


















MESA GROUP EXERCISE JANUARY 2021 CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM							
9:00 AM	 Tiffany R.		 Tiffany R.		 Tiffany R.	 Leah R.	
10:15 AM						 Michael D.	(10:00 AM)  Iris G.
12:00 PM	 Robyn L.	 Robyn L.	 Robyn L.	 Robyn L.			
4:30 PM		 Madison B.					
5:30 PM	 Mary Jo Q.	 Leah R.	 Mary Jo Q.	 Fran S.			

Class Descriptions

BodyCombat™: Is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai.

BodyPump: The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and YOUR choice of weight inspire you to get the results you came for – and fast!

BodyFlow™: The Yoga Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling long, strong, calm and centered.

Dance Fusion: Cardio dance class that incorporates a mix of different types of music including Latin, hip hop, Top 40 and classics!

Zumba: Latin inspired moves and dance themes come together to create a dynamic, fun class.