

**July 2013 – Group Exercise Classes**

**Diabetes Program's Salt River Fitness Center 480-362-7320**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><a href="#">11:05 am – 11:50 am</a> ZUMBA w/Annie</p> <p><a href="#">12:05 pm – 12:50 am</a> TNT CARDIO KICKBOXING w/Michelle</p> <p><a href="#">5:30 pm – 6:30 pm</a> CARDIO MASH-UP w/Rachel</p> <p><a href="#">6:30 pm – 7:30 pm</a> SENIOR DANCE CLASS 55+ (Practice Session)</p>	<p>2</p> <p><a href="#">6:15 am – 7:00 am</a> SPINNING w/Rachel</p> <p><a href="#">9:30 am – 10:00 am</a> Youth Service – Mousercise</p> <p><a href="#">11:05 am – 11:50 am</a> YOGA w/Rachael</p> <p><a href="#">12:05 pm – 12:50 pm</a> TOTAL BODY CONDITIONING w/Dion</p> <p><a href="#">5:30 pm – 6:30 pm</a> SPINNING w/Michelle</p> <p><a href="#">6:30 pm – 7:30 pm</a> BOXING w/Nevelle</p> <p><b>Salt River Pool</b></p> <p><a href="#">6:15 pm – 7:15 pm</a> AQUA FITNESS w/Rachel</p>	<p>3</p> <p><b>Lehi Pool</b></p> <p><a href="#">10:30 am – 11:30 am</a> Senior Aqua Fitness w/Rachel</p> <p><del><a href="#">11:05 am – 11:50 am</a></del> <b>NO SPINNING CLASS</b></p> <p><a href="#">12:05 pm – 12:50 am</a> HIT (HIGH INTENSITY INTERVAL TRAINING) w/Michelle</p> <p><a href="#">5:30 pm – 6:30 pm</a> ZUMBA W/Sky</p> <p><b>Lehi Pool</b></p> <p><a href="#">6:15 pm – 7:15 pm</a> AQUA FITNESS CLASS w/Michelle</p>	<p>4</p> <p><b>Fourth of July</b></p> <p><b>Fitness Center</b></p> <p><b>CLOSED</b></p> 	<p>5</p> <p><a href="#">11:05 am – 11:50 am</a> BASICS OF KETTLEBELL w/Dion</p> <p><a href="#">12:05 pm – 12:50 am</a> SPINNING CRUNCH w/Michelle</p> <p><del><a href="#">5:30 pm – 6:30 pm</a></del> <b>NO ZUMBA CLASS</b></p>
<p>8</p> <p><a href="#">11:05 am – 11:50 am</a> ZUMBA w/Annie</p> <p><a href="#">12:05 pm – 12:50 am</a> TNT CARDIO KICKBOXING w/Michelle</p> <p><a href="#">5:30 pm – 6:30 pm</a> CARDIO MASH-UP w/Rachel</p> <p><a href="#">6:30 pm – 7:30 pm</a> SENIOR DANCE CLASS 55+ w/Roberta</p>	<p>9</p> <p><a href="#">6:15 am – 7:00 am</a> SPINNING w/Rachel</p> <p><a href="#">9:30 am – 10:00 am</a> Youth Service – Mousercise</p> <p><a href="#">11:05 am – 11:50 am</a> YOGA w/Rachael</p> <p><a href="#">12:05 pm – 12:50 pm</a> TOTAL BODY CONDITIONING w/Dion</p> <p><a href="#">5:30 pm – 6:30 pm</a> SPINNING w/Michelle</p> <p><a href="#">6:30 pm – 7:30 pm</a> BOXING w/Nevelle</p> <p><b>Salt River Pool</b></p> <p><a href="#">6:15 pm – 7:15 pm</a> AQUA FITNESS w/Rachel</p>	<p>10</p> <p><b>Lehi Pool</b></p> <p><del><a href="#">10:30 am – 11:30 am</a></del> <b>NO CLASS</b></p> <p><del><a href="#">11:05 am – 11:50 am</a></del> Senior Aqua Fitness w/Rachel</p> <p><a href="#">11:05 am – 11:50 am</a> SPINNING w/Beverly</p> <p><a href="#">12:05 pm – 12:50 am</a> HIT (HIGH INTENSITY INTERVAL TRAINING) w/Michelle</p> <p><a href="#">5:30 pm – 6:30 pm</a> ZUMBA W/Sky</p> <p><b>Lehi Pool</b></p> <p><a href="#">6:15 pm – 7:15 pm</a> AQUA FITNESS w/Roberta</p>	<p>11</p> <p><a href="#">6:15 am – 7:00 am</a> SPINNING w/Beverly</p> <p><a href="#">9:30 am – 10:00 am</a> NO Mousercise</p> <p><a href="#">11:05 am – 11:50 am</a> BEGINNER'S CAPOEIRA w/Clifford</p> <p><a href="#">12:05 pm – 12:50 pm</a> ZUMBA w/Robin</p> <p><a href="#">2:00 pm – 3:00 pm</a> GROUP HOME EXERCISE SESSION w/Nevelle</p> <p><a href="#">5:30 pm – 6:30 pm</a> ZUMBA W/Sky</p> <p><b>Salt River Pool</b></p> <p><a href="#">6:15 pm – 7:15 pm</a> AQUA FITNESS w/TBD</p>	<p>12</p> <p><a href="#">11:05 am – 11:50 am</a> BASICS OF KETTLEBELL w/Dion</p> <p><a href="#">12:05 pm – 12:50 am</a> SPINNING w/Beverly</p> <p><a href="#">5:30 pm – 6:30 pm</a> ZUMBA w/Robin</p>
