

M o n	T u e	W e d	T h u	F r i	S a t	
<p>1 <u>11:05a-11:50a</u> NO CLASS <u>12:05p-12:50p</u> Cardio Kickboxing Circuit w/Rachel SR High School <u>3:40p-4:20p</u> Circuit Training w/Rachel <u>5:30p-6:30p</u> Zumba w/Rachel <u>6:30p-7:30p</u> Senior Dance 55+ w/Roberta</p>	<p>2 <u>6:15a-7:00a</u> Spinning w/Rachel (Limited 8 bikes) <u>9:30a-10:00a</u> YS-Exercise “Mousercise” <u>11:05a-11:50a</u> Yoga Stretch w/Rachel <u>12:05a-12:50p</u> Total Body Conditioning w/Dion <u>5:30p-6:30p</u> Spinning w/Michelle (Limited 8 bikes) <u>6:30p-7:15p</u> Boxing w/Nevelle</p>	<p>3 <u>11:05a-11:45a</u> Beginner’s Spinning w/Michelle (Limited 8 bikes) - CLASS FULL <i>Sign up for 4 –weeks session</i> <u>12:05p-12:50p</u> Capoeira w/Clifford <u>5:30p-6:30p</u> Zumba w/Rachel</p>	<p>4 <u>6:15a-7:00a</u> Spinning w/Rachel (Limited 8 bikes) <u>9:30a-10:00a</u> NO CLASS <u>11:05a-11:50a</u> Kettlebell Basics w/Dion <u>12:05a-12:50p</u> Zumba w/Robin SR High School <u>3:40p-4:20p</u> Abs & Gluts w/Rachel <u>5:30p-6:30p</u> Cardio Kickboxing Circuit w/Michelle <u>6:30p-7:30p</u> Senior Dance 55+ w/Roberta</p>	<p>5 <u>11:05a-11:50a</u> Zumba w/Rachel <u>12:05p-12:50p</u> Spinning w/Michelle (Limited 8 bikes) <u>5:30p-6:30p</u> Spinning & Abs w/Michelle</p>	<p><i>If instructor is unavailable to teach the a class another instructor will sub the class, class may be changed to a different style or class may be canceled due to shortage of staffing. Signs and notification will be posted on facility, email or through announcements.</i></p> <p><i>Fitness Centers will be CLOSED on Tribal Government designated holidays, during meetings and other activities .</i></p> <p><i>Diabetes Program Manager Questions: 480-362-7342</i></p>	
<p>8 <u>11:05a-11:50a</u> Abs & Gluts w/Rachel <u>12:05p-12:50p</u> Cardio Kickboxing Circuit w/Michelle SR High School <u>3:40p-4:20p</u> Circuit Training w/Michelle <u>5:30p-6:30p</u> Hi/Lo & Abs w/Rachel <u>6:30p-7:30p</u> Senior Dance 55+ w/Roberta</p>	<p>9 <u>6:15a-7:00a</u> Spinning w/Rachel (Limited 8 bikes) <u>9:30a-10:00a</u> YS-Exercise “Mousercise” <u>11:05a-11:50a</u> Yoga Stretch w/Rachel <u>12:05a-12:50p</u> Total Body Conditioning w/Dion SR High School <u>3:40p-4:20p</u> Zumba w/Rachel <u>5:30p-6:30p</u> Spinning w/Michelle (Limited 8 bikes) <u>6:30p-7:15p</u> Boxing w/Nevelle</p>	<p>10 <u>11:05a-11:50a</u> Beginner’s Spinning w/Michelle (Limited 8 bikes) - CLASS FULL <i>Sign up for 4 –weeks session</i> <u>12:05p-12:50p</u> Capoeira w/Clifford <u>5:30p-6:30p</u> Zumba w/Rachel</p>	<p>11 <u>6:15a-7:00a</u> Spinning w/Rachel (Limited 8 bikes) <u>9:30a-10:00a</u> YS-Exercise “Mousercise” <u>11:05a-11:50a</u> Kettlebell Basics w/Dion <u>12:05a-12:50p</u> Zumba w/Robin <u>5:30p-6:30p</u> Cardio Kickboxing Circuit w/Michelle <u>6:30p-7:30p</u> Senior Dance 55+ w/Roberta</p>	<p>12 <u>12:05p-12:50p</u> Spinning w/Michelle (Limited 8 bikes) <u>5:30p-6:30p</u> NO CLASS</p>		
