

# October 2011

Group Exercise Classes – Salt River Fitness Center , building #32

10005 E. Osborn Rd, Scottsdale AZ 85256

Ph: 480-362-7320

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>11:05a-11:50a</b> <b>Cardio Kickboxing &amp; Abs</b> <b>w/Rachel</b>  <b>12:05p-12:50p</b> <b>45 Spinning® w/Michelle</b>  <b>5:30p-6:30p</b> <b>Low Impact w/Rachel</b>	<b>4</b> <b>9:30a-10:00a</b> <b>Youth Service – Mousercise</b>  <b>11:05a-1150a</b> <b>Abs Work w/Jason</b>  <b>12:05p-12:50p</b> <b>Total Body Conditioning w/Dion</b>  <b>5:30p-6:30p</b> <b>Spinning® The “Ride”</b> <b>w/Michelle</b>  <b>6:30p-7:15p</b> <b>Boxing w/Nevelle</b>	<b>5</b> <b>11:05a-11:50a</b> <b>Bootcamp w/Michelle</b>  <b>12:05p-12:05p</b> <b>Step &amp; Sculpt w/Rachel</b>  <b>5:30p-6:30p</b> <b>Total Body Circuit w/Michelle</b>	<b>6</b> <b>9:30a-10:00a</b> <b>Youth Service – Mousercise</b>  <b>11:05a-1150a</b> <b>Cycle &amp; Sprint w/Jason</b>  <b>12:05p-12:50p</b> <b>Zumba® w/Robin</b>  <b>5:30p-6:30p</b> <b>Zumba® w/Ernestina</b>	<b>7</b> <b>12:05p-12:50p</b> <b>Core Spinning® w/Michelle</b>  <b>5:30p-6:30p</b> <b>Zumba® w/Rachel</b>
<b>10</b> <b>11:05a-11:50a</b> <b>Cardio Kickboxing &amp; Abs</b> <b>w/Rachel</b>  <b>12:05p-12:50p</b> <b>Cycle &amp; Sprint w/Jason</b>  <b>5:30p-6:30p</b> <b>Low Impact w/Roberta</b>	<b>11</b> <b>9:30a-10:00a</b> <b>Youth Service – Mousercise</b>  <b>11:05a-1150a</b> <b>Abs Work w/Jason</b>  <b>12:05p-12:50p</b> <b>Total Body Conditioning</b> <b>w/Rachel</b>  <b>5:30p-6:30p</b> <b>Happy Hr Cycle w/Rachel</b>  <b>6:30p-7:15p</b> <b>Boxing w/Nevelle</b>	<b>12</b> <b>11:05a-11:50a</b> <b>Bootcamp w/Michelle</b>  <b>12:05p-12:05p</b> <b>15/15/15/ w/Rachel</b>  <b>5:30p-6:30p</b> <b>Step &amp; Sculpt w/Rachel</b>	<b>13</b> <b>9:30a-10:00a</b> <b>Youth Service – Mousercise</b>  <b>11:05a-1150a</b> <b>Cycle &amp; Sprint w/Jason</b>  <b>12:05p-12:50p</b> <b>Zumba® w/Robin</b>  <b>5:30p-6:30p</b> <b>Zumba® w/Ernestina</b>  <b>6:30p-7:15p</b> <b>Senior Dance 55+ w/Roberta</b>	<b>14</b> <b>12:05p-12:50p</b> <b>Core Spinning® w/Michelle</b>  <b>5:30p-6:30p</b> <b>Spinning® The “Ride”</b> <b>w/Michelle</b>
<b>17</b> <b>11:05a-11:50a</b> <b>Abs Work w/Jason</b>  <b>12:05p-12:50p</b> <b>45 Spinning® w/Michelle</b>  <b>5:30p-6:30p</b> <b>Low Impact w/Roberta</b>	<b>18</b> <b>9:30a-10:00a</b> <b>Youth Service – Mousercise</b>  <b>11:05a-1150a</b> <b>Abs Work w/Jason</b>  <b>12:05p-12:50p</b> <b>Total Body Conditioning w/Dion</b>  <b>5:30p-6:30p</b> <b>Spinning® The “Ride”</b> <b>w/Michelle</b>  <b>6:30p-7:15p</b> <b>Boxing w/Nevelle</b>	<b>19</b> <b>11:05a-11:50a</b> <b>Bootcamp w/Michelle</b>  <b>12:05p-12:05p</b> <b>Step &amp; Sculpt w/Rachel</b>  <b>5:30p-6:30p</b> <b>Total Body Circuit w/Michelle</b>	<b>20</b> <b>9:30a-10:00a</b> <b>Youth Service – Mousercise</b>  <b>11:05a-1150a</b> <b>Cycle &amp; Sprint w/Jason</b>  <b>12:05p-12:50p</b> <b>Zumba® w/Robin</b>  <b>5:30p-6:30p</b> <b>Zumba® w/Ernestina</b>  <b>6:30p-7:15p</b> <b>Senior Dance 55+ w/Roberta</b>	<b>21</b> <b>10:00a-12:00p</b> <b>Fitness Center</b> <b>CLOSED</b> <b>*H S Mandatory Staff Meeting*</b>  <b>12:05p-12:50p</b> <b>Core Spinning® w/Michelle</b>  <b>5:30p-6:30p</b> <b>Zumba® w/Rachel</b>
<b>24</b> <b>11:05a-11:50a</b> <b>Cardio Kickboxing &amp; Abs</b> <b>w/Rachel</b>  <b>12:05p-12:50p</b> <b>45 Spinning® w/Michelle</b>  <b>5:30p-6:30p</b> <b>Low Impact w/Roberta</b>	<b>25</b> <b>9:30a-10:00a</b> <b>Youth Service – Mousercise</b>  <b>11:05a-1150a</b> <b>Abs Work w/Jason</b>  <b>12:05p-12:50p</b> <b>Total Body Conditioning w/Dion</b>  <b>5:30p-6:30p</b> <b>Spinning® The “Ride”</b> <b>w/Michelle</b>  <b>6:30p-7:15p</b> <b>Boxing w/Nevelle</b>	<b>26</b> <b>11:05a-11:50a</b> <b>Bootcamp w/Michelle</b>  <b>12:05p-12:05p</b> <b>15/15/15/ w/Rachel</b>  <b>5:30p-6:30p</b> <b>Step &amp; Sculpt w/Rachel</b>	<b>27</b> <b>9:30a-10:00a</b> <b>Youth Service – Mousercise</b>  <b>11:05a-1150a</b> <b>Cycle &amp; Sprint w/Jason</b>  <b>12:05p-12:50p</b> <b>Zumba® w/Robin</b>  <b>6:00p-7:30p</b> <b>Zumba® THON</b> <b>At Lehi Community Gym</b>  <b>6:30p-7:15p</b> <b>Senior Dance 55+ w/Roberta</b>	<b>28</b> <b>12:05p-12:50p</b> <b>Core Spinning® w/Michelle</b>  <b>5:30p-6:30p</b> <b>Happy Hr. Cycle w/Rachel</b>
<b>31</b> <b>11:05a-11:50a</b> <b>Cardio Kickboxing &amp; Abs</b> <b>w/Rachel</b>  <b>12:05p-12:50p</b> <b>45 Spinning® w/Michelle</b>  <b>5:30p-6:30p</b> <b>Low Impact w/Roberta</b>				