<p>15</p> <p><a href="#">11:05 am – 11:50 am</a> ZUMBA w/Annie</p> <p><a href="#">12:05 pm – 12:50 am</a> TNT CARDIO KICKBOXING w/Michelle</p> <p><a href="#">5:30 pm – 6:30 pm</a> CARDIO MASH-UP w/Rachel</p> <p><a href="#">6:30 pm – 7:30 pm</a> SENIOR DANCE CLASS 55+ w/Roberta</p>	<p>16</p> <p><a href="#">6:15 am – 7:00 am</a> SPINNING w/Rachel</p> <p><a href="#">9:30 am – 10:00 am</a> Youth Service – Mousercise</p> <p><a href="#">11:05 am – 11:50 am</a> YOGA w/Rachael</p> <p><a href="#">12:05 pm – 12:50 pm</a> TOTAL BODY CONDITIONING w/Dion</p> <p><a href="#">5:30 pm – 6:30 pm</a> SPINNING w/Michelle</p> <p><a href="#">6:30 pm – 7:30 pm</a> BOXING w/Nevelle</p> <p><b>Salt River Pool</b></p> <p><a href="#">6:15 pm – 7:15 pm</a> AQUA FITNESS w/Rachel</p>	<p>17</p> <p><b>Lehi Pool</b></p> <p><a href="#">10:30 am – 11:30 am</a> Senior Aqua Fitness w/Rachel</p> <p><a href="#">11:05 am – 11:50 am</a> SPINNING w/Beverly</p> <p><a href="#">12:05 pm – 12:50 am</a> HIT (HIGH INTENSITY INTERVAL TRAINING) w/Michelle</p> <p><a href="#">5:30 pm – 6:30 pm</a> ZUMBA W/Sky</p> <p><b>Lehi Pool</b></p> <p><a href="#">6:15 pm – 7:15 pm</a> AQUA FITNESS w/Michelle</p>	<p>18</p> <p><a href="#">6:15 am – 7:00 am</a> SPINNING w/Rachel</p> <p><a href="#">9:30 am – 10:00 am</a> Youth Service – Mousercise</p> <p><a href="#">11:00 am – 12:00 pm</a> <b>Fitness Center CLOSED</b></p> <p><b>HS Monthly Staff Meeting</b></p> <p><a href="#">12:05 pm – 12:50 pm</a> ZUMBA w/Robin</p> <p><a href="#">2:00 pm – 3:00 pm</a> GROUP HOME EXERCISE SESSION w/Nevelle</p> <p><a href="#">5:30 pm – 6:30 pm</a> TNT CARDIO KICKBOXING w/Michelle</p> <p><a href="#">6:30 pm – 7:30 pm</a> ZUMBA W/Sky</p> <p><b>Salt River Pool</b></p> <p><a href="#">6:15 pm – 7:15 pm</a> AQUA FITNESS w/Rachel</p>	<p>19</p> <p><a href="#">11:05 am – 11:50 am</a> BASICS OF KETTLEBELL w/Dion</p> <p><a href="#">12:05 pm – 12:50 am</a> SPINNING CRUNCH w/Michelle</p> <p><a href="#">5:30 pm – 6:30 pm</a> ZUMBA w/Rachel</p>
<p>22</p> <p><a href="#">11:05 am – 11:50 am</a> ZUMBA w/Annie</p> <p><a href="#">12:05 pm – 12:50 am</a> TNT CARDIO KICKBOXING w/Michelle</p> <p><a href="#">5:30 pm – 6:30 pm</a> CARDIO MASH-UP w/Rachel</p> <p><a href="#">6:30 pm – 7:30 pm</a> SENIOR DANCE CLASS 55+ w/Roberta</p>	<p>23</p> <p><a href="#">6:15 am – 7:00 am</a> SPINNING w/Rachel</p> <p><a href="#">9:30 am – 10:00 am</a> Youth Service – Mousercise</p> <p><a href="#">11:05 am – 11:50 am</a> YOGA w/Rachael</p> <p><a href="#">12:05 pm – 12:50 pm</a> TOTAL BODY CONDITIONING w/Dion</p> <p><a href="#">5:30 pm – 6:30 pm</a> SPINNING w/Michelle</p> <p><a href="#">6:30 pm – 7:30 pm</a> BOXING w/Nevelle</p> <p><b>Salt River Pool</b></p> <p><a href="#">6:15 pm – 7:15 pm</a> AQUA FITNESS w/Rachel</p>	<p>24</p> <p><b>Lehi Pool</b></p> <p><a href="#">10:30 am – 11:30 am</a> Senior Aqua Fitness w/Rachel</p> <p><a href="#">11:05 am – 11:50 am</a> SPINNING w/Beverly</p> <p><a href="#">12:05 pm – 12:50 am</a> HIT (HIGH INTENSITY INTERVAL TRAINING) w/Michelle</p> <p><a href="#">2:00 pm – 3:00 pm</a> Fit WIC Session</p> <p><a href="#">5:30 pm – 6:30 pm</a> ZUMBA W/Sky</p> <p><b>Lehi Pool</b></p> <p><a href="#">6:15 pm – 7:15 pm</a> AQUA FITNESS w/Roberta</p>	<p>25</p> <p><a href="#">6:15 am – 7:00 am</a> SPINNING w/Rachel</p> <p><a href="#">9:30 am – 10:00 am</a> Youth Service – Mousercise</p> <p><a href="#">11:05 am – 11:50 am</a> BEGINNER'S CAPOEIRA w/Clifford</p> <p><a href="#">12:05 pm – 12:50 pm</a> ZUMBA w/Robin</p> <p><a href="#">2:00 pm – 3:00 pm</a> GROUP HOME EXERCISE SESSION w/Nevelle</p> <p><a href="#">5:30 pm – 6:30 pm</a> TNT CARDIO KICKBOXING w/Michelle</p> <p><a href="#">6:30 pm – 7:30 pm</a> ZUMBA W/Sky</p> <p><b>Salt River Pool</b></p> <p><a href="#">6:15 pm – 7:15 pm</a> AQUA FITNESS w/Rachel</p>	<p>26</p> <p><a href="#">11:05 am – 11:50 am</a> BASICS OF KETTLEBELL w/Dion</p> <p><a href="#">12:05 pm – 12:50 am</a> SPINNING CRUNCH w/Michelle</p> <p><a href="#">5:30 pm – 6:30 pm</a> ZUMBA w/Rachel</p>
<p>29</p> <p><a href="#">11:05 am – 11:50 am</a> ZUMBA w/Annie</p> <p><a href="#">12:05 pm – 12:50 am</a> TNT CARDIO KICKBOXING w/Michelle</p> <p><a href="#">5:30 pm – 6:30 pm</a> CARDIO MASH-UP w/Rachel</p> <p><a href="#">6:30 pm – 7:30 pm</a> SENIOR DANCE CLASS 55+ w/Roberta</p>	<p>30</p> <p><a href="#">6:15 am – 7:00 am</a> SPINNING w/Rachel</p> <p><a href="#">9:30 am – 10:00 am</a> Youth Service – Mousercise</p> <p><a href="#">11:05 am – 11:50 am</a> YOGA w/Rachael</p> <p><a href="#">12:05 pm – 12:50 pm</a> ZUMBA w/Robin</p> <p><a href="#">5:30 pm – 6:30 pm</a> SPINNING w/Michelle</p> <p><a href="#">6:30 pm – 7:30 pm</a> BOXING w/Nevelle</p> <p><b>Salt River Pool</b></p> <p><a href="#">6:15 pm – 7:15 pm</a> AQUA FITNESS w/Rachel</p>	<p>31</p> <p><b>Lehi Pool</b></p> <p><a href="#">10:30 am – 11:30 am</a> Senior Aqua Fitness w/Rachel</p> <p><a href="#">11:05 am – 11:50 am</a> SPINNING w/Beverly</p> <p><a href="#">12:05 pm – 12:50 am</a> HIT (HIGH INTENSITY INTERVAL TRAINING) w/Michelle</p> <p><a href="#">2:00 pm – 3:00 pm</a> Fit WIC Session</p> <p><a href="#">5:30 pm – 6:30 pm</a> ZUMBA W/Sky</p> <p><b>Lehi Pool</b></p> <p><a href="#">6:15 pm – 7:15 pm</a> AQUA FITNESS w/Michelle</p> <p><b>*LAST CLASS OF AQUA FITNESS*</b></p>	<p><b>August 1<sup>st</sup></b></p> <p><a href="#">6:15 am – 7:00 am</a> SPINNING w/Rachel</p> <p><a href="#">9:30 am – 10:00 am</a> Youth Service – Mousercise</p> <p><a href="#">11:05 am – 11:50 am</a> BEGINNER'S CAPOEIRA w/Clifford</p> <p><a href="#">12:05 pm – 12:50 pm</a> ZUMBA w/Robin</p> <p><a href="#">2:00 pm – 3:00 pm</a> GROUP HOME EXERCISE SESSION w/Nevelle</p> <p><a href="#">5:30 pm – 6:30 pm</a> TNT CARDIO KICKBOXING w/Michelle</p> <p><a href="#">6:30 pm – 7:30 pm</a> ZUMBA W/Sky</p>	<p><b>August 2<sup>nd</sup></b></p> <p><a href="#">11:05 am – 11:50 am</a> STEP BOOTCAMP w/Rachel</p> <p><i>*Only on this day*</i></p> <p><a href="#">12:05 pm – 12:50 am</a> SPINNING CRUNCH w/Michelle</p> <p><a href="#">5:30 pm – 6:30 pm</a> ZUMBA w/Rachel</p>

