

Group Fitness Class Schedule

DAY	TIME	CLASS	LOCATION	INSTRUCTOR
MONDAY	6:30A - 7:15A	Body Fusion	Indoor Group Ex Studio	Tom
	7:30A - 8:15A	Stretch & Strength	Indoor Group Ex Studio	Tom
	8:30A - 9:15A	Spin	Indoor Group Ex Studio	Kelli
	9:30A - 10:20A	Aqua Sculpt	Pool	TBD
	3:30P - 4:15P	Gentle Yoga	Indoor Group Ex Studio	Tuesday
	4:45P - 5:15P	HIIT Circuit (\$\$\$)	Indoor Group Ex Studio	Dr. Mark
	6:00P - 6:45P	PDebX Boot Camp	Indoor Group Ex Studio	Debra
TUESDAY	8:00A - 9:00A	Stretch	Indoor Group Ex Studio	Tom
	9:00A - 10:00A	Tabata	Indoor Group Ex Studio	Donna
	10:00A - 10:45A	Chair Sculpt	Indoor Group Ex Studio	Tom
	11:00A - 11:45A	Mat Pilates	Indoor Group Ex Studio	Tuesday
	3:00P - 3:45P	TRX Cardio & Strength	Indoor Group Ex Studio	Joey
	4:00P - 4:45P	TRX Junior Fitness (Ages 12-16)	Indoor Group Ex Studio	Joey
	4:45P - 5:15P	HIIT Circuit (\$\$\$)	Indoor Group Ex Studio	Dr. Mark
WEDNESDAY	6:30A - 7:15A	Body Fusion	Indoor Group Ex Studio	Tom
	8:30A - 9:15A	Spin	Indoor Group Ex Studio	Kelli
	8:30A - 9:20A	Aqua Sculpt	Pool	Patty
	9:30A - 10:20A	Aqua Sculpt	Pool	Patty
	4:45P - 5:15P	HIIT Circuit (\$\$\$)	Indoor Group Ex Studio	Dr. Mark
	6:00P - 6:45P	PDebX Boot Camp	Indoor Group Ex Studio	Debra
THURSDAY	8:00A - 8:45A	Stretch	Indoor Group Ex Studio	Tom
	9:00A - 9:45A	Tabata	Indoor Group Ex Studio	Donna
	10:00A - 10:45A	Chair Yoga	Indoor Group Ex Studio	Tom
	4:45P - 5:15P	HIIT Circuit (\$\$\$)	Indoor Group Ex Studio	Dr. Mark
	5:30P - 6:15P	Gentle Yoga Flow	Indoor Group Ex Studio	Tuesday
FRIDAY	6:30A - 7:15A	Body Fusion	Indoor Group Ex Studio	Tom
	9:00A - 9:45A	Superstar Strength	Indoor Group Ex Studio	Donna
	10:00A - 10:45A	Mat Pilates	Indoor Group Ex Studio	Tuesday
	8:30A - 9:20A	Aqua Sculpt	Pool	Patty
	9:30A - 10:20A	Aqua Sculpt	Pool	Patty
SATURDAY	8:30A - 9:15A	Spin	Indoor Group Ex Studio	Tom
	9:30A - 10:15A	Stretch	Indoor Group Ex Studio	Tom
	10:15A - 10:45A	HIIT Circuit (\$\$\$)	Indoor Group Ex Studio	Dr. Mark
	11:00A - 11:45A	Welcome to Tai Chi	Indoor Group Ex Studio	Tuesday

Register for a Group Fitness Class at www.missionhills.com / Select Calendar

or call the Sports Club Desk at 760-324-6232

Reservations are required for all Group Fitness Classes.





Group Fitness Class Descriptions

Cardio / Strength / Sculpt Classes

Body Fusion - A 45-minute circuit style class targeting the whole body. Using a variety of equipment, you will build strength, increase flexibility, mobility and cardiovascular capability, improve balance and strengthen your core section.

Chair Sculpt - A 45-minute chair-based class designed to tone and strengthen muscles while improving balance and range of motion and increasing flexibility, agility and stamina. Great if you have physical limitations or need to build strength from the ground up.

Circuits - This 45-minute class focuses on building muscular strength and endurance while increasing the heart rate for cardiovascular benefits. Starts with a warmup followed by circuits consisting of different strength/cardio building exercises.

Core Fusion - A 45-minute class targeting your entire core section, not just the abs. Using a variety of equipment, you will primarily work on strengthening your core and increasing flexibility plus mobility of movement. Additional cardio and strength building exercises included.

PDebX Boot Camp - Want a challenge? This class provides the benefits of cardiovascular training, strength training and abdominal work. Be prepared to sweat...burn fat...and have fun!

Spin - This 45-minute class (with 15 minutes for bike set up) is designed to provide you with fat burning and strength building. Rides will simulate varied terrain as you tackle rolling hills, flats, sprints and other drills designed to give you a great interval workout.

Body Fusion - A 45-minute class designed with a focus on sculpting all the smaller muscles that we often leave neglected fused with core work, cardiovascular conditioning and additional strength training.

Superstar Strength - This 45 minute class focuses on strength and resistance training using barbells, dumbbells, kettlebells and bands. It helps to build muscle, bone, and joint strength/stability with a focus on teaching correct form and movement patterns.

Tabata - This 45-minute class includes timed interval training involving fast paced cardio movement, light weights and drills. Perfect for all levels of fitness as everyone can work at their own individual pace.

TRX Cardio & Strength / TRX Junior Fitness (Ages 12 to 16) - These complimentary 45 minute circuit training sessions are available in a group setting for up to 10 participants. TRX circuit training is for everyone of all abilities. These sessions will help you increase strength, flexibility, and range of motion.

HIIT Circuit \$\$\$ - This 30-minute class is instructed by Mark J. Smith, Ph.D., a specialist in conditioning and nutrition. Using multiple, different exercises over 16 stations; this high-intensity interval training class targets every muscle in your body including, of course, your heart. \$11 for a single class with a maximum of \$80/month.

Yoga / Stretch / Pilates Classes

Chair Yoga - This 45-minute class is one of the gentlest forms of yoga, performing postures and breathing exercises with the aid of a chair. Experience the many benefits of yoga including increased balance, strength, and flexibility as well as range of motion and stress reduction without having to get up and down from the floor.

Yoga Flow - These 45-minute classes have a combination of standing poses and floor exercises. They are perfect for any Yogi looking to improve flexibility and to enhance basic breathing techniques.

Stretch & Strength - Combines dynamic and static stretching with resistance training resulting in the best of possible workout sessions. Flexibility and strength are key elements of physical health and this workout session focuses on these areas. This class is perfect for the beginner levels and the long-time fitness enthusiast!

Stretch - This 45-minute class is a combination of gentle foam rolling and stretching. It will provide a series of techniques to help with flexibility, range of motion and posture as well helping with muscular knots and adhesions.

Mat Pilates - An all-levels class designed to tighten, tone, and sculpt your beautiful body. Make your glutes burn, strengthen your upper body, challenge yourself with core work by the 100's, and top it off with standing "ballet balance" moves. Bring your mat!

Water Classes -

Aqua Sculpt - A 50-minute class designed to strengthen and tone the entire body with aqua resistance equipment. Low impact and non-stop movement. Proper form and core awareness are emphasized. All levels of fitness are welcome.

Craig Purcell
Sports Club Director
craig.purcell@clubcorp.com
(760) 324-6232 Ext. 8442



The Sports Club
3 Racquet Club Drive
Rancho Mirage CA, 92270
(760) 324-6232