

THE WELLNESS CENTER

AT MISSION HILLS COUNTRY CLUB

LARGE GROUP FITNESS CLASS SCHEDULE

| DAY | TIME | CLASS | LOCATION | INSTRUCTOR |
|------------------|---------------|------------------------------------|-----------------------|------------|
| MONDAY | 7:00A-7:30A | HIIT Circuit \$ | Group Exercise Studio | Dr. Mark |
| | 8:30A-9:15A | YOGA Flow | Group Exercise Studio | Janice |
| | 9:30A-10:15A | SPIN | Group Exercise Studio | Sherry |
| | 9:30A-10:30A | AQUA Sculpt | Pool | Pam |
| | 9:30A-10:20A | PILATES REFORMER Group Training \$ | Pilates Studio | Ashley |
| | 10:30A-11:20A | PILATES REFORMER Group Training \$ | Pilates Studio | Ashley |
| | 4:45P-5:15P | HIIT Circuit \$ | Group Exercise Studio | Dr. Mark |
| | 5:30P-6:15P | Gentle YOGA | Group Exercise Studio | Tuesday |
| TUESDAY | 9:00A-9:45A | TABATA | Group Exercise Studio | Donna |
| | 10:00A-10:45A | Stretch | Group Exercise Studio | Ryan |
| | 11:00A-11:45A | Chair Sculpt | Group Exercise Studio | Pam |
| | 4:45P-5:15P | HITT Circuit \$ | Group Exercise Studio | Dr. Mark |
| WEDNESDAY | 7:00A-7:30A | HITT Circuit \$ | Group Exercise Studio | Dr. Mark |
| | 8:30A-9:15A | YOGA Flow | Group Exercise Studio | Tuesday |
| | 9:30A-10:15A | SPIN | Group Exercise Studio | Sherry |
| | 9:30A-10:30A | AQUA Sculpt | Pool | Patty |
| | 9:30A-10:20A | PILATES REFORMER Group Training \$ | Pilates Studio | Ashley |
| | 10:30A-11:20A | PILATES REFORMER Group Training \$ | Pilates Studio | Ashley |
| | 4:45P-5:15P | HITT Circuit \$ | Group Exercise Studio | Dr. Mark |
| THURSDAY | 9:00A-9:45A | TABATA | Group Exercise Studio | Donna |
| | 11:00A-11:45A | Chair YOGA | Group Exercise Studio | Pam |
| | 4:45P-5:15P | HITT Circuit \$ | Group Exercise Studio | Dr. Mark |
| FRIDAY | 7:00A-7:30A | HIIT Circuit \$ | Group Exercise Studio | Dr. Mark |
| | 8:30A-9:15A | YOGA Flow | Group Exercise Studio | Janice |
| | 9:30A-10:20A | AQUA Sculpt | Pool | Patty |
| | 10:00A-10:45A | Body Fusion | Group Exercise Studio | Donna |
| | 9:30A-10:20A | PILATES REFORMER Group Training \$ | Pilates Studio | Ashley |
| | 10:30A-11:15A | PILATES REFORMER Group Training \$ | Pilates Studio | Ashley |
| SATURDAY | 8:30A-9:15A | SPIN | Group Exercise Studio | Mark |
| | 9:30A-10:15A | AQUA Sculpt | Pool | Pam |
| | 9:30A-10:15A | Stretch | Group Exercise Studio | Ryan |
| | 10:45A-11:15A | HIIT Circuit \$ | Group Exercise Studio | Dr. Mark |
| SUNDAY | 8:30A-9:30A | Sunday YOGA | Group Exercise Studio | Pam |

Please contact the Member Services Desk in The Wellness Center at 760-324-6232 to sign up for a class or with any questions Sign up is required for all Group Exercise Classes as well as the Pilates Reformer Group training sessions. Please note that mats will not be available for use during any classes. Noodles and weights will also not be available for use during the Aqua Classes.

Classes are subject to change based on Member participation.

Last Updated July 7, 2020



CLASS DESCRIPTIONS



WEXER

Wexer virtual classes will not be available at this time.

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 warm up 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.

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.

Sculpt 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.

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.

HIIT Circuit \$ - Using the latest in cardio conditioning, this 30 minute class is instructed by Mark Smith, Ph.D. a specialist in Nutrition and Cardiovascular Improvement. Consider this class and learn more about the advances in training. \$10 single class or \$75/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.

Gentle Yoga - This 45 minute class incorporates conscious breathing and physical alignment. It is gentle and deeply relaxing, perfect for all levels.

Pilates Reformer \$ - Following the original teachings of Joseph Pilates, this 50 minute group training session is available in a semi-private setting for up to 3 participants. Core strength, balance, muscle elongation and stretching are all incorporated in this intensive instructor based group training session. Reservations required. \$30 for a single class or \$250 for 10 classes.

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. Space is limited at this time so please plan on being there early to secure your spot.

Water Classes

Aqua Sculpt - A 60 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.

Classes are subject to change based on Member participation.

The Wellness Center Director
Maggie Bainter
maggie.bainter@clubcorp.com



The Wellness Center at Mission Hills Country Club
3 Racquet Club Drive
Rancho Mirage CA, 92270