<p>15 <u>11:05a-11:50a</u> Abs & Gluts w/Rachel <u>12:05p-12:50p</u> Cardio Kickboxing Circuit w/Michelle SR High School <u>3:40p-4:20p</u> Circuit Training w/Michelle <u>5:30p-6:30p</u> Zumba w/Rachel <u>6:30p-7:30p</u> Senior Dance 55+ w/Roberta</p>	<p>16 <u>6:15a-7:00a</u> Spinning w/Rachel (Limited 8 bikes) <u>9:30a-10:00a</u> YS-Exercise “Mousercise” <u>11:05a-11:50a</u> NO CLASS <u>12:05a-12:50p</u> Zumba w/Robin SR High School <u>3:40p-4:20p</u> Cardio Kickboxing Circuit w/Rachel <u>5:30p-6:30p</u> Spinning w/Michelle (Limited 8 bikes) <u>6:30p-7:15p</u> Boxing w/Nevelle</p>	<p>17 <u>11:30a-1:30p</u> Salt River Fitness Center CLOSED DHHS Quarterly Meeting</p> <p><u>12:05p-12:50p</u> NO CLASS <u>5:30p-6:30p</u> Zumba w/Rachel</p>	<p>18 <u>6:15a-7:00a</u> NO CLASS <u>9:30a-10:00a</u> NO CLASS</p> <p><u>11:00a-12:00p</u> Salt River Fitness Center CLOSED HEALTH SERVICE MONTHLY STAFF MEETING</p> <p><u>12:05a-12:50p</u> Zumba w/Robin <u>5:30p-6:30p</u> NO CLASS</p>	<p>19 <u>12:05p-12:50p</u> Spinning w/Michelle (Limited 8 bikes) <u>5:30p-6:30p</u> Zumba w/Rachel</p>		
<p>22 <u>11:05a-11:50a</u> Abs & Gluts w/Rachel <u>12:05p-12:50p</u> Cardio Kickboxing Circuit w/Michelle SR High School <u>3:40p-4:20p</u> Circuit Training w/Michelle <u>5:30p-6:30p</u> Hi/Lo & Abs w/Rachel <u>6:30p-7:30p</u> Senior Dance 55+ w/Roberta</p>	<p>23 <u>6:15a-7:00a</u> Spinning w/Rachel (Limited 8 bikes) <u>9:30a-10:00a</u> YS-Exercise “Mousercise” <u>11:05a-11:50a</u> Yoga Stretch w/Rachel <u>12:05a-12:50p</u> Total Body Conditioning w/Dion SR High School <u>3:40p-4:20p</u> Hi/Lo & Abs w/Rachel <u>5:30p-6:30p</u> Spinning w/Michelle <u>6:30p-7:15p</u> Boxing w/Nevelle</p>	<p>24 <u>11:05a-11:50a</u> Beginner’s Spinning w/Michelle (Limited 8 bikes) - CLASS FULL <i>Sign up for 4 –weeks session</i> <u>12:05p-12:50p</u> Capoeira w/Clifford <u>5:30p-6:30p</u> Zumba w/Rachel</p>	<p>25 <u>6:15a-7:00a</u> Spinning w/Rachel (Limited 8 bikes) <u>9:30a-10:00a</u> YS-Exercise “Mousercise” <u>11:05a-11:50a</u> Kettlebell Basics w/Dion <u>12:05a-12:50p</u> Zumba w/Robin <u>5:30p-6:30p</u> Cardio Kickboxing Circuit w/Michelle</p>	<p>26 <u>12:05p-12:50p</u> Spinning w/Michelle (Limited 8 bikes) <u>5:30p-6:30p</u> Zumba w/Rachel</p>		
<p>29 <u>11:05a-11:50a</u> Abs & Gluts w/Rachel <u>12:05p-12:50p</u> Cardio Kickboxing Circuit w/Michelle SR High School <u>3:40p-4:20p</u> Circuit Training w/Michelle <u>5:30p-6:30p</u> Zumba w/Rachel <u>6:30p-7:30p</u> Senior Dance 55+ w/Roberta</p>	<p>30 <u>6:15a-7:00a</u> Spinning w/Rachel (Limited 8 bikes) <u>9:30a-10:00a</u> YS-Exercise “Mousercise” <u>11:05a-11:50a</u> Yoga Stretch w/Rachel <u>12:05a-12:50p</u> Total Body Conditioning w/Dion SR High School <u>3:40p-4:20p</u> Abs & Gluts w/Rachel <u>5:30p-6:30p</u> Spinning w/Michelle (Limited 8 bikes) <u>6:30p-7:15p</u> Boxing w/Nevelle</p>	<p>Salt River Fitness Center Hours Monday – Thursday 6:00 am – 7:30 am Friday 6:00 am – 6:30 pm</p> <p>Lehi Fitness Center Hours: Tuesday & Thursday 5:30 pm – 7:30 pm</p>				
<p><i>Fitness Center & Group Exercise Classes are open to SRPMIC Community Members & family members, Individual Residents living on SRPMIC, and Tribal/Enterprise Employees.</i></p> <p><i>Provide your SRPMIC Tribal ID, Employee ID or proof of residency. All individual MUST fill out Health History Form prior to using our facilities. See Fitness Center Staff for paper work.</i></p>						

