



November 2011

Group Exercise Classes

Salt River Fitness Center, Building 32
10,005 E. Osborn Rd, Scottsdale AZ 85256



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p><u>9:30a-10:00a</u> YS-Mousercise w/Jason</p> <p><u>11:05a-11:50a</u> Abs Work w/Jason</p> <p><u>12:05p-12:50p</u> Total Body Conditioning w/Dion</p> <p><u>5:30p-6:30p</u> Spinning@ "The Ride" w/Michelle</p> <p><u>6:30p-7:15p</u> Boxing w/Nevelle</p>	<p>2</p> <p><u>11:05a-11:50a</u> NO CLASS</p> <p><u>12:05p-12:50p</u> Cardio Mix w/Rachel</p> <p><u>5:30p-6:30p</u> Step w/Rachel</p>	<p>3</p> <p><u>9:30a-10:00a</u> YS-Mousercise w/Jason</p> <p><u>11:05a-11:50a</u> Cycle & Sprint w/Jason</p> <p><u>12:05p-12:50p</u> Step w/Rachel</p> <p><u>5:30p-6:30p</u> Zumba@ w/Ernestina</p> <p><u>6:30p-7:30p</u> Senior Dance Class 55+ w/Roberta</p>	<p>4</p> <p><u>12:05p-12:50p</u> Zumba@ w/Robin</p> <p><u>5:30p-6:30p</u> Spinning@ w/Michelle</p>
<p>7</p> <p><u>11:05a-11:50a</u> Cardio Kickbox w/Rachel</p> <p><u>12:05p-12:50p</u> Spinning@ w/Michelle</p> <p><u>5:30p-6:30p</u> Low Impact w/Roberta</p>	<p>8</p> <p><u>9:30a-10:00a</u> YS-Mousercise w/Jason</p> <p><u>11:05a-11:50a</u> Abs Work w/Jason</p> <p><u>12:05p-12:50p</u> Total Body Conditioning w/Dion</p> <p><u>5:30p-6:30p</u> Spinning@ "The Ride" w/Michelle</p> <p><u>6:30p-7:15p</u> Boxing w/Nevelle</p>	<p>9</p> <p><u>11:05a-11:50a</u> Step Circuit w/Michelle</p> <p><u>12:05p-12:50p</u> Cardio Mix w/Rachel</p> <p><u>5:30p-6:30p</u> Cardio Kickbox w/Michelle</p>	<p>10</p> <p><u>9:30a-10:00a</u> YS-Mousercise w/Jason</p> <p><u>11:05a-11:50a</u> Cycle & Sprint w/Jason</p> <p><u>12:05p-12:50p</u> Zumba@ w/Robin</p> <p><u>5:30p-6:30p</u> Zumba@ w/Ernestina</p> <p><u>6:30p-7:30p</u> NO CLASS</p>	<p>11</p> <p>VETERAN'S DAY FITNESS CENTER CLOSED</p>
<p>14</p> <p><u>11:05a-11:50a</u> Cardio Kickbox w/Rachel</p> <p><u>12:05p-12:50p</u> Spinning@ w/Michelle</p> <p><u>5:30p-6:30p</u> Low Impact w/Roberta</p>	<p>15</p> <p><u>9:30a-10:00a</u> YS-Mousercise w/Jason</p> <p><u>11:05a-11:50a</u> Abs Work w/Jason</p> <p><u>12:05p-12:50p</u> Total Body Conditioning w/Dion</p> <p><u>5:30p-6:30p</u> Spinning@ "The Ride" w/Michelle</p> <p><u>6:30p-7:15p</u> Boxing w/Nevelle</p>	<p>16</p> <p><u>11:05a-11:50a</u> Step Circuit w/Michelle</p> <p><u>12:05p-12:50p</u> Cardio Mix w/Rachel</p> <p><u>5:30p-6:30p</u> Step w/Rachel</p>	<p>17</p> <p><u>9:30a-10:00a</u> YS-Mousercise w/Jason</p> <p><u>11:05a-11:50a</u> Cycle & Sprint w/Jason</p> <p><u>12:05p-12:50p</u> Zumba@ w/Robin</p> <p><u>5:30p-6:30p</u> Zumba@ w/Ernestina</p> <p><u>6:30p-7:30p</u> Senior Dance Class 55+ w/Roberta</p>	<p>18</p> <p>10AM-12PM FITNESS CENTER CLOSED *STAFF MANDATORY MEETING*</p> <p><u>12:05p-12:50p</u> Cycle & Sprint w/Jason</p> <p><u>5:30p-6:30p</u> Zumba@ w/Robin</p>
