

GROUP FITNESS SCHEDULE

Mesa Fitness Clifton

January-23



MONDAY

CLASS	TIME	RUN TIME	INSTRUCTOR	STUDIO
SPRINT™	5:30 AM	30 min	Annette	Spin
Upper Body	6:00 AM	15 min	Annette	Spin
Water Fitness	9:00 AM	55 min	Eldrid	Pool
BODYPUMP™	9:35 AM	55 min	Trae	Group Studio
Silver Sneakers® Classic	10:45 AM	55 min	Donna	Group Studio
GRIT™ Strength	5:00 PM	30 min	Sarah	Group Studio
BODYPUMP™ Express	5:35 PM	45 min	Tina	Group Studio
SPRINT™	5:35 PM	30 min	Catrina	Spin

COMBO CLASSES

NEW INSTRUCTOR

TUESDAY

CLASS	TIME	RUN TIME	INSTRUCTOR	STUDIO
BODYPUMP™	5:15 AM	45 min	Rebekah	Group Studio
SPRINT™	5:30 AM	30 min	Sarah H.	Spin
Water Fitness	9:00 AM	55 min	Megan	Pool
Group Cycle	9:15 AM	55 min	Drew	Spin
Cardio Sculpt	9:35 AM	55 min	Bethany	Group Studio
ZUMBA® GOLD	10:45 AM	55 min	Larisa	Group Studio
Silver Sneakers® Classic	2:00 PM	55 min	Donna	Group Studio
Gentle Yoga	3:10 PM	55 min	Donna	Group Studio
BODYCOMBAT™ Express	5:35 PM	45 min	Tina	Group Studio
Vinyasa Flow Yoga	6:45 PM	55 min	Andrea	Group Studio

AVAILABLE TO ALL MEMBERS!

WEDNESDAY

CLASS	TIME	RUN TIME	INSTRUCTOR	STUDIO
RPM™	5:30 AM	30 min	Jamie	Spin
GRIT™ Strength	6:05 AM	30 min	Catrina	Group Studio
Water Fitness	9:00 AM	55 min	Eldrid	Pool
BODYPUMP™	9:35 AM	55 min	Tammy	Group Studio
Silver Sneakers® Classic	10:45 AM	55 min	Donna	Group Studio
GRIT™	5:35 PM	55 min	Sarah T	Group Studio
SPRINT™	5:35 PM	30 min	Sarah	Spin
Upper Body	6:05 PM	15 min	Sarah	Spin

NEW INSTRUCTOR COMBO CLASSES

THURS

CLASS	TIME	RUN TIME	INSTRUCTOR	STUDIO
BODYPUMP™	5:15 AM	45 min	Rebekah	Group Studio
Aqua Fitness	9:00 AM	55 min	Megan	Pool
RPM™	9:15 AM	55 min	Catrina	Spin
Cardio Sculpt	9:35 AM	55 min	Bethany	Group Studio
Silver Sneakers® Classic	2:00 PM	55 min	Donna	Group Studio
Gentle Yoga	3:10 PM	55 min	Donna	Group Studio
ZUMBA®	5:35 PM	55 min	Sally	Group Studio

NEW INSTRUCTOR NEW INSTRUCTOR

FRI

CLASS	TIME	RUN TIME	INSTRUCTOR	STUDIO
SPRINT™	5:30 AM	30 min	Annette	Spin
Water Fitness	9:00 AM	55 min	Patty	Pool
BARRE	10:45 AM	55 min	Jessica	Group Studio
Gentle Yoga	3:10 PM	55 min	Donna	Group Studio

AVAILABLE TO ALL MEMBERS!

SAT

CLASS	TIME	RUN TIME	INSTRUCTOR	STUDIO
SPRINT™	8:00 AM	30 min	Annette	Spin
BODYPUMP™	8:30 AM	55 min	Melanie	Group Studio
Water Fitness	9:00 AM	55 min	Vianne	Group Studio
BODYBALANCE™	9:35 AM	55 min	Kathleen	Group Studio

SUN

CLASS	TIME	RUN TIME	INSTRUCTOR	STUDIO
GRIT™ Strength	8:30 AM	30 min	Catrina	Group Studio
RPM™	9:30 AM	55 min	Karen	Spin

MIND & BODY CLASSES!

All Mind & Body style classes are now available to ALL MEMBERS here at Mesa Fitness Clifton!

Platinum membership is still required for other amenities and for Mind & Body program classes at Mesa Fitness Grand Junction.

QUESTIONS/COMMENTS

Have questions or comments about our schedule?

Message our Group Fitness Director, Trae, at trae@mesafitnessco.com for more information!

DOWNLOAD THE MESA FITNESS APP!

See up-to-date schedules, class changes, cancellations, and much more on the Mesa Fitness App or by visiting our website at www.mesafitnessco.com/classes

