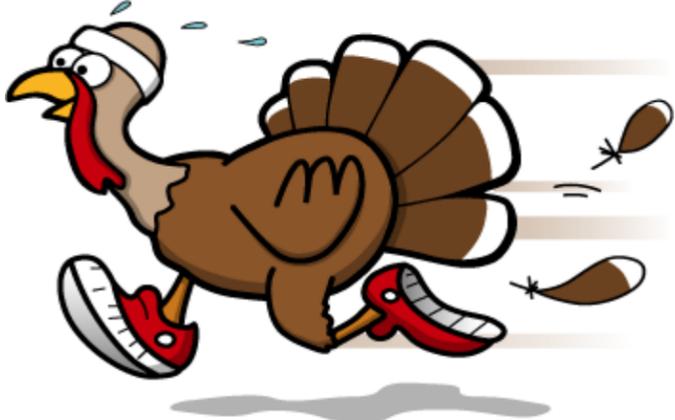


November 2012

Group Exercise Classes

Salt River Fitness Center & Salt River High School

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 6:10a-6:55a Spinning w/Rachel 9:30a-10:30a YS EEP Mousercise 11:05a-11:50a Yoga Stretch w/Rachel 12:05p-12:50p Zumba w/Rachel</p> <p>Salt River High 3:35p-4:20p Ab-solute Training w/Jason</p> <p>5:30p-6:30p Cardio Mix w/Jason</p>	<p>2 12:05p-12:50p Spinning w/Michelle 5:30p-6:30p Zumba & Sculpt w/Rachel</p>
<p>5 11:05a-11:50a Yoga Stretching w/Rachel 12:05p-12:50p Spinning w/Michelle</p> <p>Salt River High 3:35p-4:00p Circuit Training w/Michelle</p> <p>5:30p-6:30p Lo Cardio & Sculpt w/Jason</p> <p>6:30p-7:15pm Senior Dancing 55+ w/Roberta</p>	<p>6 6:10a-6:55a Spinning w/Rachel 9:30a-10:30a YS EEP Mousercise 11:05a-11:50a Ride N Run w/Jason 12:05p-12:50p Total Body Conditioning w/Dion</p> <p>Salt River High 3:35p-4:20p Cardio Kicking boxing w/Rachel</p> <p>5:30p-6:30p Spinning w/Michelle 6:30p-7:15p Boxing w/Nevelle</p>	<p>7 12:00p-1:00p Spinning & Core Training w/Michelle 5:30p-6:30p Zumba w/Rachel</p>	<p>8 6:10a-6:55a Spinning w/Rachel 9:30a-10:30a YS EEP Mousercise 11:05a-11:50a Yoga Stretch w/Rachel 12:05p-12:50p Zumba w/Rachel</p> <p>Salt River High 3:35p-4:20p Ab-solute Training w/Jason</p> <p>5:30p-6:30p Cardio Mix w/Jason</p>	<p>9 12:05p-12:50p Spinning w/Rachel 5:30p-6:30p Zumba & Sculpt w/Rachel</p>
<p>12 TRIBAL OBSERVANCE OF VETERANS DAY FITNESS CENTER CLOSED</p>	<p>13 6:10a-6:55a Spinning w/Rachel 9:30a-10:30a YS EEP Mousercise 11:05a-11:50a Ride N Run w/Jason 12:05p-12:50p Total Body Conditioning w/Dion</p> <p>Salt River High 3:35p-4:20p Zumba w/Rachel</p> <p>5:30p-6:30p Spinning w/Michelle 6:30p-7:15p Boxing w/Nevelle</p>	<p>14 12:00p-1:00p Spinning & Core Training w/Michelle 5:30p-6:30p No Class</p>	<p>15 6:10a-6:55a Spinning w/Rachel 9:30a-10:30a YS EEP Mousercise 11:05a-11:50a Yoga Stretch w/Rachel 12:05p-12:50p Zumba w/Robin</p> <p>Salt River High 3:35p-4:20p Ab-solute Training w/Jason</p> <p>5:30p-6:30p Cardio Mix w/Jason</p>	<p>16 FITNESS CENTER CLOSED HEALTH SERVICE RETREAT HAVE A SAFE WEEKEND</p>
<p>19 11:05a-11:50a Yoga Stretching w/Jason 12:05p-12:50p Zumba w/Robin</p> <p>Salt River High 3:35p-4:00p NO CLASS</p> <p>5:30p-6:30p Lo Cardio & Sculpt w/Jason</p> <p>6:30p-7:15pm Senior Dancing 55+ w/Roberta</p>	<p>20 6:10a-6:55a NO CLASS 9:30a-10:30a YS EEP Mousercise 11:05a-11:50a Ride N Run w/Jason 12:05p-12:50p Total Body Conditioning w/Dion</p> <p>Salt River High 3:35p-4:20p NO CLASS</p> <p>5:30p-6:30p Spinning w/Michelle 6:30p-7:15p Boxing w/Nevelle</p>	<p>21 NO CLASSES TODAY</p>	<p>22 HAPPY THANKSGIVING FITNESS CENTER CLOSED</p>	<p>23 HAPPY SHOPPING BLACK FRIDAY! FITNESS CENTER CLOSED</p>
<p>26 11:05a-11:50a Yoga Stretching w/Rachel 12:05p-12:50p Spinning w/Michelle</p> <p>Salt River High 3:35p-4:00p Circuit Training w/Michelle</p> <p>5:30p-6:30p Lo Cardio & Sculpt w/Jason</p> <p>6:30p-7:15pm Senior Dancing 55+ w/Roberta</p>	<p>27 6:10a-6:55a Spinning w/Rachel 9:30a-10:30a YS EEP Mousercise 11:05a-11:50a Ride N Run w/Jason 12:05p-12:50p Total Body Conditioning w/Dion</p> <p>Salt River High 3:35p-4:20p Cardio Mix w/Rachel</p> <p>5:30p-6:30p Spinning w/Michelle 6:30p-7:15p Boxing w/Nevelle</p>	<p>28 12:00p-1:00p Spinning & Core Training w/Michelle 5:30p-6:30p Zumba w/Rachel</p>	<p>29 6:10a-6:55a Spinning w/Rachel 9:30a-10:30a YS EEP Mousercise 11:05a-11:50a Yoga Stretch w/Rachel 12:05p-12:50p Zumba w/Robin</p> <p>Salt River High 3:35p-4:20p Ab-solute Training w/Jason</p> <p>5:30p-6:30p Cardio Mix w/Jason</p>	<p>30 12:05p-12:50p Spinning w/Michelle 5:30p-6:30p Zumba & Sculpt w/Rachel</p>

