



June 2011

Group Exercise Classes & Aqua Classes
Salt River Fitness Center & SR & Lehi Pool
480-362-7320



Monday	Tuesday	Wednesday	Thursday	Friday
Salt River Fitness Center Hours: Monday – Thursday 6:00am – 7:30pm Friday 6:00am – 6:30pm Saturday/Sunday CLOSE <i>*Fitness Center maybe CLOSED due to holidays, meeting, events and etc. Classes maybe canceled due to shortage of staff, meeting and etc. Signs maybe posted on facility and intranet if time permits.</i>		1 11:05am-11:50am Boot Camp Circuit w/Michelle 12:05pm-12:50pm 15.15.15. w/Rachel 5:30pm-6:30pm Step & Sculpt w/Rachel	2 12:05pm-12:50pm Zumba w/Robin 5:30pm-6:30pm Zumba w/Ernestina	3 12:05pm-12:05pm Spin Fusion w/Michelle 5:30pm-6:30pm Happy Hour Cycling w/Rachel
6 11:05am-11:50am Zumba w/Robin 12:05pm-12:50pm 45 Spin w/Michelle 5:30pm-6:30pm Low Impact w/Roberta	7 12:05pm-12:50pm Total Body Conditioning w/Dion 5:30pm-6:30pm The "Ride" w/Michelle 6:30pm-7:15am Boxing w/Nevelle 5:30pm-6:30pm Aqua Interval w/Jason @Salt River Pool	8 11:05am-11:05am Boot Camp Circuit w/Michelle 12:05pm-12:50pm Ab-solute Training w/Dion 5:30pm-6:30pm NO CLASS TODAY 5:30pm-6:30pm Aqua Sculpt w/Michelle @ Lehi Pool	9 12:05pm-12:50pm Zumba w/Robin 5:30pm-6:30pm Zumba w/Ernestina 5:30pm-6:30pm Aqua Interval w/Jason @Salt River Pool	10 12:05pm-12:05pm Spin Fusion w/Michelle 5:30pm-6:30pm Happy Hour Cycling w/Michelle
13 11:05am-11:50am Cardio Kickboxing w/Rachel 12:05pm-12:50pm 45 Spin w/Rachel 5:30pm-6:30pm Low Impact w/Roberta	14 SRPMIC DAY **Fitness Center** CLOSED	15 11:05am-11:50am Boot Camp Circuit w/Michelle 12:05pm-12:50pm 15.15.15. w/Rachel 5:30pm-6:30pm Step & Sculpt w/Rachel 5:30pm-6:30pm Aqua Aerobic w/Roberta @ Lehi Pool	16 12:05pm-12:50pm Zumba w/Robin 5:30pm-6:30pm Zumba w/Ernestina 5:30pm-6:30pm Aqua Interval w/Jason @Salt River Pool	17 10:00am-12:00pm Salt River Fitness Center CLOSED <i>*Staff attending Health Service meeting</i> 12:05pm-12:05pm Spin Fusion w/Michelle 5:30pm-6:30pm Happy Hour Cycling w/Rachel
20 11:05am-11:50am Cardio Kickboxing w/Rachel 12:05pm-12:50pm 45 Spin w/Michelle 5:30pm-6:30pm Zumba w/Robin	21 11:05am-11:50am Spin Yoga Fusion w/Rachel 11:30am-12:30pm Lecture w/Michele Kuhn, SCC HS Conf room 12:05pm-12:50pm Total Body Conditioning w/Dion 5:30pm-6:30pm The "Ride" w/Michelle 6:30pm-7:15am Boxing w/Nevelle 5:30pm-6:30pm Aqua Interval w/Jason @Salt River Pool	22 11:05am-11:50am Boot Camp Circuit w/Michelle 12:05pm-12:50pm 15.15.15. w/Rachel 5:30pm-6:30pm Cardio Kickboxing w/Michelle 5:30pm-6:30pm Aqua Kick & Core w/Rachel @ Lehi Pool	23 12:05pm-12:50pm Zumba w/Robin 5:30pm-6:30pm Zumba w/Ernestina 5:30pm-6:30pm Aqua Interval w/Jason @Salt River Pool	24 12:05pm-12:05pm Spin Fusion w/Michelle 5:30pm-6:30pm Happy Hour Cycling w/Rachel
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****CLASS MAYBE REPLACE, CANCELED OR SUBBED BY DIFFERENT INSTRUCTOR IF INSTRUCTOR IS UNABLE TO TEACH DUE TO ILLNESS, LEAVE OR ECT. ****

Remember to bring a workout towel and water with you! And enjoy yourself during class ☺

*New or it been over 1-yr since you visit the Disease Prevention Program's Fitness Centers please fill out Health History Form prior to attending classes & using the fitness center.

See staff for the form.

Group EX Class Descriptions:

15.15.15.: A basic class that's great for beginners and people who like to keep things moving! This class will incorporate the 3 following of 15 minute intervals of easy to follow Hi/Lo aerobics, basic kickboxing, Step Aerobics, 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.

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.

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.

Step & Sculpt: Easy step choreography combined with free weight, resistance bands, kettlebells, or your own body weight exercises for the major muscle groups. In this class you will get your cardio and strength training workout in this 50 minute class. Simple choreography!

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, meringue, 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: Limited to 7 participants

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. Class will start with a basic yoga warm up stretching followed by 30 minutes of spin to get the heart pumping and class will finish with basic yoga stretching.

Aqua Aerobic Classes: Held at the Salt River (Tues/Thu) & Lehi Pool (Wed)

Aqua Aerobic: Come out and enjoy a pool workout! Give it a try! An energetic and invigorating class that combines coordination, endurance and strength training easy to follow movement for a total body workout. In this class you may use water weights, noodles or other type of resistance for strength training.

Aqua Kick & Core: Take the power fun and energy of a traditional kick boxing class and combine it with the resistance of the water to experience an invigorating class that will challenge your muscles while increasing strength and endurance. Then finish off with core exercise to strengthen your abs and back.

Aqua Sculpt: An aquatic workout designed to increase muscle tone & definition, flexibility and improve posture. Exercises performed in the water have 12 times the resistance as when done on land! Additional equipment, such as water noodles and other equipment may be incorporated into this great workout.