



JULY 2012 - Group Exercise Classes



Salt River Fitness Center Hours: Monday - Thursday 6:00am to 7:30pm & Friday 6:00am to 6:30pm
Lehi Fitness Center Hours: Tuesday & Thursday 5:30pm to 7:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><u>11:05a-11:50a</u> Yoga Stretch w/Rachel</p> <p><u>12:05p-12:50p</u> Capoeira w/Clifford</p> <p><u>5:30p-6:30p</u> Lo Cardio & Sculpt w/Jason</p> <p><u>6:30p-7:30p</u> NO CLASS</p> 	<p>3</p> <p><u>9:30a-10:00a</u> YS EEP - Mousercise</p> <p><u>11:05a-11:50a</u> Step Aerobics w/Rachel</p> <p><u>12:05p-12:50p</u> Total Body Conditioning w/Dion</p> <p><u>4:00p-5:00p</u> Fit Rez (ages: 9-14)</p> <p><u>5:30p-6:30p</u> Exercise w/Rachel</p> <p><u>6:15p-7:15p</u> Spinning w/Michelle</p> <p><u>6:30p-7:30p</u> Water Aerobics w/Jason (Salt River Pool)</p> <p><u>6:30p-7:30p</u> Boxing w/Nevelle</p>	<p>4</p> <p>4th of July</p> <p>Fitness Center & Tribal offices CLOSED</p> 	<p>5</p> <p><u>9:30a-10:00a</u> NO CLASS</p> <p><u>11:05a-11:50a</u> NO CLASS</p> <p><u>12:05p-12:50p</u> Zumba® w/Robin</p> <p><u>4:00p-5:00p</u> Fit Rez (ages: 9-14)</p> <p><u>5:30p-6:30p</u> Nutrition w/Jamie</p> <p><u>6:15p-7:15p</u> NO CLASS</p> <p><u>6:15p-7:15p</u> Water Aerobics w/Jason (Salt River Pool)</p> 	<p>6</p> <p><u>11:05am-11:50am</u> Capoeira w/Clifford</p> <p><u>12:05p-12:50p</u> Spinning w/Michelle</p> <p><u>5:30p-6:30p</u> NO CLASS</p>
<p>9</p> <p><u>11:05a-11:50a</u> Yoga Stretch w/Rachel</p> <p><u>12:05p-12:50p</u> Capoeira w/Clifford</p> <p><u>5:30p-6:30p</u> Lo Cardio & Sculpt w/Jason</p> <p><u>6:30p-7:30p</u> Senior Dance 55+ w/Roberta</p>	<p>10</p> <p><u>9:30a-10:00a</u> YS EEP - Mousercise</p> <p><u>11:05a-11:50a</u> Step Aerobics w/Rachel</p> <p><u>12:05p-12:50p</u> Total Body Conditioning w/Dion</p> <p><u>4:00p-5:00p</u> Fit Rez (ages: 9-14)</p> <p><u>5:30p-6:30p</u> Exercise w/Rachel</p> <p><u>6:15p-7:15p</u> Spinning w/Michelle</p> <p><u>6:15p-7:15p</u> Water Aerobics w/Jason (Salt River Pool)</p> <p><u>6:30p-7:30p</u> Boxing w/Nevelle</p>	<p>11</p> <p><u>12:05p-12:50p</u> Spinning w/Michelle</p> <p><u>5:30p-6:30p</u> Cardio Mix w/Rachel</p> <p><u>6:15p-7:15p</u> Water Aerobics w/Jason (Lehi Pool)</p> 	<p>12</p> <p><u>9:30a-10:00a</u> YS EEP - Mousercise</p> <p><u>11:05a-11:50a</u> Yoga Stretch w/Rachel</p> <p><u>12:05p-12:50p</u> Zumba® w/Robin</p> <p><u>4:00p-5:00p</u> Fit Rez (ages: 9-14)</p> <p><u>5:30p-6:30p</u> Nutrition w/Jamie</p> <p><u>6:15p-7:15p</u> Zumba® w/Rachel</p> <p><u>6:15p-7:15p</u> Water Aerobics w/Jason (Salt River Pool)</p>	<p>13</p> <p><u>11:05am-11:50am</u> Capoeira w/Clifford</p> <p><u>12:05p-12:50p</u> Spinning w/Michelle</p> <p><u>5:30p-6:30p</u> Zumba® (Basic) & Sculpt w/Rachel</p>
<p>16</p> <p><u>11:05a-11:50a</u> Yoga Stretch w/Rachel</p> <p><u>12:05p-12:50p</u> Capoeira w/Clifford</p> <p><u>5:30p-6:30p</u> Lo Cardio & Sculpt w/Jason</p> <p><u>6:30p-7:30p</u> Senior Dance 55+ w/Roberta</p>	<p>17</p> <p><u>9:30a-10:00a</u> YS EEP - Mousercise</p> <p><u>11:05a-11:50a</u> Step Aerobics w/Rachel</p> <p><u>12:05p-12:50p</u> Total Body Conditioning w/Dion</p> <p><u>4:00p-5:00p</u> Fit Rez (ages: 9-14)</p> <p><u>5:30p-6:30p</u> Exercise w/Rachel</p> <p><u>6:15p-7:15p</u> Spinning w/Michelle</p> <p><u>6:15p-7:15p</u> Water Aerobics w/Jason (Salt River Pool)</p> <p><u>6:30p-7:30p</u> Boxing w/Nevelle</p>	<p>18</p> <p><u>12:05p-12:50p</u> Spinning w/Michelle</p> <p><u>5:30p-6:30p</u> Cardio Mix w/Rachel</p> <p><u>6:15p-7:15p</u> Water