<p>21</p> <p><u>11:05a-11:50a</u> NO CLASS</p> <p><u>12:05p-12:50p</u> Cycle & Sprint w/Jason</p> <p><u>5:30p-6:30p</u> Low Impact w/Roberta</p>	<p>22</p> <p><u>9:30a-10:00a</u> YS-Mousercise w/Jason</p> <p><u>11:05a-11:50a</u> Abs Work w/Jason</p> <p><u>12:05p-12:50p</u> Total Body Conditioning w/Dion</p> <p><u>5:30p-6:30p</u> Spinning@ "The Ride" w/Michelle</p> <p><u>6:30p-7:15p</u> Boxing w/Nevelle</p>	<p>23</p> <p>NO CLASSES TODAY</p> 	<p>24</p> <p>THANKSGIVING DAY FITNESS CENTER CLOSED</p> 	<p>25</p> <p>TRIBAL HOLIDAY FITNESS CENTER CLOSED</p> 
<p>28</p> <p><u>11:05a-11:50a</u> Cardio Kickbox w/Rachel</p> <p><u>12:05p-12:50p</u> Spinning@ w/Michelle</p> <p><u>5:30p-6:30p</u> Low Impact w/Roberta</p>	<p>29</p> <p><u>9:30a-10:00a</u> YS-Mousercise w/Jason</p> <p><u>11:05a-11:50a</u> Abs Work w/Jason</p> <p><u>12:05p-12:50p</u> Total Body Conditioning w/Dion</p> <p><u>5:30p-6:30p</u> Spinning@ "The Ride" w/Michelle</p> <p><u>6:30p-7:15p</u> Boxing w/Nevelle</p>	<p>30</p> <p><u>11:05a-11:50a</u> Step Circuit w/Michelle</p> <p><u>12:05p-12:50p</u> Cardio Mix w/Rachel</p> <p><u>5:30p-6:30p</u> Cardio Kickbox w/Michelle</p>	<p>Salt River Fitness Center Hours: Monday - Thursday = 6:00 am to 7:30 pm Friday = 6:00 am to 6:30 pm 480-362-7320</p> <p>Lehi Fitness Center Open on Tuesday & Thursday = 5:30 pm - 7:30 pm 480-362-5539</p> <p><i>*Fitness Center maybe closed due to shortage of staffing, tribal holidays, mandatory meeting or etc. Group exercise classes maybe cancel, subbed or replace due to staff shortage.</i></p>	

Class Descriptions:

Abs Work: 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 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: This 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.

Cardio Mix: A basic class that's great for beginners and people who like to keep things moving! This class will incorporate the 2 or 3 following of 20-15 minutes easy to follow Hi/Lo aerobics, basic kickboxing, Step Aerobics, Zumba® or body sculpting. You'll get a diverse workout experience with this class.

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 class that is both beginners and senior friendly that does not incorporate complicated choreography.

Senior Dance Class 55+: 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!

Step: Join this total body workout that will sculpt your glutes, hamstrings, quads and calves. Step aerobics is great low impact aerobic class. Beat per minute 128-132. Great for all!

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.

YS - 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. Remember to bring water bottle and towel for workouts!

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.

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.

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.



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