March 2011
Group Exercise Schedule
Disease Prevention Program ~ Salt River Fitness Center

Monday	Tuesday	Wednesday	Thursday	Friday
Salt River Fitness Center Hours: **Monday – Thursday** 6:00am – 7:30pm **Friday** 6:00am – 6:30pm **Sat & Sun** CLOSED **Ph: 480-362-7320**	1 **9:30 am** YS-Mousercise w/Jason **11:05am-11:50am** Cycle Yoga w/Rachel **12:05pm-12:50pm** Total Body Conditioning w/Dion **5:30pm-6:30pm** The "Ride" w/Michelle **6:30 pm -7:15pm** Basic Boxing w/Nevelle	2 **11:05am-11:50am** Calorie Killer w/Michelle **12:05pm-12:50pm** Zumba w/Robin **5:30pm-6:30pm** Step Aerobics w/Michelle **6:30 pm-7:00pm** 30 Total Body Circuit w/Rachel	3 **9:30 am** YS-Mousercise w/Jason **11:05am-11:50am** Chi Gong w/Paul **12:05pm-12:50pm** ABS-olute Training w/Dion **5:30pm-6:30pm** Cardio Kickboxing w/Rachel **6:30 pm -7:15pm** Senior Dance Group (+55) w/Roberta	4 **11:05am-11:50am** 20-20 Cardio w/Rachel **12:05pm-12:50pm** Spin Fusion **5:30pm-6:30pm** Happy Hour Cycle
7 **11:05am-11:50am** Interval Step & Strength w/Rachel **12:05pm-12:50pm** 45 Spin w/Michelle **5:30pm-6:30pm** Dancing' to the Oldies w/Roberta **6:30 pm-7:00pm** Yoga Stretch w/Rachel **7:00 pm-7:30pm** 30 Minute ABS w/Michelle	8 **9:30 am** YS-Mousercise w/Jason **11:05am-11:50am** Cycle Yoga w/Rachel **12:05pm-12:50pm** Total Body Conditioning w/Dion **5:30pm-6:30pm** The "Ride" w/Michelle **6:30 pm -7:15pm** Basic Boxing w/Nevelle	9 **11:05am-11:50am** Calorie Killer w/Michelle **12:05pm-12:50pm** Zumba w/Robin **5:30pm-6:30pm** Step Aerobics w/Rachel **6:30 pm-7:15pm** A.B.C. w/Michelle	10 **9:30 am** YS-Mousercise w/Jason **11:05am-11:50am** Chi Gong w/Paul **12:05pm-12:50pm** ABS-olute Training w/Dion **5:30pm-6:30pm** Cardio Kickboxing w/Rachel **6:30 pm -7:15pm** Senior Dance Group (+55) w/Roberta	11 **11:05am-11:50am** 20-20 Cardio w/Rachel **12:05pm-12:50pm** Spin Fusion w/Michelle **5:30pm-6:30pm** Happy Hour Cycle w/Rachel
14 **11:05am-11:50am** Interval Step & Strength w/Rachel **12:05pm** H.A.W. Fitness Walk **5:30pm-6:30pm** Dancing' to the Oldies w/Roberta **6:30 pm-700pm** Yoga Stretch w/Rachel **7:00 pm** **NO CLASS**	15 **9:30 am** YS-Mousercise w/Jason **11:05am-11:50am** **NO CLASS** **12:05 pm** Total Body Conditioning w/Rachel **5:30pm-6:30pm** The "Ride" w/Rachel **6:30 pm -7:15pm** Basic Boxing w/Nevelle	16 **11:05 am-11:50am** **NO CLASS** **12:05pm-12:50pm** Zumba w/Robin **5:30pm-6:30pm** Step Aerobics w/Rachel **6:30 pm-7:00pm** **NO CLASS**	17 **9:30 am** YS-Mousercise w/Jason **11:05am-11:50am** Chi Gong w/Paul **12:05pm-12:50pm** ABS-olute Training w/Rachel **5:30pm-6:30pm** Cardio Kickboxing w/Rachel **6:30 pm -7:15pm** Senior Dance Group (+55) w/Roberta	18 **Fitness Center** **CLOSED** **10am to 12 pm** *Health Service Meeting* **12:05pm-12:50pm** Spin Fusion w/Rachel **1:00pm** Bench Press Contest! **5:30pm-6:30pm** Happy Hour Cycle w/Rachel
21 **11:05am-11:50am** Interval Step & Strength w/Rachel **12:05pm-12:50pm** 45 Spin w/Michelle **5:30pm-6:30pm** Dancing' to the Oldies w/Roberta **6:30 pm-7:00pm** Yoga Stretch w/Rachel **7:00 pm-7:30pm** 30 Minute ABS w/Michelle	22 **9:30 am** YS-Mousercise w/Jason **11:05am-11:50am** Cycle Yoga w/Rachel **12:05pm-12:50pm** Total Body Conditioning w/Dion **5:30pm-6:30pm** The "Ride" w/Michelle **6:30 pm -7:15pm** Basic Boxing w/Nevelle	23 **11:05am-11:50am** Calorie Killer w/Michelle **12:05pm-12:50pm** Zumba w/Robin **5:30pm-6:30pm** Step Aerobics w/Rachel **6:30 pm -7:15pm** A.B.C. w/Michelle	24 **9:30 am** YS-Mousercise w/Jason **11:05am-11:50am** Chi Gong w/Paul **12:05pm-12:50pm** ABS-olute Training w/Dion **5:30pm-6:30pm** Cardio Kickboxing w/Rachel **6:30 pm -7:15pm** Senior Dance Group (+55) w/Roberta	25 **11:05am-11:50am** 20-20 Cardio w/Rachel **12:05pm-12:50pm** Spin Fusion w/Michelle **5:30pm-6:30pm** Happy Hour Cycle w/Rachel
28 **11:05am-11:50am** Interval Step & Strength w/Rachel **12:05pm-12:50pm** 45 Spin w/Michelle **5:30pm-6:30pm** Dancing' to the Oldies w/Roberta **6:30 pm-7:00pm** Yoga Stretch w/Rachel **7:00 pm-7:30pm** 30 Minute ABS w/Michelle	29 **9:30 am** YS-Mousercise w/Jason **11:05am-11:50am** Cycle Yoga w/Rachel **12:05pm-12:50pm** Total Body Conditioning w/Dion **5:30pm-6:30pm** The "Ride" w/Michelle **6:30 pm -7:15pm** Basic Boxing w/Nevelle	30 **11:05am-11:50am** Calorie Killer w/Michelle **12:05pm-12:50pm** Zumba w/Robin **5:30pm-6:30pm** Step Aerobics w/Michelle **6:30 pm-7:00pm** 30 Total Body Circuit w/Rachel	31 **9:30 am** YS-Mousercise w/Jason **11:05am-11:50am** Chi Gong w/Paul **12:05pm-12:50pm** ABS-olute Training w/Dion **5:30pm-6:30pm** Cardio Kickboxing w/Rachel **6:30 pm -7:15pm** Senior Dance Group (+55) w/Roberta	

