

SRPMIC Disease Prevention Program

May 2011

Group Exercise Classes

Salt River Fitness Center



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><u>11:05am-11:50am</u> Cardio Kickboxing w/Rachel</p> <p><u>12:05pm-12:50pm</u> 45 min Spin w/Michelle</p> <p><u>5:30pm-6:30pm</u> Low Impact Aerobics w/Roberta</p>	<p>3</p> <p>9:15 am YS Mousercise</p> <p><u>11:05am-11:50am</u> Spin Yoga Fusion w/Rachel</p> <p><u>12:05pm -12:50 pm</u> Total Body Conditioning w/Dion</p> <p><u>5:30pm-6:30pm</u> NO CLASS</p> <p><u>6:30pm-7:15pm</u> Boxing Class w/Nevelle</p>	<p>4</p> <p><u>11:05am-11:50pm</u> Boot Camp Circuit w/Michelle</p> <p><u>12:05pm-12:50pm</u> 15.15.15 w/Rachel</p> <p><u>5:30pm-6:30pm</u> Ab-solute Training w/Jason</p>	<p>5</p> <p><u>11:05am - 11:50am</u> ABS & Glutes w/Michelle</p> <p><u>12:05pm-12:50pm</u> Zumba w/Robin</p> <p><u>5:30pm-6:30pm</u> Zumba w/Ernestina</p> <p><u>6:30pm-7:30pm</u> Senior Dance Class w/Roberta</p>	<p>6</p> <p><u>11:05am - 11:50am</u> Ab-solute Training w/Jason</p> <p><u>12:05pm-12:50pm</u> Spin Fusion w/Michelle</p> <p><u>5:30pm-6:30pm</u> Happy Hour Cycle w/Rachel</p>
<p>9</p> <p><u>11:05am-11:50am</u> Cardio Kickboxing w/Rachel</p> <p><u>12:05pm-12:50pm</u> NO CLASS</p> <p><u>5:30pm-6:30pm</u> Low Impact Aerobics w/Roberta</p>	<p>10</p> <p>9:15 am YS Mousercise</p> <p><u>11:05am-11:50am</u> Spin Yoga Fusion w/Rachel</p> <p><u>12:05pm -12:50 pm</u> Total Body Conditioning w/Dion</p> <p><u>5:30pm-6:30pm</u> The "Ride" (Spin) w/Michelle</p> <p><u>6:30pm-7:15pm</u> Boxing Class w/Nevelle</p>	<p>11</p> <p><u>11:05am-11:50pm</u> Boot Camp Circuit w/Michelle</p> <p><u>12:05pm-12:50pm</u> 15.15.15 w/Rachel</p> <p><u>5:30pm-6:30pm</u> Ab-solute Training w/Jason</p>	<p>12</p> <p><u>11:05am - 11:50am</u> ABS & Glutes w/Michelle</p> <p><u>12:05pm-12:50pm</u> Zumba w/Robin</p> <p><u>5:30pm-6:30pm</u> Zumba w/Ernestina</p> <p><u>6:30pm-7:30pm</u> Beginner's Senior Dance Class w/Roberta</p>	<p>13</p> <p><u>11:05am - 11:50am</u> Ab-solute Training w/Jason</p> <p><u>12:05pm-12:50pm</u> Spin Fusion w/Michelle</p> <p><u>5:30pm-6:30pm</u> Happy Hour Cycle w/Rachel</p>
<p>16</p> <p><u>11:05am-11:50am</u> Cardio Kickboxing w/Rachel</p> <p><u>12:05pm-12:50pm</u> 45 min Spin w/Michelle</p> <p><u>5:30pm-6:30pm</u> Low Impact Aerobics w/Roberta</p>	<p>17</p> <p>9:15 am YS Mousercise</p> <p><u>11:05am-11:50am</u> Spin Yoga Fusion w/Rachel</p> <p><u>12:05pm -12:50 pm</u> Total Body Conditioning w/Dion</p> <p><u>5:30pm-6:30pm</u> Foam Roller Lecture w/Dr. Sherman</p> <p><u>6:30pm-7:15pm</u> Boxing Class w/Nevelle</p>	<p>18</p> <p><u>11:05am-11:50pm</u> Boot Camp Circuit w/Michelle</p> <p><u>12:05pm-12:50pm</u> 15.15.15 w/Rachel</p> <p><u>5:30pm-6:30pm</u> Ab-solute Training w/Jason</p>	<p>19</p> <p><u>11:05am - 11:50am</u> ABS & Glutes w/Michelle</p> <p><u>12:05pm-12:50pm</u> Zumba w/Robin</p> <p><u>5:30pm-6:30pm</u> Zumba w/Ernestina</p> <p><u>6:30pm-7:30pm</u> Senior Dance Class w/Roberta</p>	<p>20</p> <p><u>10:00AM-12:00PM</u> Fitness Center CLOSED Health Service Meeting</p> <p><u>12:05pm-12:50pm</u> Spin Fusion w/Michelle</p> <p><u>5:30pm-6:30pm</u> Happy Hour Cycle w/Rachel</p>
<p>23</p> <p><u>11:05am-11:50am</u> Cardio Kickboxing w/Rachel</p> <p><u>12:05pm-12:50pm</u> 45 min Spin w/Michelle</p> <p><u>5:30pm-6:30pm</u> Low Impact Aerobics w/Roberta</p>	<p>24</p> <p>9:15 am YS Mousercise</p> <p><u>11:05am-11:50am</u> Spin Yoga Fusion w/Rachel</p> <p><u>12:05pm -12:50 pm</u> Total Body Conditioning w/Dion</p> <p><u>5:30pm-6:30pm</u> The "Ride" (Spin) w/Michelle</p> <p><u>6:30pm-7:15pm</u> Boxing Class w/Nevelle</p>	<p>25</p> <p><u>11:05am-11:50pm</u> Boot Camp Circuit w/Michelle</p> <p><u>12:05pm-12:50pm</u> 15.15.15 w/Rachel</p> <p><u>5:30pm-6:30pm</u> Ab-solute Training w/Jason</p>	<p>26</p> <p><u>11:05am - 11:50am</u> ABS & Glutes w/Michelle</p> <p><u>12:05pm-12:50pm</u> Zumba w/Robin</p> <p><u>5:30pm-6:30pm</u> Zumba w/Ernestina</p> <p><u>6:30pm-7:30pm</u> Beginner's Senior Dance Class w/Roberta</p>	<p>27</p> <p><u>11:05am - 11:50am</u> Ab-solute Training w/Jason</p> <p><u>12:05pm-12:50pm</u> Spin Fusion w/Michelle</p> <p><u>5:30pm-6:30pm</u> Happy Hour Cycle w/Rachel</p>

