



February 2012

Group Exercise Class @ Salt River High School

3:30 pm – 4:30 pm

Provided by the Salt River Diabetes Program

Classes held in Aerobic Room in the Basketball Gymnasium

Utilize the south gate entrance to the campus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Step Circuit w/Michelle	2 Abs & Core w/Jason	3
6	7 Zumba® w/Rachel	8 Step Circuit w/Michelle	9 Abs & Core w/Jason	10
13	14 Cardio Mix w/Rachel	15 Step Circuit w/Michelle	16 Abs & Core w/Jason	17
20	21 NO CLASS	22 Step Circuit w/Michelle	23 Abs & Core w/Jason	24
27	28 Hi/Low Sculpt w/Rachel	29 Step Circuit w/Michelle		

Class Descriptions:

Abs & Core: All movement involves the core (abdominal muscles). This class will help increase core strength and stability.

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.

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.

Hi/Lo Sculpt: This class intergrades low to moderate intensity cardiovascular workout with light weight and no weighted exercises for whole body workout.

Step Circuit: This class includes basic step combinations at varying intensity levels, speed intervals, and weight training circuits for upper and lower body toning and strengthening

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

Question call: 480-362-7320 (Salt River Fitness Center)

