

# May 2012 - Group Exercise Classes

Diabetes Program - Salt River Fitness Center

\*\*10,005 E. Osborn Rd, Scottsdale AZ 85256\*\* 480-362-7320, Building #32\*\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: center;">1</p> <p><b>9:30AM-10:00AM</b> YS - Mousercise</p> <p><b>11:05AM-11:50AM</b> ABS ATTACK! w/Jason</p> <p><b>12:05PM-12:50PM</b> TOTAL BODY CONDITIONING w/Dion</p> <p><b>5:30PM-6:30PM</b> 45 CYCLE w/Rachel</p> <p><b>6:30PM-7:15PM</b> BOXING w/Nevelle</p>	<p style="text-align: center;">2</p> <p><b>11:05AM-11:50AM</b> CIRCUIT STATION w/Michelle</p> <p><b>12:05PM-12:50PM</b> CARDIO MIX w/Rachel</p> <p><b>5:30PM-6:30PM</b> STEP N SCULPT w/Rachel</p>	<p style="text-align: center;">3</p> <p><b>9:30AM-10:00AM</b> YS - Mousercise</p> <p><b>11:05AM-11:50AM</b> 45 CYCLE w/Jason</p> <p><b>12:05PM-12:50PM</b> ZUMBA® w/Robin</p> <p><b>5:30PM-6:30PM</b> ZUMBA® w/Erniestina</p>	<p style="text-align: center;">4</p> <p><b>12:05PM-12:50PM</b> SPINNING® w/Michelle</p> <p><b>5:30PM-6:30PM</b> ZUMBA® &amp; SCULPT (Basic) w/Rachel</p>
<p style="text-align: center;">7</p> <p><b>11:05AM-11:50AM</b> STRETCH YOGA w/Rachel</p> <p><b>12:05PM-12:50PM</b> 45 CYCLE w/Rachel</p> <p><b>5:30PM-6:30PM</b> LO CARDIO &amp; SCULPT w/Jason</p> <p><b>6:30PM-7:15PM</b> SENIOR DANCE 55+ w/Roberta</p>	<p style="text-align: center;">8</p> <p><b>9:30AM-10:00AM</b> YS - Mousercise</p> <p><b>11:05AM-11:50AM</b> ABS ATTACK! w/Jason</p> <p><b>12:05PM-12:50PM</b> TOTAL BODY CONDITIONING w/Dion</p> <p><b>5:30PM-6:30PM</b> 45 CYCLE w/Rachel</p> <p><b>6:30PM-7:15PM</b> BOXING w/Nevelle</p>	<p style="text-align: center;">9</p> <p><b>11:05AM-11:50AM</b> CIRCUIT STATION w/Michelle</p> <p><b>12:05PM-12:50PM</b> CARDIO MIX w/Rachel</p> <p><b>5:30PM-6:30PM</b> CARDIO KICKBOXING w/Rachel</p>	<p style="text-align: center;">10</p> <p><b>9:30AM-10:00AM</b> YS - Mousercise</p> <p><b>11:05AM-11:50AM</b> 45 CYCLE w/Jason</p> <p><b>12:05PM-12:50PM</b> ZUMBA® w/Robin</p> <p><b>5:30PM-6:30PM</b> ZUMBA® w/Erniestina</p>	<p style="text-align: center;">11</p> <p><b>12:05PM-12:50PM</b> SPINNING® w/Michelle</p> <p><b>5:30PM-6:30PM</b> ZUMBA® &amp; SCULPT (Basic) w/Rachel</p>
<p style="text-align: center;">14</p> <p><b>11:05AM-11:50AM</b> STRETCH YOGA w/Jason</p> <p><b>12:05PM-12:50PM</b> 45 CYCLE w/Rachel</p> <p><b>5:30PM-6:30PM</b> LO CARDIO &amp; SCULPT w/Jason</p> <p><b>6:30PM-7:15PM</b> SENIOR DANCE 55+ w/Roberta</p>	<p style="text-align: center;">15</p> <p><b>9:30AM-10:00AM</b> YS - Mousercise</p> <p><b>11:05AM-11:50AM</b> ABS ATTACK! w/Jason</p> <p><b>12:05PM-12:50PM</b> TOTAL BODY CONDITIONING w/Dion</p> <p><b>5:30PM-6:30PM</b> 45 CYCLE w/Rachel</p> <p><b>6:30PM-7:15PM</b> BOXING w/Nevelle</p>	<p style="text-align: center;">16</p> <p><b>11:05AM-11:50AM</b> CIRCUIT STATION