

Group Fitness Class Descriptions

Bombay Jam!	On Sundays Pria will teach routines set to a blend of Bollywood and mainstream Top 40 tracks resulting in a one-of-a-kind mix that is refreshing, energizing and universally appealing. On Fridays we will have either Percy or Tanvi teach alternate Fridays. Come join us as all our teachers are great and you will have heartpumping fun!
Brazilian Beats	From the Samba and the Frevo to the hypnotic drumming sounds of Brazilian beats, come experience the rhythms and movements of Brazilian dance while getting an aerobic workout. Learn to isolate your body. No partner required. Come experience Brazilian Beats with experienced teacher Jackie Yung!
Cardio Circuit	Katrina will teach a fun and challenging mixed Cardio and Circuit class. Come and have some fun while exercising and working multiple muscle groups!
Cardio/Core & More!	Each Sunday morning, instructor May will lead an intense cardio and core workout and will make variations each week to keep it interesting, fun and challenging! Come burn some calories and build muscle!
Fitness Walking Group	Judy will have you stretch before and after and provided a guided "walking" workout. Meet at the clubhouse by 8:30am. Some weeks we "travel" to nearby walking trails. Let us know if you want to get on Judy's email list so you know in advance the plan for each week. Email missionhillsathleticclub@gmail.com to get on the list.
"FUN"ctional Weight Training	Tammy will guide you and motivate you to use your own body weight for some functional fitness fun! 45 minutes of calorie burning movements finished with core and stretch. Class recommended for all levels.
Gentle Yoga	Dolian and Sherri will teach this Gentle Yoga class to help ease you into your day. Come and stretch and breathe with us. Suitable for all adult levels.
Pilates HIIT	Pilates HiiTs is a extremely challenging, full body workout using a combination of Pilates Principles combined with HIIT (High Intensity Interval Training). Results in an intense workout that is FUN and effective. Students will be challenged to flow from one exercise to the next. This class will help you to sculpt and tone your entire body, burn fat, tap into your inner strength, strengthen your core, and improve cardiovascular health. Every exercise can be modified to fit YOUR needs. Penny welcomes any level of practitioner.
P90X Live	May will challenge you to strengthen your body! This total-body workout will keep your body guessing and transforming with a variety of strength-training moves, cardio conditioning, and core work. In every class you'll tone strong, lean muscle, and together, you'll bust through any plateau that stands in your way!
Spin	May will teach Spinning classes on our stationary bicycles. This class is a great way to get in a vigorous workout -- burning calories and keeping your muscles in shape with fun, high intensity music. Note there is a \$2 supplemental fee due before each class or you can buy a punchcard for 10 sessions for \$20.
Yoga 1 & 2	Dolian (on Monday nights), Nabeel (on Thursday nights) and Sherri (on Saturday morning) will help you learn Vinyasa Yoga. Vinyasa means "breath-synchronized movement". The class will move you through the power of inhaling and exhaling in smooth, flowing movements. Like all styles of yoga it has both mental and physical benefits. Suitable for intermediate levels although options will be provided for beginners as well.
Yoga 2 (Warm)	Dolian will guide your yoga practice for intermediate and advanced levels. The room will be kept warm to help facilitate muscle movement. The benefits of warm yoga are many and include detoxification as sweating helps flush toxins and the heat allows you to go a little more deeply and safely into postures. It also elevates your heart rate resulting in a more intense workout. We recommend you bring a towel to class.
Zumba	Christina and Pat, each with their unique styles, will combine high energy and motivating music with synchronized dance movements designed for any fitness level. The routines feature aerobic fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.