

AUGUST 2013 – GROUP EXERCISE CLASSES

SRPMIC – DIABETES PROGRAM'S FITNESS PROGRAM

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 Questions call SR Fitness Center 480-362-7320</p> <p>Lehi Fitness Center Hours: Tuesday & Thursday 12:00 pm – 7:30 pm Questions call Lehi Reception 480-362-7225</p> <p><small>Fitness Centers & Group Exercise Classes are open to SRPMIC Community Members & family members, Individual who living on SRPMIC, and Tribal/Enterprise Employees. 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.</small></p>		<p style="text-align: center;">1</p> <p>6:15 am – 7:00 am SPINNING w/Rachel 9:30 am – 10:00 am Youth Service – MOUSERCISE 11:05 am – 11:50 am BEGINNER'S CAPOEIRA w/Clifford 12:05 pm – 12:50 pm ZUMBA® w/Robin 5:30 pm – 6:30 pm CARDIO KICKBOXING CIRCUIT w/Michelle</p>	<p style="text-align: center;">2</p> <p>11:05 am – 11:50 am NO CLASS 12:05 pm – 12:50 pm SPINNING & ABS w/Michelle 5:30 pm – 6:30 pm ZUMBA® W/Sky</p> 	
<p style="text-align: center;">5</p> <p>Breastfeeding Week WALK "Come out to support breastfeeding!" Salt River Fitness Center Sign-up 9:30 am Walk starts at 10:00am * T-shirts (Limited)</p> <p>11:05 am – 11:50 am ZUMBA® w/Rachel 12:05 pm – 12:50 am BASIC STEP & PUMP w/Michelle 2:00 pm – 3:00 pm LARC GROUP – YOGA SESSION 5:30 pm – 6:30 pm CARDIO MASH-UP w/Rachel 6:30 pm – 7:30 pm SENIOR DANCE CLASS 55+ w/Roberta</p>	<p style="text-align: center;">6</p> <p>Breastfeeding Week Salt River Clinic Info Table in Lobby</p> <p>6:15 am – 7:00 am SPINNING w/Rachel 9:30 am – 10:00 am Youth Service – MOUSERCISE 11:05 am – 11:50 am YOGA w/Rachael 12:05 pm – 12:50 pm TOTAL BODY CONDITIONING w/Dion 5:30 pm – 6:30 pm SPINNING w/Michelle 6:30 pm – 7:30 pm BOXING w/Nevelle</p>	<p style="text-align: center;">7</p> <p>Breastfeeding Week Baby Crawl contest "Go Baby Go Baby Go!" Ages: 6mo-12mo Salt River Fitness Center Sign up 9:30 am Contest starts 10 am</p> <p>11:05 am – 11:50 am SPINNING w/Beverly 12:05 pm – 12:50 am HIT (high intensity training) w/Michelle 2:00 pm – 3:00 pm LARC GROUP – YOGA SESSION 5:30 pm – 6:30 pm ZUMBA® W/Sky</p>	<p style="text-align: center;">8</p> <p>Breastfeeding Week WIC breastfeeding Incentive @ WIC Office At Health Annex</p> <p>6:15 am – 7:00 am SPINNING w/Beverly 9:30 am – 10:00 am Youth Service – MOUSERCISE 11:05 am – 11:50 am BEGINNER'S CAPOEIRA w/Clifford 12:05 pm – 12:50 pm ZUMBA® w/Rachel 5:30 pm – 6:30 pm CARDIO KICKBOXING CIRCUIT w/Michelle</p>	<p style="text-align: center;">9</p> <p>Breastfeeding Week Social – Ice Cream *Raffle* at 11:00 am At Health Annex</p> <p>11:05 am – 11:50 am BASICS OF KETTLEBELL w/Dion 12:05 pm – 12:50 am SPINNING & ABS w/Michelle 5:30 pm – 6:30 pm ZUMBA® W/Sky</p> 
<p style="text-align: center;">12</p> <p>11:05 am – 11:50 am ZUMBA® w/Annie 12:05 pm – 12:50 am BASIC STEP & PUMP w/Michelle 2:00 pm – 3:00 pm LARC GROUP – YOGA SESSION 5:30 pm – 6:30 pm Zumba® & Sculpt w/Rachel 6:30 pm – 7:30 pm SENIOR DANCE CLASS 55+ w/Roberta</p>	<p style="text-align: center;">13</p> <p>6:15 am – 7:00 am SPINNING w/Rachel 9:30 am – 10:00 am Youth Service – MOUSERCISE 11:05 am – 11:50 am YOGA w/Rachael 12:05 pm – 12:50 pm TOTAL BODY CONDITIONING w/Dion 5:30 pm – 6:30 pm SPINNING w/Michelle 6:30 pm – 7:30 pm BOXING w/Nevelle</p>	<p style="text-align: center;">14</p> <p>11:05 am – 11:50 am SPINNING w/Beverly 12:05 pm – 12:50 am HIT (high intensity training) w/Michelle 2:00 pm – 3:00 pm LARC GROUP – YOGA SESSION 5:30 pm – 6:30 pm ZUMBA® W/Sky</p>	<p style="text-align: center;">15</p> <p>6:15 am – 7:00 am SPINNING w/Beverly 9:30 am – 10:00 am Youth Service – MOUSERCISE 11:00 am – 12:00 pm FITNESS CENTER CLOSED HS STAFF MEETING 12:05 pm – 12:50 pm ZUMBA® w/Robin 5:30 pm – 6:30 pm CARDIO KICKBOXING CIRCUIT w/Michelle</p>	<p style="text-align: center;">16</p> <p>11:05 am – 11:50 am BASICS OF KETTLEBELL w/Dion 12:05 pm – 12:50 am SPINNING & ABS w/Michelle 5:30 pm – 6:30 pm ZUMBA® W/Sky</p> 