w/Michelle</p> <p><b>12:05PM-12:50PM</b> ZUMBA® w/Robin</p> <p><b>5:30PM-6:30PM</b> STEP N SCULPT w/Rachel</p>	<p style="text-align: center;">17</p> <p><b>9:30AM-10:00AM</b> YS - Mousercise</p> <p><b>11:05AM-11:50AM</b> 45 CYCLE w/Jason</p> <p><b>12:05PM-12:50PM</b> ZUMBA® w/Robin</p> <p><b>5:30PM-6:30PM</b> ZUMBA® w/Erniestina</p>	<p style="color: red; font-weight: bold;">FITNESS CENTER CLOSED 10AM-12PM *HS Staff Mandatory Meeting</p> <p><b>12:05PM-12:50PM</b> SPINNING® w/Michelle</p> <p><b>5:30PM-6:30PM</b> ZUMBA® &amp; SCULPT (Basic) w/Rachel</p>
<p style="text-align: center;">21</p> <p><b>11:05AM-11:50AM</b> STRETCH YOGA w/Rachel</p> <p><b>12:05PM-12:50PM</b> 45 CYCLE w/Rachel</p> <p><b>5:30PM-6:30PM</b> ZUMBA® &amp; SCULPT (Basic) w/Rachel</p> <p><b>6:30PM-7:15PM</b> SENIOR DANCE 55+ w/Roberta</p>	<p style="text-align: center;">22</p> <p><b>11:05AM-11:50AM</b> STEP N SCULPT w/Rachel</p> <p><b>12:05PM-12:50PM</b> TOTAL BODY CONDITIONING w/Dion</p> <p><b>5:30PM-6:30PM</b> 45 CYCLE w/Rachel</p> <p><b>6:30PM-7:15PM</b> BOXING w/Nevelle</p>	<p style="text-align: center;">23</p> <p><b>11:05AM-11:50AM</b> CIRCUIT STATION w/Michelle</p> <p><b>12:05PM-12:50PM</b> CARDIO MIX w/Rachel</p> <p><b>5:30PM-6:30PM</b> CARDIO KICKBOXING w/Rachel</p>	<p style="text-align: center;">24</p> <p><b>9:30AM-10:00AM</b> YS - Mousercise</p> <p><b>11:05AM-11:50AM</b> 45 CYCLE w/Jason</p> <p><b>12:05PM-12:50PM</b> ZUMBA® w/Robin</p> <p><b>5:30PM-6:30PM</b> ZUMBA® w/Erniestina</p>	<p style="text-align: center;">25</p> <p><b>12:05PM-12:50PM</b> SPINNING® w/Michelle</p> <p><b>5:30PM-6:30PM</b> ZUMBA® &amp; SCULPT (Basic) w/Rachel</p>
<p style="text-align: center;">28</p> <p style="color: red; font-weight: bold; text-align: center;">MEMORIAL DAY TRIBAL OFFICES CLOSED</p> <p style="color: red; font-weight: bold; text-align: center;">FITNESS CENTER CLOSED</p>	<p style="text-align: center;">29</p> <p><b>9:30AM-10:00AM</b> YS - Mousercise</p> <p><b>11:05AM-11:50AM</b> <b>NO CLASS</b></p> <p><b>12:05PM-12:50PM</b> TOTAL BODY CONDITIONING w/Dion</p> <p><b>5:30PM-6:30PM</b> 45 CYCLE w/Jason</p> <p><b>6:30PM-7:15PM</b> BOXING w/Nevelle</p>	<p style="text-align: center;">30</p> <p><b>11:05AM-11:50AM</b> <b>NO CLASS</b></p> <p><b>12:05PM-12:50PM</b> TOTAL BODY CONDITIONING w/Dion</p> <p><b>5:30PM-6:30PM</b> ABS ATTACK! w/Jason</p>	<p style="text-align: center;">31</p> <p><b>9:30AM-10:00AM</b> YS - Mousercise</p> <p><b>11:05AM-11:50AM</b> <b>NO CLASS</b></p> <p><b>12:05PM-12:50PM</b> ZUMBA® w/Robin</p> <p><b>5:30PM-6:30PM</b> ZUMBA® w/Erniestina</p>	

**Salt River Fitness Center Hours:**

6:00 am - 7:30 pm (Monday thru Thursday), 6:00 am - 6:30 pm (Friday) and CLOSED (Saturday & Sunday)

\*\*Fitness Center maybe CLOSED due to holidays, program events, shortage of staff, mandatory meetings, etc.

