

May 2012

Group Exercise Class @ Salt River High School

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 3:30pm-4:15pm Zumba® w/Rachel	2	3 3:30pm-4:15pm Abs & Core w/Jason	4
7 3:30pm-4:15pm Cardio Kickboxing w/Rachel	8 3:30pm-4:15pm Stretch Yoga w/Rachel	9	10 3:30pm-4:15pm Abs & Core w/Jason	11
14 NO CLASS	15 3:30pm-4:15pm Zumba® w/Rachel	16	17 3:30pm-4:15pm Abs & Core w/Jason	18
21	22	23	24	25
28	29	30	31	

CLASS DESCRIPTIONS:

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

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.

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.

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, flamenco, 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.