30

Fitness Center

CLOSED

MEMORIAL DAY

31

11:05am-11:50amSpin Yoga Fusion
w/Rachel12:05pm -12:50 pmTotal Body
Conditioning
w/Dion5:30pm-6:30pmThe "Ride" (Spin)
w/Michelle6:30pm-7:15pm

Boxing Class w/Nevelle

Salt River Fitness Center Hours:

Monday - Thursday

6:00 am - 7:30 pm

Friday

6:00 am - 6:30 am

Saturday/Sunday

CLOSED

Salt River Fitness Center

480-362-7320

Lehi Fitness Center Hours:

Tuesday, Wednesday & Thursday

10:00 am - 12:00 pm

Friday - Monday

CLOSED

Lehi Fitness Center

480-362-5539

**Disease Prevention Fitness Centers will be CLOSED on tribal holidays, during mandatory Staff meetings, community events and etc. Staff will post notice of closure.*

Class Descriptions:

15.15.15.: A basic class that's great for beginners and people who like to keep things moving! Three 15 minute intervals of easy to follow aerobics, basic kickboxing and body sculpting. You'll get a diverse workout experience with this class.

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.

Abs & Glutes: Works everything from the waist down, especially the 'posterior' region. Works 'core' (abs/ lower back) plus an intense sculpting segment for glutes & legs.

Boot Camp Circuit: This interval class is set up in circuits, using basic calisthenics, agility training, jump ropes & weights, etc. All fitness levels.

Beginner's Senior Dance Class: This class is for those who are new to line dancing that will meet every other week. Time to move and groove to oldies, country and contemporary music set in a line dancing formatted class. For more info contact Roberta Johnston @ 362-7342

Boxing Class: ****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.

Cardio Kickboxing: Cardio kickboxing is a non-contact workout that includes both cardio and strength training routines in an energizing environment. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power.

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.

Low Impact Aerobics: Low Impact aerobic class movements involving large muscle groups used in continuous rhythmic activity in which at least one foot contacts the floor at all times. A great class for both beginners and senior friendly. No complicated choreography.

Senior Dance Class: You have mastered the basic of beginner senior dance take it up a notch. Again to move and groove to the oldies, country and contemporary music set in a line dancing format. For more info contact Roberta Johnston @ 362-7342

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.

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 their own music choices and choreographies to make their class presentation locally unique.

Spinning or Cycling Classes: *Bring your towels and water bottle*****

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 an interval cycling workout.

Spin Yoga Fusion: The biggest benefit of spin yoga is that it works the cardiovascular system with the spinning portion of the class and then stretches the body as well as the mind and spirit during the yoga segment.

SRPMIC Disease Prevention Program

May 2011

Group Exercise Classes

Salt River High School Room 103

(Located in the Basketball Gym. Please enter at south parking lot entrance to gym)



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 <u>3:30pm - 4:15pm</u> Cardio Jam w/Rachel	4	5 <u>3:30pm - 4:15 pm</u> Fluid Interval Training w/Michelle	6
9	10 <u>3:30pm - 4:15pm</u> Cardio Jam w/Rachel	11	12 <u>3:30pm - 4:15 pm</u> Fluid Interval Training w/Michelle	13
16	17 <u>3:30pm - 4:15pm</u> Cardio Jam w/Rachel	18	19 <u>3:30pm - 4:15 pm</u> Fluid Interval Training w/Michelle	20

Class Descriptions:

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).

Fluid Interval Training: Combination of cardio segments, such as, cardio kickboxing, steps and etc. which may include strength/sculpting exercises are using resistance bands, body weight and calisthenics for a total body workout.