



Mesa Mind and Body Studio Schedule March 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:35am	BARRE Maggie	Vinyasa Flow Goose	HOT YOGA Goose	BARRE Janae	BARRE Maggie	BARRE Michaela	
10:40am	Heated Gentle Flow Rachel	Restorative YOGA Goose	Restorative YOGA Goose	Heated Deep Stretch Rachel	Vinyasa Flow Goose		
12:00pm	Strengthen& Flow Rachel	BARRE Michaela	Vinyasa Flow Rachel	Glutes and Core 30minutes Caitlin	BARRE Danielle	HOT Power Flow YOGA Lyndsey	
1:15pm							Restorative YOGA 75 min. Rachel
4:30pm					Restorative YOGA 75 min. Rachel		
5:35pm	BARRE Maggie	BARRE Kenra	BARRE Danielle	BARRE Michaela			
6:45pm		HOT Power Flow YOGA Lyndsey		FLOW and Restore Andrea			

All classes are included in our Platinum membership.

Vinyasa Flow: is a fitness-based approach to Vinyasa style flow. Students will focus on linking conscious breath with a vigorous and mind-ful flow. In a power yoga class, students will build strength, flexibility and concentration while cleansing the body and calming the mind.

Heated Gentle Flow: Offered in a heated studio space, this class is fully adaptive to all bodies and all levels. The pairing of breath with gentle movement offers a slower pace at which to flow, bringing balance to the body and the mind. Fundamentals of practice are also explored with an emphasis on alignment, breathwork and mindfulness.

Strengthen & Flow: Focusing on the foundations of practice, this class is appropriate for every level of student. Modifications for each pose are offered to tailor the practice to the student, either to simplify or to challenge. Using the weight of the body and the power of the breath, this practice will increase strength in the body by providing activation of each muscle group in repetitive, flowing sequences coupled with longer, weight bearing holds. This practice is a great accompaniment to any yoga practice or fitness routine as it focuses on proper posture and alignment in each pose while strengthening muscles and bones.

BARRE: classes mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. In each energizing and targeted workout, you'll use the barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.

Restorative Yoga: Requiring no physical exertion whatsoever, this class is centered in the restoration of mind, body, and all the connections between them. Relaxation is focal as the body is supported fully by props as students are led through meditation and breathwork. Fusing together traditional restorative practice, Yin, and Nidra; the challenge of this practice is stillness.

Hot Yoga: This Yoga class is a series of Yoga poses in a heated environment. The temperature in the room is set between 90-110 degrees.

Glutes and Core: This 30 minute class is designed to target training to the glutes and core of the body. Challenging exercises with the resistance bands, body weight, and occasional dumb bell training will efficiently and effectively work the core.

Heated Deep Stretch: With a focus on longer holds and increasing flexibility, this class is for everyone. The studio is warmed to a comfortable temperature, students are offered the support of props to find the posture most beneficial and to encourage the body to release into the pose, ultimately increasing overall flexibility. Expansion and depth also lead the student into concentrated breathwork and mindfulness.

Please contact Trae Tripoli with any comments regarding MIND BODY scheduling trae@mesafitnessco.com



Mesa Fitness Class Descriptions

BODYATTACK® 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.

BODYFLOW® A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. Truly a fitness class for the 21st Century, BODYFLOW brings mind and body into perfect harmony. Try this revolutionary, holistic approach to fitness.

BODYCOMBAT® This class 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.

BODYPUMP® A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class.

Cardio Kick It *Cardio Kick it is a Kickboxing/dance inspired workout. This freestyle program is high energy and fun!*

Cardio Sculpt *This class provides a full-body sculpting and toning workout. Workouts focus on major muscle groups. Teaching focuses on proper form and technique incorporating cardio intervals.*

Gentle Yoga *This class is designed to offer a less aggressive approach to yoga. Slower pace and an incredible stretch are a couple of attributes that you can expect when taking this class that is perfect for all ages and stages.*

Low Impact Conditioning *This class is designed to offer a low impact approach to cardio training. Creative cardio combinations and strength training that is perfect for all ages and stages.*

POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

Salsa Heat This class is a free style cardio Latin dance class. It combines excellent music with a fun challenging Latin dance flare.

Silver Sneakers Circuit *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 *Silver Sneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. This class will help with muscular strength and range of movement. An instructor will guide you through functional, daily exercise, activities with resistance that you can do at your own pace. It improves overall strength, flexibility, posture and balance.*

Silver Sneakers YogaStretch *Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.*

YOGA *Yoga will move your whole body through a complete series of seated and standing yoga poses. Designed to challenge Mind, Body, and Spirit. Excellent for all fitness levels.*

Zumba *Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system.*

Zumba Gold Strength Mix *The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Latin, Pop, country, and R&B rhythms are combined to make you sweat and sway. Moderate strength training exercises follow the cardio portion to keep muscles toned and strong.*

RPM® Take the ultimate ride! RPM incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM is totally addictive.

Group Cycle *Great music coupled with amazing coaches will help you to challenge yourself in this extremely motivating indoor cycling program.*

MOI Cycle *Mind over intensity cycling experience. This is a heart rate driven spinning program. Please make sure to bring your heart rate monitor. Each week we have a different focus either: Intervals, Endurance, Strength, or Speed.*

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Aqua Fitness

This class is an energetic approach to water fitness that incorporates the usage of water tools to build strength as well as condition the heart.

For questions, comments or feedback please contact Trae Tripoli Trae@mesafitnessco.com