Salt River Fitness Center Hours:

(480-362-7320)

Monday – Thursday

6:00am-7:30pm

&

Friday 6:00am-6:30pm

Lehi Fitness Center Hours:

(480-362-5539)

Tuesday & Thursday

5:30pm-7:30pm

Diabetes Program Manager:

480-362-7342



If instructor is unable to teach class another instructor will teach, the classes maybe replace with a different class or it will be canceled.

Diabetes Program will do their best to post cancelations on announcement, email and facility.

Class Descriptions:

Ab-solute Training: 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: 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.

Cardio Kickboxing: Cardio kickboxing 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. Cardiovascular workout will be followed by abdominal workout.

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

Circuit Training: Get a whole body workout! In this class participants will alternate 3-4 minutes of cardio with 2-3 minutes of strength or class format maybe done as a group circuit session. Time flies as you work it ALL!!!

Lo Impact & 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!

Ride N Run: Challenge yourself cycle for 30 minutes interval ride segment followed by 10 minutes of outdoor run/walking. A great class to challenge your cardiovascular endurance. Please arrive early to get a bike. **First Come Serve!!! Limited to 8 riders.**



BRING A WATER BOTTLE AND TOWEL YOU WILL NEED IT! LIMITED TO 8 RIDERS First Come Serve!!!

Spinning® is a program developed by Mad Dogg Athletics, Inc. Instructors: Michelle Long and Rachel Seepie are certified to teach the Spinning® Program.

Spinning®: Indoor cycling class. The Spinning program welcomes participants of all fitness levels. Whether you're a beginner to the skilled athlete, both start at the same place and successfully complete a 40-minute workout together. Spinning offers energizing, cycling-inspired rides that combine sound training principles, expert coaching and inspirational music for overall cardiovascular training. Spinning is safe and fun. Your instructor will guide you through flats, hills, runs, jumps and sprint (advance move). *The instructor will announce the layout of the type of class you be riding for 40 minutes or more.*

Spinning® & Core: **This class is a 60 minutes workout.** Get to know your bike setting for an enjoyable and proper indoor cycling workout. Your instructor will guide you through flats, hills, and incorporate runs, jumps and sprints (advance move). Resistance adjustments for hills and other move will be instructed for an efficient and calorie burning workout. The cycling segment will be followed by a core workout. **A great class for beginners & intermediate cliental.**

SENIOR DANCE CLASS 55+: Move and groove to the oldies, country and contemporize music set in a line dancing format.

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® Instructors Robin Mowers and Rachel Seepie are licenced to teach Zumba Fitness®.

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® & Sculpt: Same format as Zumba in which the instructor will focus on basic choreography moves but basic moves for 30 minutes instead of 40 minute plus. Followed up by light to moderate weight/resistance training to sculpt your upper body, abdominals, and lower body.

