

MOSSA™

Fitness Class Schedule

Elora Community Centre Hall

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 – 7:00 am	Ride Amy	Centergy Julie		Power Julie			
8:00 – 9:00 am	Blast Brandy		Centergy Shannon		Active Brandy		
8:30 – 9:30 am		Power Heather S		Ride Heather S			
9:00 – 10:00 am						Power Heather S	Centergy Chris
4:30 – 5:30 pm	Power Chris		Active Chris				
5:00 – 6:00 pm		Blast Heather M		Ride Amy	Core/R30 Chris		



GROUP ACTIVE

is a simple and athletic program drawing from all four elements of fitness: cardio, strength, balance and flexibility



GROUP BLAST

is an energetic cardio workout using the STEP to train fitness, agility, coordination and strength



GROUP CENTERGY

is an athletic mind-body program including fundamentals from yoga and pilates set to emotive music



GROUP POWER

is a results driven strength training workout utilizing an adjustable barbell, weight plates, and body weight



GROUP RIDE

is a thrilling cardio workout inspired by outdoor cycling



GROUP R30

R30® will get you fitter and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike.



GROUP CORE

Group Core® trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs!

**LET'S
MOVE!**