

GROUP FITNESS SCHEDULE

Mesa Fitness Grand Junction

October-22



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	6:00 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
Water Zumba	9:00 AM	55 min	Heather	Pool
Cardio Sculpt	9:30 AM	55 min	Janae	Group Studio
SPRINT™	9:30 AM	30 min	Mindy	Spin
ZUMBA®	10:30 AM	55 min	McKenzie	Group Studio
SoulBody Barre™	12:00 PM	55 min	Kathleen	Mind & Body*
SPRINT™	12:00 PM	30 min	Anna	Spin
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
Restorative Yoga	5:35 PM	75 min	Rachel	Mind & Body*
ZUMBA®	6:40 PM	55 min	Sally	Group Studio

NEW PROGRAM

NEW INSTRUCTOR

NEW INSTRUCTOR

*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
WATER ZUMBA	9:00 AM	55 min	Kate	Pool
SoulBody Barre™	9:30 AM	55 min	Kathleen	Mind & Body*
BODYPUMP™	9:30 AM	55 min	Trae	Group Studio
Silver Sneakers® Yoga Stretch	10:30 AM	55 min	Therese	Group Studio
Sh'BAM™	10:45 AM	45 min	Michaela	Mind & Body
SoulBody Restore™	11:30 AM	45 min	Kathleen	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	Jack	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

NEW INSTRUCTOR

Starting October 18

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
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
SPRINT™	12:00 PM	30 min	Keallan	Spin
BARRE	12:00 PM	55 min	Michaela	Mind & Body*
BODYPUMP™	12:05 PM	55 min	Trae	Group Studio
Silver Sneakers® Classic	2:00 PM	55 min	Donna	Group Studio
Cardio Sculpt	4:30 PM	55 min	Stacy	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
Restorative Yoga	5:35 PM	75 min	Rachel	Mind & Body*
GRIT™ Strength	6:40 PM	30 min	Mindy	Group Studio
LM Core™	7:15 PM	30 min	Rebekah	Group Studio
BODYCOMBAT™	7:45 PM	45 min	Brooke	Group Studio

NEW TIME

NEW PROGRAM

NEW TIME

NEW TIME

NEW TIME

GROUP FITNESS SCHEDULE

Mesa Fitness Grand Junction

October-22

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	Morgan	Pool
BODYPUMP™	9:30 AM	55 min	Kathleen	Group Studio
Silver Sneakers® Yoga Stretch	10:30 AM	55 min	Therese	Group Studio
SoulBody Restore™	10:45 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
BARRE	5:35 PM	55 min	Michaela	Mind & Body*
Salsa Heat	6:40 PM	55 min	Liz	Group Studio
HIGH FITNESS™	7:45 PM	45 min	Stefanie	Group Studio

NEW PROGRAM

NEW TIME

Starting October 18

NEW PROGRAMS

AB CONDITIONING

Monday & Wednesday @ 7:00 am
25 minute program with Paula

YOGA VINYASA FLOW

Tuesday @ 6:00 am
Sunday @ 10:45 am
55 minute program with Kellen

SH'BAM

Tuesday @ 10:45 am
Friday @ Noon
55 minute program with Michaela

SPRINT + UPPER BODY

Monday @ Noon
Tuesday @ 5:35 pm
30 minute SPRINT with a 15 minute UPPER BODY workout! Take either option or both for a full body workout with Trae!

BODYCOMBAT Low Impact

Thursday @ 8:30 am
55 minute program with Trae

SoulBody RESTORE

Tuesday @ 11:30 am with Kathleen
Thursday @ 10:45 am with Janae
45 minute program
This class gently warms the body through unique yoga flows, creates mobility through dynamic stretching, and uses restorative techniques to release fascial tension, delivering a relaxed and centered feel.

STARTS OCTOBER 18TH

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 P	Group Studio
Salsa Heat	7:25 AM	55 min	Zerah	Group Studio
BODYPUMP™	8:30 AM	55 min	Rebekah	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	Group Studio
Silver Sneakers® Classic	10:45 AM	55 min	Donna	Mind & Body
Sh'BAM™	12:00 PM	45 min	Michaela	Mind & Body
BODYPUMP™	12:05 PM	55 min	Brooke	Group Studio
ZUMBA®	4:30 PM	55 min	McKenzie	Group Studio
Restorative Yoga	4:30 PM	75 min	Rachel	Mind & Body*
BODYCOMBAT™	5:35 PM	55 min	Tina	Group Studio

NEW TIME

NEW INSTRUCTOR

SATURDAY

CLASS	TIME	RUN TIME	INSTRUCTOR	STUDIO
SPRINT™	8:15 AM	30 min	Bree P	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	Michaela	Mind & Body*
BODYBALANCE™	9:30 AM	55 min	Jen	Group Studio
BODYCOMBAT™	10:30 AM	55 min	Michaela	Group Studio
Silver Sneakers® Gentle Yoga	10:45 AM	55 min	Donna	Mind & Body
LM Core™	11:30 AM	30 min	Katie	Group Studio
ZUMBA®	12:05 PM	55 min	Sally	Group Studio

NEW INSTRUCTOR

NEW INSTRUCTOR

SUN

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

NEW INSTRUCTOR