

May 2013 - Group Exercise Classes

Salt River Fitness Center & SR High School

480-362-7320

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Salt River Fitness Center Hours Monday – Thursday 6:00 am – 7:30 am Friday 6:00 am – 6:30 pm 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>		<p>1 12:05a-12:50a Capoeira w/Clifford 5:30p-6:30p Zumba w/Rachel</p>	<p>2 6:15a-7:00a Spinning w/Rachel (8-bikes available) 9:30a-10:00a YS-Mousercise 12:05p-12:50p Zumba w/Rachel</p> <p><i>Salt River Fitness Center Closing at 2pm</i> *Staff at Training</p>	<p>3 SALT RIVER FITNESS CENTER</p> <p>CLOSED ALL DAY 6:00am-6:30pm Staff at Training</p> <p>See you next week. Have a safe weekend.</p>
<p>6 11:05a-11:50a Abs & Gluts w/Rachel 12:05p-12:50p Cardio Kickboxing & Abs w/Michelle</p> <p>SALT RIVER HIGH 3:40p-4:20p Circuit Training w/Michelle</p> <p>5:30p-6:30p Zumba w/Rachel 6:30p-7:30p Senior Dance 55+ w/Roberta J</p>	<p>7 6:15a-7:00a Spinning w/Rachel (8-bikes available) 9:30a-10:00a YS-Mousercise 11:05a-11:50a Yoga Stretch w/Rachel 12:05p-12:50p Total Body Conditioning w/Dion</p> <p>SALT RIVER HIGH 3:40p-4:20p Cardio Kickboxing w/Rachel</p> <p>5:30p-6:30p Spinning w/Michelle (8-bikes available)</p>	<p>8 11:05a-11:50a Intermediate Spinning w/Michelle (8-bikes available) <i>This class is open to individuals who signed up for session. Call Michelle at 480-362-7351.</i></p> <p>12:05a-12:50a Capoeira w/Clifford 5:30p-6:30p Zumba w/Rachel</p>	<p>9 6:15a-7:00a Spinning w/Rachel (8-bikes available) 9:30a-10:00a YS-Mousercise 11:05a-11:50a Step Aerobics w/Rachel 12:05p-12:50p Zumba w/Robin 5:30p-6:30p Cardio Kickboxing Circuit w/Michelle</p>	<p>10 11:05a-11:50a Basics of Kettlebell w/Dion 12:05p-12:50p Spinning w/Michelle (8-bikes available) 5:30p-6:30p Zumba w/Rachel</p>
<p>13 11:05a-11:50a Abs & Gluts w/Rachel 12:05p-12:50p Cardio Kickboxing & Abs w/Michelle</p> <p>SALT RIVER HIGH 3:40p-4:20p Circuit Training w/Michelle</p> <p>5:30p-7:30p 2-Hour Zumba Party! SR Community Building Theme: Super Hero w/Rachel, Andrew, Robin & Annie</p> <p>6:30p-7:30p Senior Dance 55+ w/Roberta J.</p>	<p>14 6:15a-7:00a Spinning w/Rachel (8-bikes available) 9:30a-10:00a YS-Mousercise 11:05a-11:50a Yoga Stretch w/Rachel 12:05p-12:50p Total Body Conditioning w/Dion</p> <p>SALT RIVER HIGH 3:40p-4:20p Zumba w/Rachel (LAST CLASS SEE YOU IN August)</p> <p>5:30p-6:30p Spinning w/Michelle (8-bikes available) 6:30p-7:30p Boxing w/Nevelle (provide your own gloves & hand wraps)</p>	<p>15 11:05a-11:50a Intermediate Spinning w/Michelle (8-bikes available) <i>This class is open to individuals who signed up for session. Call Michelle at 480-362-7351.</i></p> <p>12:05a-12:50a Capoeira w/Clifford 5:30p-6:30p Zumba w/Rachel</p>	<p>16 6:15a-7:00a Spinning w/Rachel (8-bikes available) 9:30a-10:00a YS-Mousercise</p> <p>11:00a-12:00p SALT RIVER FITNESS CENTER CLOSED HEALTH SERVICE MEETING</p> <p>12:05p-12:50p Zumba w/Robin 5:30p-6:30p Cardio Kickboxing Circuit w/Michelle</p>	<p>17 11:05a-11:50a Basics of Kettlebell w/Dion 12:05p-12:50p Spinning w/Michelle (8-bikes available) 5:30p-6:30p Zumba w/Rachel</p>
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<p>27 SALT RIVER FITNESS CENTER</p> <p>CLOSED</p> <p>MEMORIAL DAY</p>	<p>28 6:15a-7:00a Spinning w/Rachel (8-bikes available) 9:30a-10:00a YS-Mousercise 11:05a-11:50a Yoga Stretch w/Rachel 12:05p-12:50p Total Body Conditioning w/Dion 5:30p-6:30p Spinning w/Michelle (8-bikes available) 6:30p-7:30p Boxing w/Nevelle (provide your own gloves & hand wraps)</p>	<p>29 11:05a-11:50a Intermediate Spinning w/Michelle (8-bikes available) <i>This class is open to individuals who signed up for session. Call Michelle at 480-362-7351.</i></p> <p>12:05a-12:50a Capoeira w/Clifford 5:30p-6:30p Zumba w/Rachel</p>	<p>30 11:05a-11:50a Zumba w/Robin 12:05p-12:50p NO CLASS 5:30p-6:30p Cardio Kickboxing Circuit w/Michelle</p>	<p>31 11:05a-11:50a Basics of Kettlebell w/Dion 12:05p-12:50p Spinning w/Michelle (8-bikes available) 5:30p-6:30p Spinning w/Michelle (8-bikes available)</p>



Run/Walk event this month:
Saturday, May 25 – Beat the Heat
 5k, 2-mile and Kid's 0.5 run.
 At SR High School Athletic Building parking lot
 6am-7am On-site Registration



Exercise Group Description:

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!!!

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.

Step Interval: Step Interval is a great low impact cardiovascular workout that will burn calories and strengthen your lower and upper body. Step height ranges from 6 inches to 10 inches. In this class you will also incorporate resistance training utilizing your body weight, dumbbells, tubing, stability ball or kettlebell during the strength segment.

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®: 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 Fitness classes are taught by licensed Zumba instructors®.**

SPINNING FITNESS®: 8 bikes available. Remember to bring water bottle and towel for workouts! Taught by Certified Spinning Instructor Michelle Long and Rachel Seepie.

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.

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 the 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.**

Intermediate Spinning®: Clients who started the class will continue with this class. Check with instructor to see if there are any openings in the class. 480-362-7320



*****If instructor is unavailable to teach the 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***