Aerobics w/Jason (Lehi Pool)</p>	<p>19</p> <p><u>9:30a-10:00a</u> YS EEP - Mousercise</p> <p><u>11:05a-11:50a</u> Yoga Stretch w/Rachel</p> <p><u>12:05p-12:50p</u> Zumba® w/Rachel</p> <p><u>4:00p-5:00p</u> Fit Rez (ages: 9-14)</p> <p><u>5:30p-6:30p</u> Nutrition w/Jamie</p> <p><u>6:15p-7:15p</u> Zumba® w/Rachel</p> <p><u>6:15p-7:15p</u> Water Aerobics w/Jason (Salt River Pool)</p>	<p>20</p> <p><u>10:00a-12:00p</u> Fitness Center CLOSED</p> <p>*Health Service Mandatory Monthly Staff Meeting*</p> <p><u>12:05p-12:50p</u> Spinning w/Michelle</p> <p><u>5:30p-6:30p</u> Zumba® (Basic) & Sculpt w/Rachel</p>
<p>23</p> <p><u>11:05a-11:50a</u> Yoga Stretch w/Rachel</p> <p><u>12:05p-12:50p</u> Capoeira w/Clifford</p> <p><u>6:00pm-7:30pm</u> ZUMBA® SUMMER BEACH PARTY! w/Robin, Rachel & Andrew Lehi Basketball Gym</p> <p><u>6:30p-7:30p</u> Senior Dance 55+ w/Roberta</p>	<p>24</p> <p><u>9:30a-10:00a</u> YS EEP - Mousercise</p> <p><u>11:05a-11:50a</u> Step Aerobics w/Rachel</p> <p><u>12:05p-12:50p</u> Total Body Conditioning w/Dion</p> <p><u>4:00p-5:00p</u> Fit Rez (ages: 9-14)</p> <p><u>5:30p-6:30p</u> Exercise w/Rachel</p> <p><u>6:15p-7:15p</u> Spinning w/Michelle</p> <p><u>6:15p-7:15p</u> Water Aerobics w/Jason (Salt River Pool)</p> <p><u>6:30p-7:30p</u> Boxing w/Nevelle</p>	<p>25</p> <p><u>12:05p-12:50p</u> Spinning w/Michelle</p> <p><u>5:30p-6:30p</u> Cardio Mix w/Rachel</p> <p><u>6:15p-7:15p</u> Water Aerobics w/Jason (Lehi Pool)</p>	<p>26</p> <p><u>9:30a-10:00a</u> YS EEP - Mousercise</p> <p><u>11:05a-11:50a</u> Yoga Stretch w/Rachel</p> <p><u>12:05p-12:50p</u> Zumba® w/Robin</p> <p><u>4:00p-5:00p</u> Fit Rez (ages: 9-14)</p> <p><u>5:30p-6:30p</u> Nutrition w/Jamie</p> <p><u>6:15p-7:15p</u> Zumba® w/Rachel</p> <p><u>6:15p-7:15p</u> Water Aerobics w/Jason (Salt River Pool)</p>	<p>27</p> <p><u>11:05am-11:50am</u> Capoeira w/Clifford</p> <p><u>12:05p-12:50p</u> Spinning w/Michelle</p> <p><u>5:30p-6:30p</u> Zumba® (Basic) & Sculpt w/Rachel</p> 
<p>30</p> <p><u>11:05a-11:50a</u> NO CLASS</p> <p><u>12:05p-12:50p</u> Capoeira w/Clifford</p> <p><u>5:30p-6:30p</u> Lo Cardio & Sculpt w/Jason</p> <p><u>6:30p-7:30p</u> Senior Dance 55+ w/Roberta</p>	<p>31</p> <p><u>9:30a-10:00a</u> NO CLASS</p> <p><u>11:05a-11:50a</u> NO CLASS</p> <p><u>12:05p-12:50p</u> Total Body Conditioning w/Dion</p> <p><u>5:30p-6:30p</u> Fit Rez (ages: 9-14)</p> <p><u>6:15p-7:15p</u> Spinning w/Michelle</p> <p><u>6:30p-7:30p</u> Boxing w/Nevelle</p>	<p>Remember to bring a workout towel and water bottle with you. Most of all enjoy yourself during your workout! ☺</p> <p>*****</p> <p>Classes may be canceled or substituted by another instructor or format of class may be changed should the original instructor out for some reason. [I.e. leave, illness, training, etc.] Fitness Centers will be closed during all Tribal designated holidays, mandatory staff meetings, shortage of staff and special community events. Signs and email notifications maybe posted prior to future cancelations or closures, if time permits.</p> <p>QUESTIONS: FITNESS STAFF 480-362-7320 OR DIABETES MANAGER 480-362-7342</p> <p><i>This facility is open to SRPMIC Community Members & their families, Community Residents, SRPMIC Government Employees, Gaming Enterprises Employees, Talking Stick Golf, Saddleback, SRMG, DEVCO, SRFSI, SR Landfill, and Salt River Fields. *All individual subject to proof of enrollment, residency, employment or affiliation.</i></p>		