**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, Zumba® or body sculpting. You'll get a diverse workout experience with this class.

**Ab Works:** 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.

**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:** 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:** Move and groove to the oldies, country and contemporary music set in a line dancing format. For more info contact Roberta Johnston.

**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!

**T.B.C. (Total Body Conditioning)** 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.

**Total Body Circuit:** Total body workout that alternated 3-4 minutes of cardio with 2-3 minutes of strength. Time flies as you work it ALL!!!

**Youth Service Mousercise:** Youth Service Early Enrichment Program kids ages 3 -5 participants in a 30 minute exercise session. \*Class will be available only when group meets.

**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**

**45 Spinning®:** Get yourself moving on a Monday afternoon with this 45 minute indoor cycling class instructor will take you through an interval cycling workout to reeve you up! Build endurance and build up your metabolism.

**Happy Hr Cycle:** This class will take you on ride for 45-60 minutes class provides a fun and challenging of variety of cycling rides: endurance, strength, interval, race day and rest day. This class is for those who are looking for that extra 10-15 minute long spin session.

**Spinning® 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.

**Core Spinning®-** Get you blood flowing with a 30 minute high energy ride on the Spinning® bike for ultimate calorie burning workout and will follow it with core strengthen exercise to that total body workout. .

**Cycle & Sprint-** In this class the instructor will take you through a ride of variety of cycling techniques (flats, seated & standing climbs, seated & standing runs and sprints) in an upbeat atmosphere with music to motivate you through workout and if weather permits you will engage in a BRICK!! What is a BRICK? It is riding followed by a brisk walk.