



VARIABILITY IS THE SPICE OF LIFE

I enjoy all facets of fitness.

NOVEMBER 2023

Welcome to MOSSA our streaming video class selection. Check out these free classes for November, available in our Dance/Exercise Studio.

Group Core is a 30 minute athletic core workout

Group Groove is a 30 minute dance fitness workout

Group Active is a 60 minute high intensity interval training workout

Group Centergy is a 60 minute mind body strength and mobility workout

3030 is a 30 minute loaded movement training

R30 is a 30 minute cycling workout

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19	20 12:15-12:45 Group Core	21 4:30-5 pm Group Groove	22 5:30-6:30 pm Group Active	23 MCC Closed	24 11:45-12:45 Group Centergy	25 1-2 pm 3030
26	27 3-3:30 Group Core	28 12:15-12:45 R30	29 1-2 pm 3030	30		

STRENGTH & CARDIO

3D30
ATHLETE30
ACTIVE

CARDIO FOCUSED

BLAST
FIGHT
GROOVE
RIDE/R30

STRENGTH FOCUSED

POWER
CORE
3D30

RECOVERY & RECONDITIONING

CENTERGY
MOVE30

▶ WHO: VARIABILITY IS THE SPICE OF LIFE

Do you like to spice things up?! That's a good thing!! Variability is the key to being a great mover and to building a "ready for anything" type of body! So, if you like to mix things up and keep your workouts varied and spicy, then Variability is your Spice of Life!

▶ WHAT: 5X PER WEEK PLAN

A weekly plan to work out 5 times per week. Each day is color coded and corresponds to a general category of MOSSA workouts (for example, CARDIO FOCUSED). Based on the color code of the day, choose any MOSSA program within that category. Then visit MOSSA On Demand and choose your workout and duration that works best for you!

▶ WHEN: WHENEVER YOU HAVE TIME TO MOVE!

To create a healthy habit, we recommend scheduling a time in your day for your workouts. To keep you moving, even when life gets busy, most programs have 10 minute, 30 minute, and 60 minute versions available.

▶ WHERE: WHEREVER YOU HAVE SPACE TO MOVE!

Having a dedicated place and space to workout will make it that much easier for you to get set, push play, and move!

▶ WHY: TO GET YOU MOVING AND KEEP YOU MOVING!

For more information and inspiration, be sure to subscribe to our emails and follow us on Facebook.