

GROUP FITNESS SCHEDULE

Mesa Fitness Clifton

October-22



MONDAY

CLASS	TIME	RUN TIME	INSTRUCTOR	STUDIO
SPRINT™	5:30 AM	30 min	Trae	Spin
Upper Body	6:00 AM	15 min	Trae	Spin
Water Fitness	9:00 AM	55 min	Eldrid	Pool
BODYPUMP™	9:35 AM	55 min	Michaela	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

NEW TIME

TUESDAY

CLASS	TIME	RUN TIME	INSTRUCTOR	STUDIO
BODYPUMP™	5:15 AM	55 min	Rebekah	Group Studio
SPRINT™	5:30 AM	30 min	Sarah H.	Spin
Water Fitness	9:00 AM	55 min	Nicole	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	Liz	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

NEW TIME

NEW INSTRUCTOR

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	Trae	Group Studio
Silver Sneakers® Classic	10:45 AM	55 min	Donna	Group Studio
GRIT™ Strength	5:00 PM	30 min	Michaela	Group Studio
BARRE	5:35 PM	55 min	Michaela	Group Studio
SPRINT™	5:35 PM	30 min	Trae	Spin
Upper Body	6:05 PM	15 min	Trae	Spin

NEW TIME

NEW TIME
AVAILABLE TO ALL MEMBERS!
COMBO CLASSES

THURS

CLASS	TIME	RUN TIME	INSTRUCTOR	STUDIO
BODYPUMP™	5:15 AM	55 min	Rikki	Group Studio
Aqua Zumba	9:00 AM	55 min	Eldrid	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 TIME

NEW TIME

NEW TIME

FRI

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

NEW TIME

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



15 NEW CLASSES IN OCTOBER!

You asked and we listened!

We've added 15 new classes to October's Group Fitness schedule and made class times more convenient for YOU!

What's even better? We moved all our Mind & Body programs into the Group Studio and they are now available to ALL members here at Mesa Fitness Clifton!