

GROUP FITNESS SCHEDULE

Mesa Fitness Grand Junction

February-23



MONDAY

| CLASS | TIME | RUN TIME | INSTRUCTOR | STUDIO |
|--------------------------|----------|----------|------------|--------------|
| BODYPUMP™ | 5:15 AM | 45 min | Rebekah | Group Studio |
| SPRINT™ | 5:15 AM | 30 min | Karen | Spin |
| Barre | 5:30 AM | 55 min | Corrie | Mind & Body* |
| AB Conditioning | 7:00 AM | 25 min | Paula | Group Studio |
| Salsa Heat | 7:25 AM | 55 min | Paula | Group Studio |
| BODYBALANCE™ | 8:30 AM | 45 min | Brooke | Group Studio |
| Cardio Sculpt | 9:30 AM | 55 min | Janae | Group Studio |
| SPRINT™ | 9:30 AM | 30 min | Mindy | Spin |
| ZUMBA® | 10:30 AM | 55 min | Larisa | Group Studio |
| SoulBody Barre™ | 12:00 PM | 55 min | Kathleen | Mind & Body* |
| BODYPUMP™ | 12:05 PM | 45 min | Kenra | Group Studio |
| Silver Sneakers® Classic | 2:00 PM | 55 min | Donna | Group Studio |
| Cardio Sculpt | 4:30 PM | 55 min | Kenra | Group Studio |
| SPRINT™ | 4:45 PM | 30 min | Jody | Spin |
| BODYCOMBAT™ | 5:35 PM | 55 min | Trae | Group Studio |
| Group Cycle | 5:35 PM | 55 min | Lara | Spin |
| BARRE | 5:35 PM | 55 min | Corrie | Mind & Body* |
| ZUMBA® | 6:40 PM | 55 min | Sally | Group Studio |

COMBO CLASSES

*MIND BODY STUDIO

All classes, with the exception of Silver Sneakers and Sh'BAM, held in the Mind & Body Studio are open to members with the PLATINUM or WELLNESS membership. If you're unsure of your access or want to upgrade to add these classes, please see the front desk for more information!

RESERVATIONS

Please reserve your spot for all Mind & Body classes using the Mesa Fitness app or our online portal at www.mesafitnessco.com/classes. Don't have the Mesa Fitness App? Ask the front desk to add you in to the class!

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



TUESDAY

| CLASS | TIME | RUN TIME | INSTRUCTOR | STUDIO |
|-------------------------------|----------|----------|------------|--------------|
| BODYATTACK™ | 5:15 AM | 45 min | Kenra | Group Studio |
| SPRINT™ | 5:30 AM | 30 min | Jamie | Spin |
| BODYPUMP™ | 6:05 AM | 45 min | Kenra | Group Studio |
| Gentle Yoga | 7:25 AM | 55 min | Therese | Group Studio |
| Cardio Sculpt | 8:30 AM | 55 min | Stacy | Group Studio |
| Aqua Fitness | 9:00 AM | 55 min | Morgan | Pool |
| SoulBody Barre™ | 9:30 AM | 55 min | Kathleen | Mind & Body* |
| BODYPUMP™ | 9:30 AM | 55 min | Trae | Group Studio |
| Silver Sneakers® Yoga Stretch | 10:35 AM | 55 min | Therese | Group Studio |
| SPRINT™ | 10:45 AM | 30 min | Anna | Spin |
| SoulBody Restore™ | 11:30 AM | 45 min | Janae | Mind & Body |
| BODYBALANCE™ | 12:05 PM | 55 min | Therese | Group Studio |
| GRIT™ Strength | 5:00 PM | 30 min | Bree | Group Studio |
| BODYPUMP™ | 5:35 PM | 55 min | Brooke | Group Studio |
| Heated Yoga | 5:35 PM | 75 min | Kellen | Mind & Body* |
| SPRINT™ | 5:35 PM | 30 min | Trae | Spin |
| Upper Body | 6:05 PM | 15 Min | Trae | Spin |
| HIGH FITNESS™ | 6:40 PM | 45 min | Alli | Group Studio |
| HiYo | 7:40 PM | 45 min | Stefanie | Group Studio |

NEW CLASS

NEW INSTRUCTOR

NEW INSTRUCTOR

COMBO CLASSES!

WEDNESDAY

| CLASS | TIME | RUN TIME | INSTRUCTOR | STUDIO |
|--------------------------|----------|----------|------------|--------------|
| BODYPUMP™ | 5:15 AM | 45 min | Myra | Group Studio |
| SPRINT™ | 5:15 AM | 30 min | Bree | Spin |
| BARRE | 5:30 AM | 55 min | Rachel | Mind & Body* |
| Ab Conditioning | 7:00 AM | 25 min | Paula | Group Studio |
| Salsa Heat | 7:25 AM | 55 min | Paula | Group Studio |
| Aqua Fitness | 9:00 AM | 55 min | Megan | Pool |
| Cardio Sculpt | 9:30 AM | 55 min | Bethany | Group Studio |
| SPRINT™ | 9:30 AM | 30 min | Janae | Spin |
| BODYBALANCE™ | 10:30 AM | 55 min | Miriam | Group Studio |
| BARRE | 12:00 PM | 55 min | Raysha | Mind & Body* |
| BODYPUMP™ | 12:05 PM | 55 min | Rebekah | Group Studio |
| Silver Sneakers® Circuit | 2:00 PM | 55 min | Donna | Group Studio |
| BODYPUMP™ | 4:30 PM | 55 min | Melanie | Group Studio |
| SPRINT™ | 4:45 PM | 30 min | Annette | Spin |
| BODYBALANCE™ | 5:35 PM | 55 min | Brooke | Group Studio |
| Group Cycle | 5:35 PM | 55 min | Betsy | Spin |
| Yoga Vinyasa Flow | 5:35 PM | 55 min | Kellen | Mind & Body* |
| GRIT™ Strength | 6:40 PM | 30 min | Mindy | Group Studio |