CLASS DESCRIPTIONS:

Boxing: Please bring in your own boxing gloves and hand wraps. In this class the instructor will guide you through proper punching techniques and sparring with other participants in class for a more effective workout. Class will start with a self motivated warm up of skipping rope, shadow boxing and stretching plus other variety moves. Please be prepared workout hard.

Capoeira: Get in shape, meet new friends, and do things you never thought you could do before! You will leave with a basic understanding of proper technique for the fundamental capoeira movements. *Created as a way to resist their enslavement in Brazil during the 1800s and practiced secretly for years, Capoeira has finally found a place in the world of martial arts. Consisting of a dance-like fight, the martial art was designed to appear like a game. Practitioners stand in a "roda" or circle and take turns battling in the center. Once illegal in Brazil, Capoeira is now practiced in every state and in most countries across the globe*



Cardio Mix: This class is a mix of variety of cardio classes, such as, Hi/Lo, Step Aerobics, Cardio Kickboxing, Zumba or Circuit Training. This class will add variety to your workout that will be fun and filled with high energy. Bring your energy and MOVE!

Core & Functional Fitness: Strength you whole body by working with functional movements and core exercises. In this class a 10 minute Aerobic warm up will be done. You will utilize a variety of exercise equipment: hand weights, tubing/bands, step, stability ball, Bosu ball and more for an effect workout.

Lo Cardio & Sculpt: Looking for a low impact class that will burn the fat and sculpt your muscles? This class is for you to start of the week. This class is great class to join. The instructor will take you through a 10 minute warm up followed by a 30-40 minute cardio and weight training workout (you choose your dumbbell weight) for a total body workout. ALL FITNESS LEVELS WELCOME!

Spinning@: Indoor cycling class. This class is set on a stationary bike where the instructor will guide you through ride through flats, hills and incorporate movement of runs, sprint and jumps. Instructor will instruct you through the class. Bike adjustments for hills and other moves will be instructed. If you are new to class please come 5 minutes early so you can set up your bike. LIMITED TO 7 PARTICIPANTS.

Step Aerobics: A cardio workout where participants use a 6 - 8 inch step for a total body workout. Basic to intermediate choreography on and off the step. Great for all fitness levels. Instructor will breakdown the moves and routine. Step is a great cardio and leg strengthening workout. You don't have to us a step just follow the move on the floor.



Total Body Conditioning (TBC): Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! It a moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used.

Yoga Stretch: Stretch, strengthen, breathe and relax with this slowly paced sequence that begins with plenty of warm-up movement and offers posture variations for different fitness and experience levels. All levels welcome.

YS EEP Mousercise: Youth Service's Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games to workout on motor skill and aerobic conditioning.

Zumba@: Join the party! Zumba combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required!

*** Zumba@ (Basic) & Sculpt:** Same format as Zumba with basic moves, but incorporates light to moderate weight/resistance training following cardio workout.



SPECIAL SUMMER PROGRAMS:

Water Aerobics: Think water aerobics isn't a fitness challenge? THINK AGAIN! With simple water dumbbells and the resistance of the water this hour-packed workout is sure to leave you feeling refreshed and energized. Enhance your workout and step up to the challenge with WATER! (No swimming experience required. Head is never submerged; t-shirts and gym shorts may be worn over suit. Class cancelled when raining.) *June 5 - July 26 (Tue, Wed and Thu)*

FIT REZ (age: 9-14): Group exercise class and nutrition class for youth ages 9-14. Limited to 16 participants. Variety of group exercise from low impact, cardio kickboxing, mix cardio, zumba and active games. Group will learn to use cardio machine. Exercise session taught by Rachel Seepie and Nutrition session taught by Jamie Schurz. Open only to those individual who signed up. *June 19 - July 26 (Tue & Thu)*

