



# GROUP FITNESS CLASSES

*Group Fitness classes available at Mesa Fitness!*



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## AQUA CORE

### Benefits:

- Low impact
- Strength
- Stamina

This fast-paced program targets core strength, cardiovascular strength and endurance, flexibility, and functional range of motion to help you reach your fitness goals.

The movements in this class will challenge all areas of the core, not just the abdominals, with standing, supine, and wall exercises that incorporate your body and the pool with and without the use of unique pool equipment.

We recommend new users ease into this class!

## AQUA FITNESS

### Benefits:

- Low impact
- Total Body Workout
- Stamina

Get out of the studio and into the pool for this non-impact total body workout.

Use the resistance of the water to improve cardiovascular stamina, muscular endurance, flexibility, and range of motion.

This class is built for those who want a complete conditioning experience without too much stress on the body.

## BARRE

### Benefits:

- Balance
- Low Impact
- Muscle Tone

Barre is a "ballet inspired" standing Pilates class that will tone and sculpt your body.

This course incorporates the basics of ballet and mixes in the elements of Pilates, Dance, Yoga and functional training.

## CARDIO SCULPT

### Benefits:

- Cardio
- Muscle Tone
- Total Body Workout

This class provides a full-body sculpting and toning workout.

Workouts focus on major muscle groups and focus on proper form and technique incorporating cardio intervals.

## GENTLE YOGA

### Benefits:

- Low Impact
- Balance
- Flexibility

This foundational yoga practice is designed to improve flexibility and body awareness while also decreasing mental and physical stress.

Class is breath-focused, with slow movement between gentle yoga postures.

The instructor will guide students by demonstrating and using verbal instruction. Students will feel enhanced presence, strength, and flexibility while cultivating an overall sense of relaxation.



## GROUP CYCLE

### Benefits:

- Burn Fat
- Cardiovascular
- Stamina

Great music coupled with amazing coaches will help you challenge yourself in this highly motivating indoor cycling program!

## HEATED YOGA

### Benefits:

- Low Impact
- Balance
- Flexibility

Hot Yoga is done in a heated room at 95 degrees with a humidity level of 40-60 percent to warm your muscles, allowing a deeper workout to help with flexibility and detoxifying the body.

Difficulty Level: Intermediate to Advanced Yoga

## HEATED POWER YOGA

### Benefits:

- Increase energy
- Improved balance
- Flexibility
- Breath awareness

An invigorating practice that merges breath with movement.

This Vinyasa-based class offers a continuous flowing sequence of postures aimed at building strength, enhancing flexibility, increasing mobility and sharpening your focus. With an emphasis on breath awareness, you'll encounter a variety of "peak" poses that highlight the balance between effort and ease.

This mindful interplay between challenge and relaxation fosters both physical and mental resilience.

The studio is heated between 85-95 degrees.

## HIGH FITNESS

### Benefits:

- Cardio
- High Energy
- Total Body Workout

Think Old School Aerobics made Modern. Cardio and toning meets Jane Fonda with a side of Richard Simmons.

You will have a blast, see real results both physically and mentally, and leave this class wanting more because it's so much fun!

## LES MILLS - BODYATTACK

### Benefits:

- Cardio
- High Energy
- Total Body Workout

A high-energy, calorie-consuming athletic workout that will push you past the limit with strong, simple moves and pumping music.

This is the most intense workout you'll find in the world of fitness--a session guaranteed to take no prisoners.

## LES MILLS - BODYBALANCE

Benefits:

- Balance
- Flexibility
- Low Impact

A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi, and Pilates.

Truly a fitness class for the 21st Century, BODYBALANCE brings mind and body into perfect harmony. Try this revolutionary, holistic approach to fitness.

## LES MILLS - BODYCOMBAT

Benefits:

- Cardio
- High Energy
- Total Body Workout

Les Mills BODYCOMBAT combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi, and kickboxing.

It is a fiercely energetic experience taught in a safe and simplistic manner. Designed to fight fat and kick calories, it is a great cardiovascular workout that's all-out fun!

## LES MILLS - BODYCOMBAT LOW IMPACT

Benefits:

- Cardio
- High Energy
- Total Body Workout

Les Mills BODYCOMBAT combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi, and kickboxing.