\*\*Signs will be posted of facility, email & on the intranet - Announcement\*\*

Remember to bring a workout towel and a water bottle with you. Most of all enjoy yourself during your workout. ☺  
Classes maybe canceled or substituted by another instructor or change in format, should the instructor opt out for some reason (i.e. illness, leave, training or etc.)

**CLASS DESCRIPTION:**

**ABS ATTACK!:** Need to tighten and firm your mid section?? This class is for you! Using variety of equipments and body weight to strengthen and tone your tummy, attacking the core (abs, oblique and lower back)

**BOXING CLASS: ALL PARTICIPANTS WILL PROVIDE THEIR OWN WRAPS AND GLOVES.** Learn the fundamentals of boxing: foot work, proper stance, delivery of jab and straight right. Client will shadow boxing & use 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:** Sweat it out in this unique and fun class that combines boxing basics and aerobics. Lots of jabs, kicks, and punches! Get strong, get toned, and get fit! All levels welcome. Modifications demonstrated throughout the class for the beginner and advanced participant.

**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

**CIRCUIT STATION:** Instructor will have exercise station set up in room which participants will cycle through cardio, lower body, upper body and core exercises for an effective calorie and fat burning workout for an all around muscular and cardiovascular workout. Class may consist of 8 to 12 stations in which the instructor may time each station or may require you to do a number of reps. No choreography.

**SENIOR DANCE CLASS 55+:** Move and groove to the oldies, country and contemporize music set in a line dancing format. For more info contact Roberta Johnston.

**STEP N SCULPT:** A 45 minute class combining step and toning moves using light hand-held weights. Workout will include strengthening moves for abs, upper and lower body.

**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.

**STRETCH YOGA:** Experience the mind/body connection through a series of postures, creating a continuous flow, accompanied by deep breathing. Yoga focuses on internal strength, postural integration and radiant health. All levels welcome.

**YOUTH SERVICE EEP'S MOUSERCISE:** Participants: kids 3 to 5 year s of age. Each exercise session will be 30 minutes in length. The class will only meet when Youth Service Early Enrichment Program arrives with group.

**ZUMBA ®:** What is Zumba®? Zumba is a Colombian word meaning "move fast and have fun" and that what you will be doing in this fun and motivating class to upbeat music, so Zumba® is not your typical aerobic workout. This class gets you moving with rhythms around the world, such as, cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, tango, flamingo, bollywood and more. In this 45 minute Zumba class you will get your heart pumpin' and target your abdominals, legs, arms, and glutes with every move you do. A great class for all fitness levels.

**ZUMBA® & SCULPT (BASIC):** This Zumba® class is designed for participants with little exercise experience, limited physical capability or inactive older adults. This class was created to be easier than the regular Zumba® classes, but just as much fun! The moves have been carefully designed to be easy to follow by individuals of any size or age. This program provides a safe and effective total body workout, but still maintains an atmosphere that is fun, effective and easier to follow. The dance rhythms include salsa, cumbia, merengue, tango, flamenco, and many more! This class is 30-40 minutes of Zumba (basic) followed by resistance training to firm up your muscles.

**SPINNING®/CYCLING CLASSES:** Class is limited to 7 participants. Remember to bring water bottle and towel for workouts!

**SPINNING®:** 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 700 plus calories burn.

**45 CYCLE:** The instructor will lead the group through warm-ups, drills, intervals, as well as strength and endurance building techniques for overall cardiovascular and calorie burning workout. In an average indoor cycling class you can burn 500 plus calories in 40 minutes. The instructor will lead the group through warm-ups, drills, intervals, as well as strength and endurance building techniques this class is suitable for beginners to advance participants.

