



UFC Semester Hours:

Monday-Thursday: 7am-10pm

Friday: 7am-8pm

Saturday: 10am-6pm

Sunday: 12pm-6pm



Mossa Group Power

Group Power® is a one-hour, cutting-edge strength training workout designed to get you

. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight and the Step bench.

**GROUP POWER 30:** A 30 minute version of Group Power.



Group Core

Group core gives you three dimensional strength in 30 action packed minutes. A stronger core from your shoulders to your hips, improves athletic performance and enhances movement health.

### **DANCE FITNESS:**

A heart pumping, beast mode, girl power workout that will leave you dripping in sweat, strength and swag! Get ready to dance, dance, dance!

### **Rhythm CYCLE 45 or 40 (minutes)**

A rhythm- based class focuses largely on the beat of the music and includes movement of the upper body as well as traditional pedaling.

### **Interval Cycle 30**

### **Cycle Sculpt 45 (minutes)**

### **Pilates Fusion**

### **Pilates**

### **VINYASA YOGA:**