This Low Impact version is great for all levels of experience, and even better for those who may have physical limitations or pain in their lower joints.

It is a fiercely energetic experience taught in a safe and simplistic manner. Designed to fight fat and kick calories, it is a great cardiovascular workout that's all-out fun!

## LES MILLS - BODYPUMP

Benefits:

- Weight-Based
- High Energy
- Total Body Workout

BODYPUMP is THE ORIGINAL BARBELL CLASS, the ideal workout for anyone looking to get lean, toned, and fit fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.

Instructors will coach you through scientifically backed moves and techniques, pumping out encouragement, motivation, and great music, helping you achieve much more than on your own!

You'll leave the class feeling challenged and motivated, ready to return for more.

## LES MILLS - CORE

### Benefits:

- Core strength
- Balance + Stability
- Muscle Tone

Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance.

You build strength, stability, and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

Great music and an excellent, well-balanced workout!

## LES MILLS - DANCE

### Benefits:

- Cardio
- High Energy
- Total Body Workout

LES MILLS DANCE is a high-energy workout that will reinvent the way you move and sweat! 45-minutes, 10 stand-alone tracks, inspired by global dance genres and designed by dancers.

Each class has innovative dance movements that work cohesively with music inspired by various dance genres.

LES MILLS DANCE is simple to master and an excellent option for those who want to improve their dance skills while getting fit; or for anyone who loves to dance.

## LES MILLS - GRIT STRENGTH

### Benefits:

- Burn Fat
- High Energy
- Strength

GRIT Strength is a 30-minute high-intensity interval training (HIIT) workout designed to improve strength, boost cardiovascular fitness, and build lean muscle.

This workout uses barbell, weight plate, and bodyweight exercises to blast all major muscle groups.

## LES MILLS - PILATES

### Benefits:

- Balance
- Flexibility
- Low Impact

Magical choreography, hypnotic music, and the latest exercise science. A 45-minute mind-body workout designed to improve strength, mobility and happiness.

Slow, simple movements tone your abs, glutes, back, and hips. Expert guidance builds technique and control. Modern breath work creates renewal and bliss. Traditional Pilates meets the Les Mills experience, leaving you feeling strong, uplifted, and calm.

## LES MILLS - RPM

Benefits:

- Cardio
- High Energy
- Total Body Workout

Great music, coupled with amazing coaches, will help you challenge yourself in this highly motivating indoor cycling program!

## LES MILLS - SHAPES

Benefits:

- Strength
- Flexibility + Mobility
- Low Impact

Les Mills Shapes is a strength-based workout inspired by Pilates, Barre, and Power Yoga.

Created in an interval training structure, it is a concentrated workout that remains connected to the floor - so there is minimal impact on joints.

## LES MILLS - SHBAM

*Sh'Bam is currently unavailable from Les Mills*

Benefits:

- Cardio
- High Energy
- Total Body Workout

LES MILLS DANCE is a high-energy workout that will reinvent the way you move and sweat! 45-minutes, 10 stand-alone tracks, inspired by global dance genres and designed by dancers.

Each class has innovative dance movements that work cohesively with music inspired by various dance genres.

LES MILLS DANCE is simple to master and an excellent option for those who want to improve their dance skills while getting fit; or for anyone who loves to dance.

## LES MILLS - SPRINT

Benefits:

- Low-Impact
- High Energy
- Cardio

LES MILLS SPRINT is a 30-minute High-Intensity Interval Training (HIIT) workout using an indoor bike to achieve fast results.

It's a quick and hard style of training that returns rapid results with minimum joint impact.

The short duration of a LES MILLS SPRINT workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort.

The payoff is you will smash your fitness goals and burn calories for hours after each workout.

## LES MILLS - STRENGTH DEVELOPMENT

### Benefits:

- Strength
- Total Body Workout

LES MILLS Strength Development is the first of a brand-new series of innovative workouts that meet how your members want to move today.

Whether new to lifting or a seasoned pro, LES MILLS Strength Development will build muscle, improve technique, and grow member confidence to train more powerfully in the studio and on the gym floor.