Class Descriptions:

Abs & Gluts: The focus of this class is on the abdominals, buttocks and hips. A wide variety of exercises are used to target the muscles in these areas with the intent to tone and strengthen.

Boxing Class: ****All participants please provide your own hand wraps and gloves** MUST HAVE!!!**** Learning the fundamentals of boxing: foot work, proper stance, delivery of jab and straight right. Shadow boxing & uses of 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.

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: ginga, au', kicks, cartwheel, escapes, punches and blocks. *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 Kickboxing Circuit: 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 where you can burn up to 300 – 700 calories in a 45 minute class, also instructor will incorporate resistance training with in the workout with body weight exercises, light/moderate weights and resistance bands or tubing. A great overall workout for all.

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!!!

Hi/Lo & Abs: This class intergrades low to moderate intensity cardiovascular workout to burn calories. Basic choreography, such as, marching in place, knee lifts, side to side steps, kicks, grapevines and more.

Kettlebell Basics: Kettlebell class will focus on proper form and technique while teaching the fundamentals of kettlebell training. classes challenging both the muscular and cardiovascular systems with dynamic, total body movements, all the while making sure to adhere to proper form and technique. Can include circuits, high intensity interval training sessions, supporting movements and exercises and progressing to more challenging and advanced movements.

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. Standing, seated and lying positions. Relaxation segment at the last 5-10 minutes of class.

Youth Service 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. Please contact Youth Service for more information on their YS EEP program.

ZUMBA FITNESS®

Zumba® Instructors Robin Mowers and Rachel Seepie are licensed 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!

SPINNING FITNESS®

Spinning® or Cycling Classes: Limited to 7 participants. Remember to bring water bottle and towel for workouts! Taught by Certified Spinning Instructor Michelle Long and Rachel Seepie.

Beginners Spinning®: You will learn the fundamentals of Spinning workout. Instructor will take you through bike set up and take you through a cycling workout that will incorporate the 5 fundamental of spinning – flat, standing flat, climbs, run, and jumps. You will learn how to add resistance to they flywheel to give you the feel of riding on all the terrains. Please wear closed in shoes and comfortable clothing. **THIS CLASS IS ONLY OPEN TO THOSE INDIVIDUAL WHO SIGNED UP FOR THE 4-WEEK CLASS.**

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 calories.

Spin® & Abs: Get your spinning workout with addition of abdominal exercise to strengthen you abdominals. This class will follow the spinning format of flats, hills, runs, jumps and sprints to burn calories.

*****If instructor is unavailable to teach the a class another instructor will sub the class, class may be changed to a different style or class may be canceled due to shortage of staffing. Signs and notification will be posted on facility, email or through announcements. Fitness Centers will be CLOSED on Tribal Government designated holidays, during meetings and other activities approved by Diabetes Program Manager & HS Supervisor. Questions: 480-362-7342***