## CLASS DESCRIPTIONS:

**AQUA FITNESS:** Aqua classes should not be mistaken as “easy.” Water is very suitable for all fitness levels, young and old. Whether you are coming back from an injury or are looking for an environment that surrounds you, literally, with resistance. Make the class as hard or easy as you need it to be. Instructors will provide variety of different formats of Aqua classes; from traditional water aerobics, circuit/interval training, core and more. **Aqua Fitness Classes -- All participants must be 14 year and older. Anyone under the age of 18 must be accompanied by a parent, guardian or adult 18 yr who is also participating in Aqua class. Please for safety no child or children under the age of 14 around the pool area (no sitting, wading, running and etc.). Please leave child or children at home.**

**BASICS OF KETTLEBELL:** Kettlebell class will focus on proper form and technique while teaching the fundamentals of Kettlebell training. In this class you will challenge both the muscular and cardiovascular systems with dynamic, total body movements, all the while making sure to adhere to proper form and technique. Kettlebell class can include circuits, high intensity interval training sessions, supporting movements and exercises and progressing to more challenging and advanced movements.

**BEGINNER'S CAPOEIRA:** *(Martial Art)* Beginner Capoeira class are focused on teaching all of the movements of Capoeira; from the various escapes, to the attacks, to the basic acrobatics, all while maintaining constant movement. While learning all these movements, you will develop very solid core strength, lose weight, and tone your body muscles. You will also notice improvements in your reflexes, flexibility as well as your agility. **Capoeira was 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.**

**BOXING:** **\*\*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, Heavy Bag will be used plus offense and defense moves. 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.

**CARDIO MASH-UP:** This class mash-up 2-3 cardio classes (Hi/lo, Cardio Kickboxing, Zumba, Step Aerobics) into a 60 minute fun cardiovascular workout in addition this class will have a segment of resistance training with dumbbells, tubing, bodyweight exercise or barbell and etc.

**HIT (High Intensity Training):** This class focuses on interval training by incorporating High intensity interval training (HIT) using the 20-10 microburst training protocol. HIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard!

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

**SENIOR AQUA FITNESS:** This is a low intensity water aerobics class that is appropriate for all fitness levels. The class includes muscle toning, cardiovascular endurance and lots of stretching.

**STEP BOOTCAMP:** This circuit class incorporates basic step movements on the step and around the step you will be doing Hi-Lo impact moves, such as, jumping jacks, jog, kicks and etc. Participant will utilize dumbbells, resistance tubing, bodyweight exercise, barbells, kettlebells or other equipment necessary to get a full body conditioning workout. Participant will be given modifications for the beginner to advance student.

**TNT CARDIO KICKBOXING:** This class combines cardio kickboxing with body weight circuits and drills. Participants will perform a segment of cardio kickboxing combinations followed by a segment of body weight exercises and calisthenics.

**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. **\*Recommendation: All participants should have at least 2-3 months of consistent workout session; 3 or more days a week of activities prior to taking the class.**

**YOGA:** A mind and body experience that teaches new breathing techniques while working on strength, flexibility, and relaxation. Suitable for anyone interested in improving and maintaining flexibility and body shape, while relieving stress.

**YOUTH SERVICE EEP MOUSERCISE:** Youth Service's Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games, 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!

## SPINNING FITNESS®:

We have **8 bikes available**. Remember to bring water bottle and towel for workouts! All spinning classes welcome the beginner to advance riders. **Spinning classes taught by Certified Spinning Instructor Michelle Long, Beverly Stanley 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.

**SPINNING® CRUNCH:** Get your heart pumping for 40-minute cycling workout followed by 15-minute ABs CIRCUIT.