## LES MILLS - TONE

### Benefits:

- Burn Fat
- Cardio
- Muscle Tone

A mix of cardio, resistance, and core while playing with different training concepts and options to ensure everyone gets the best results from their workouts.

Great music and an excellent, well-balanced workout!

## RESTORATIVE YOGA

### Benefits:

- Balance
- Low Impact
- Muscle Tone

Feel refreshed and renewed through a series of restorative poses.

The poses in Restorative Yoga are designed to be held longer and props may be added for additional support.

A perfect class for those looking to enhance their overall well-being and provide healing for both the body and mind.

Difficulty Level: Intermediate to advanced yoga

## SALSA HEAT

### Benefits:

- Cardio
- High Energy
- Total Body Workout

Salsa Heat is a Latin-inspired dance fitness class.

The amazing music and dance movements create a dynamic, exciting, and effective cardio workout.

## SILVER SNEAKERS - CIRCUIT

### Benefits:

- Low Impact
- Stability + Balance
- Strength

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.

Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.



## SILVER SNEAKERS - CLASSIC

### Benefits:

- Low Impact
- Stability + Balance
- Total Body Workout

Silver Sneakers Classic is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events.

## SILVER SNEAKERS - YOGA STRETCH

### Benefits:

- Low Impact
- Stability + Balance
- Total Body Workout

Silver Sneakers Yoga will move your body through a series of seated and standing yoga poses.

Chair support is offered to safely perform various seated and standing postures designed to increase flexibility, balance, and range of movement.

Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## SOULBODY BARRE

### Benefits:

- Balance
- Low Impact
- Muscle Tone

This program takes a unique athletic approach to the traditional barre class.

It incorporates dynamic movements and cardio surges while strengthening and shaping the body.

This mindfully intense class, set to motivating music, will define the body as well as create balance and endurance.

## STABILITY & BALANCE

### Benefits:

- Balance
- Low Impact

Get stronger and improve your balance. Our new 13-week balance and stability class focuses on stability, balance, and fall prevention.

Chair and barre space provided to maintain support, allowing participants to confidently engage in a variety of exercises.

Inspired by Silver Sneakers Stability and EnerChi curriculums, this standing class is designed to help prevent falls for individuals living independently.

## STRONG VINYASA YOGA

### Benefits:

- Balance
- Low Impact
- Muscle Tone

An invigorating practice that merges breath with movement.

This Vinyasa-based class offers a continuous flowing sequence of postures aimed at building strength, enhancing flexibility, increasing mobility and sharpening your focus. With an emphasis on breath awareness, you'll encounter a variety of "peak" poses that highlight the balance between effort and ease.

This mindful interplay between challenge and relaxation fosters both physical and mental resilience.

Difficulty Level: Intermediate to advanced yoga

## WATER FITNESS

### Benefits:

- Low impact
- Total Body Workout
- Stamina

Get out of the studio and into the pool for this non-impact total body workout.

Use the resistance of the water to improve cardiovascular stamina, muscular endurance, flexibility, and range of motion.

This class is built for those who want a complete conditioning experience without too much stress on the body.

## YIN YOGA

### Benefits:

- Balance
- Low Impact
- Flexibility

Yin Yoga is a practice consisting of a short series of accessible yoga poses, held for an extended period of time. This allows for access to our deeper connective tissues and fascia.

This class is an opportunity for you to connect with, feel, and heal the energy running through your body. Excellent for injury prevention, muscle recovery, and stress release.

Suitable for all experience levels and aimed at finding the best expression of each posture for each body. You'll focus on listening to your body's cues to find and push your boundaries!

## ZUMBA & ZUMBA GOLD

### Benefits:

- Low Impact
- Stamina
- Total Body Workout

Zumba is a Latin-inspired dance fitness class.

Zumba Gold is geared toward the older active adult. Gold is also great for anyone wanting to learn the basic steps of various dance styles, who needs a slower-paced cardio class, or for folks who want to have a good time while getting a great workout.

NO DANCE EXPERIENCE REQUIRED.

# SEE THE FULL SCHEDULE ON OUR MOBILE APP!

A brand new app with even more connectivity, capabilities, and ways to help our members live happier, healthier lives.