NEW INSTRUCTOR

NEW CLASS

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THURSDAY

| CLASS | TIME | RUN TIME | INSTRUCTOR | STUDIO |
|-------------------------------|----------|----------|------------|--------------|
| BODYCOMBAT™ | 5:15 AM | 45 min | Sarah | Group Studio |
| SPRINT™ | 5:30 AM | 30 min | Trae | Spin |
| BARRE | 5:30 AM | 55 min | Rachel | Mind & Body* |
| Gentle Yoga | 7:25 AM | 55 min | Therese | Group Studio |
| BODYCOMBAT™ Low Impact | 8:30 AM | 45 min | Trae | Group Studio |
| BARRE | 9:30 AM | 55 min | Anna | Mind & Body* |
| Aqua Fitness | 9:00 AM | 55 min | Cierra | Pool |
| BODYPUMP™ | 9:30 AM | 55 min | Kathleen | Group Studio |
| Silver Sneakers® Yoga Stretch | 10:35 AM | 55 min | Therese | Group Studio |
| SoulBody Restore™ | 11:30 AM | 45 min | Janae | Mind & Body* |
| BODYBALANCE™ | 12:05 PM | 55 min | Kathleen | Group Studio |
| GRIT™ Strength | 5:00 PM | 30 min | Tina | Group Studio |
| BODYPUMP™ | 5:35 PM | 55 min | Tina | Group Studio |
| SPRINT™ | 5:35 PM | 30 min | Jen | Spin |
| Upper Body | 6:05 PM | 15 min | Jen | Spin |
| BARRE | 5:35 PM | 55 min | Anna | Mind & Body* |
| HIGH FITNESS™ | 6:40 PM | 45 min | Stefanie | Group Studio |
| HiYo | 7:30 PM | 30 min | Stefanie | Group Studio |

NEW PROGRAMS

HiYO

COMBO CLASSES!

NEW INSTRUCTOR

Sh'BAM will return!

FRIDAY

| CLASS | TIME | RUN TIME | INSTRUCTOR | STUDIO |
|--------------------------|----------|----------|------------|--------------|
| BODYATTACK™ | 5:15 AM | 45 min | Melanie | Group Studio |
| SPRINT™ | 5:15 AM | 30 min | Breanna K | Spin |
| Hot Yoga | 5:30 AM | 55 min | Rachel | Mind & Body* |
| BODYPUMP™ | 6:05 AM | 55 min | Bree | Group Studio |
| Salsa Heat | 7:25 AM | 55 min | Zerah | Group Studio |
| BODYPUMP™ | 8:30 AM | 55 min | Melanie | Group Studio |
| Aqua Fitness | 9:00 AM | 55 min | Morgan | Pool |
| Yin Yoga | 9:25 AM | 55 min | Summer | Mind & Body* |
| Cardio Sculpt | 9:30 AM | 55 min | Bethany | Group Studio |
| SPRINT™ | 9:30 AM | 30 min | Mindy | Spin |
| HIGH FITNESS™ | 10:30 AM | 45 min | Alli | Mind & Body |
| Silver Sneakers® Classic | 10:45 AM | 55 min | Donna | Group Studio |
| BODYPUMP™ | 12:05 PM | 55 min | Brooke | Group Studio |
| Restorative Yoga | 4:30 PM | 75 min | Rachel | Mind & Body* |
| BODYCOMBAT™ | 5:35 PM | 55 min | Tina | Group Studio |

NEW INSTRUCTOR

SATURDAY

| CLASS | TIME | RUN TIME | INSTRUCTOR | STUDIO |
|------------------------------|----------|----------|------------|--------------|
| SPRINT™ | 8:15 AM | 30 min | Bree | Spin |
| HIGH FITNESS™ | 8:30 AM | 45 min | Stefanie | Group Studio |
| Core Water | 9:00 AM | 55 min | Donna | Pool |
| BARRE | 9:25 AM | 55 min | Raysha | Mind & Body* |
| BODYBALANCE™ | 9:30 AM | 55 min | Jen | Group Studio |
| BODYCOMBAT™ | 10:30 AM | 55 min | Sarah | Group Studio |
| Silver Sneakers® Gentle Yoga | 10:45 AM | 55 min | Donna | Mind & Body |
| ZUMBA® | 12:05 PM | 55 min | Larisa | Group Studio |

NEW INSTRUCTOR

SUN

| CLASS | TIME | RUN TIME | INSTRUCTOR | STUDIO |
|------------------------|----------|----------|------------|--------------|
| GRIT™ | 8:30 AM | 30 min | Tina | Group Studio |
| BODYCOMBAT™ Low Impact | 9:30 AM | 55 min | Lincoln | Group Studio |
| ZUMBA® | 10:30 AM | 55 min | Faith | Group Studio |
| Hot Yoga | 10:45 AM | 55 min | Kellen | Mind & Body* |
| BODYPUMP™ | 12:05 PM | 55 min | Tammy | Group Studio |
| Restorative Yoga | 1:15 PM | 75 min | Rachel | Mind & Body* |