March 2011

Group Exercise Schedule

Disease Prevention Program ~ Salt River High School

Monday	Tuesday	Wednesday	Thursday	Friday
	1 **3:30 pm – 4:15 pm** Cardio Jam w/Rachel	2	3 **3:30 pm – 4:15 pm** Fluid Interval Training w/Michelle	4
7	8 **3:30 pm – 4:15 pm** Cardio Jam w/Rachel	9	10 **3:30 pm – 4:15 pm** NO CLASS	11
14	15 **3:30 pm – 4:15 pm** NO CLASS	16	17 **3:30 pm – 4:15 pm** NO CLASS	18
21	22 **3:30 pm – 4:15 pm** Cardio Jam w/Rachel	23	24 **3:30 pm – 4:15 pm** Fluid Interval Training w/Michelle	25
28	29 **3:30 pm – 4:15 pm** Cardio Jam w/Rachel	30	31 **3:30 pm – 4:15 pm** Fluid Interval Training w/Michelle	

A.B.C. : Abs! Booties! Cardio! This class will work your abdominal, glutes and heart with feet moving music. Great for all fitness levels.
Ab-solute Training: Get a whole body workout with an emphasis on abdominal training. Class will contain a mix of exercises to strengthen and stretch the core muscles of the abdomen and back. Stability Ball and other equipment may be utilized. There is no aerobic component.
Boxing Basics: *****All participants please provide your own hand wraps and gloves** MUST HAVE!!!***** Learning the fundamentals of boxing: foot work, proper stance, delivery of jab and straight right. Shadow boxing, using the heavy bag. Offense and defense. It is an excellent source of conditioning and can be used as a vehicle to instruct sportsmanship, the value of conditioning and a positive release of frustrations and energies, in addition to building self-confidence and character.
Calorie Killer: In this class you will incorporate cardio and strength training for that total body workout. In this class you may use a Step, Bosu, and other equipment to get you heart pumping and weight , resistance band and other equipment will be used for strength training segment.
Cardio Kickboxing: Cardio kickboxing is a non-contact workout that includes both aerobic and strength training routines in an energizing environment usually to the beat of dance-music. Learn the specific punches and kicks, to improve overall agility and power.
Cardio Jam: An exciting and challenging combination of low/high aerobics or Cardio Kickboxing and step followed by sculpting/strength training total body & core (bodyweight or with weights).
Chi Gong: Chi Gong is a set of meditative exercises developed over 2,000 years ago by Taoist monks in China. By combining simple body movements, breathing and mental imagery you can direct the flow of your body's energy to prevent disease, build strength and to advance spiritually. Qigong practice makes one sensitive to the internal operations of one's body, and it helps to reveal the body's place within nature's oneness. This permits one to build up resistance to imbalances and blockages affecting our qi, which aids the integration of one's yin and yang internal factors within the universal order -- of which we are a part. We may understand qi as the force that integrates the relationship between body (matter, structure) and mind (process, function). In the philosophy of qigong, a primary aim is to maintain or restore balance and harmony within the energy body and therefore, manifest changes in the physical body. Through qigong, one can build up qi and move it to where a disturbance or blockage occurs. Practitioners gain more than improved health.
Dancing' to the Oldies: Lo Impact aerobic class that is for both beginners and senior friendly. No complicated choreography.
Fluid Interval Training : Combination of cardio segments, such as, cardio kickboxing, steps and etc. which may include strength/sculpting exercises using resistance bands, body weight and calisthenics for a total body workout.
Interval Step & Strength : Interval training combining the use of dumbbells and the STEP this class will target your heart rate and challenge all the major muscle groups.
Senior Dance Group (55+): Time to move and groove to oldies, country and contemporary music set in a line dancing formatted class. Where you learn dance routines. For more info contact Roberta Johnston @ 362-7342
Step Aerobics: A predominantly low-impact activity which involves stepping up and down on a platform while performing creative choreographic movements to music. The instructor will offer options in the workout to suit all levels. Beginner, Intermediate and Advanced steppers are all welcome! For variety, Step class my include Step Interval, Step Circuit, Double Step or Multi-Step.
Total Body Conditioning (T.B.C.): This class is designed to incorporate various types of equipment including dumbbells, kettlebells, resistance bands, medicine balls, and more. This is a fun, fast-paced total body workout that targets strength and conditioning from all angles.
Yoga Stretch: Light Yoga with gentle movements and stretching. Various poses for flexibility and strength using controlled static stretches.
Zumba: A workout mixes body sculpting movements with dance steps derived from cumbia, merengue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the glutes, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on the ir own music choices and choreographies to make their class presentation locally unique.
20-20 Cardio: This class will infuse 2 different styles of cardiovascular workouts for a total 40 minute aerobic workout. It could be hi/lo, cardio kickboxing, step, Latin dance, and etc.
30 Total Body Circuit: This class will get you pumped up! Work your upper, lower and core. Instructor will have variety of exercises that will raise your heart rate and help strength your muscles with the uses of the Step, Bosu, Bodyweight, Weights, Kettlebells or Resistance Band
30 Minute ABS: This is a 30 minute abdominal/leg workout is a great workout is great toning workout. All fitness levels welcome.
Spinning or Cycling Classes: ***Bring your towels and water bottle***
Cycle Yoga: 5 minute warm up with Yoga followed by 30 minute of interval cycling followed by 10 minute yoga stretching .
Fusion Spin: This class will alternate cycling workout with resistance training in this 45-50 minute class
Happy Hour Cycle: This class will take you on ride for 50-60 minutes of variety of Spinning rides: endurance, strength, interval, race day and rest day. Followed by simple stretching on & off the bike.
The "Ride": Spinning workout for 40 -50 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs, jumps and sprints to burn calories.
45 Spin: Get yourself moving on a Monday afternoon with this 45 minute indoor cycling class instructor will take you through a interval cycling workout.