT SIGN UP!
DISCOUNT APPLIED TO NEXT INVOICE.**

CONTACT:
(661) 749 0956
www.mojavefitness.com
[email:mojavefitness@contactelevation.com](mailto:mojavefitness@contactelevation.com)

MOJAVE
AIR & SPACE PORT