<p style="text-align: center;">19</p> <p>11:05 am – 11:50 am ZUMBA® w/Rachel 12:05 pm – 12:50 am BASIC STEP & PUMP w/Michelle 2:00 pm – 3:00 pm LARC GROUP – YOGA SESSION Salt River High Aerobic Room 3:30 pm – 4:15 pm STEP CIRCUIT w/Michelle 5:30 pm – 6:30 pm CARDIO MASH-UP w/Rachel 6:30 pm – 7:30 pm SENIOR DANCE CLASS 55+ w/Roberta</p>	<p style="text-align: center;">20</p> <p>6:15 am – 7:00 am SPINNING w/Rachel 9:30 am – 10:00 am Youth Service – MOUSERCISE 11:05 am – 11:50 am YOGA w/Rachael 12:05 pm – 12:50 pm TOTAL BODY CONDITIONING w/Dion Salt River High Aerobic Room 3:30 pm – 4:15 pm ZUMBA® w/Rachel 5:30 pm – 6:30 pm SPINNING w/Michelle 6:30 pm – 7:30 pm BOXING w/Nevelle</p>	<p style="text-align: center;">21</p> <p>11:05 am – 11:50 am SPINNING w/Beverly 12:05 pm – 12:50 am HIT (high intensity training) w/Michelle 2:00 pm – 3:00 pm LARC GROUP – YOGA SESSION 5:30 pm – 6:30 pm ZUMBA® W/Sky</p>	<p style="text-align: center;">22</p> <p>6:15 am – 7:00 am SPINNING w/Beverly 9:30 am – 10:00 am Youth Service – MOUSERCISE 11:05 am – 11:50 am BEGINNER'S CAPOEIRA w/Clifford 12:05 pm – 12:50 pm ZUMBA® w/Robin Salt River High Aerobic Room 3:30 pm – 4:15 pm TABATA FITNESS w/Michelle 6:00 pm – 7:30 pm ZUMBA FITNESS PARTY @ SR COMMUNITY BUILDING</p>	<p style="text-align: center;">23</p> <p>11:05 am – 11:50 am BASICS OF KETTLEBELL w/Dion 12:05 pm – 12:50 am SPINNING & ABS w/Michelle 5:30 pm – 6:30 pm ZUMBA® w/Sky</p> 
<p style="text-align: center;">26</p> <p>11:05 am – 11:50 am ZUMBA® w/Annie 12:05 pm – 12:50 am BASIC STEP & PUMP w/Michelle 2:00 pm – 3:00 pm LARC GROUP – YOGA SESSION Salt River High Aerobic Room 3:30 pm – 4:15 pm STEP CIRCUIT w/Michelle 5:30 pm – 6:30 pm Zumba & Sculpt w/Rachel 6:30 pm – 7:30 pm SENIOR DANCE CLASS 55+ w/Roberta</p>	<p style="text-align: center;">27</p> <p>6:15 am – 7:00 am SPINNING w/Rachel 9:30 am – 10:00 am Youth Service – MOUSERCISE 11:05 am – 11:50 am YOGA w/Rachael 12:05 pm – 12:50 pm TOTAL BODY CONDITIONING w/Dion Salt River High Aerobic Room 3:30 pm – 4:15 pm ZUMBA® w/Rachel 5:30 pm – 6:30 pm SPINNING w/Michelle 6:30 pm – 7:30 pm BOXING w/Nevelle</p>	<p style="text-align: center;">28</p> <p>11:05 am – 11:50 am SPINNING w/Beverly 12:05 pm – 12:50 am HIT (high intensity training) w/Michelle 2:00 pm – 3:00 pm LARC GROUP – YOGA SESSION 5:30 pm – 6:30 pm ZUMBA® W/Sky</p>	<p style="text-align: center;">29</p> <p>6:15 am – 7:00 am SPINNING w/Beverly 9:30 am – 10:00 am Youth Service – MOUSERCISE 11:05 am – 11:50 am BEGINNER'S CAPOEIRA w/Clifford 12:05 pm – 12:50 pm ZUMBA w/Robin Salt River High Aerobic Room 3:30 pm – 4:15 pm TABATA FITNESS w/Rachel 5:30 pm – 6:30 pm CARDIO KICKBOXING CIRCUIT w/Michelle</p>	<p style="text-align: center;">30</p> <p>11:05 am – 11:50 am BASICS OF KETTLEBELL w/Dion 12:05 pm – 12:50 am SPINNING & ABS w/Michelle 5:30 pm – 6:30 pm ZUMBA® W/Sky</p> 

Class Descriptions:

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.

BASIC STEP & PUMP: A class that combines basic step choreography and resistance training utilizing barbells & other weighted or resistance equipment set in a circuit/interval setting.

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.

STEP CIRCUIT: Basic-to-intermediate step choreography alternated with sets of strength training keep your heart rate up as you tone your muscles. Work your whole body with the perfect combination of cardio and weights!

CARDIO KICKBOXING CIRCUIT: This class 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. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. Instructor will have you incorporating resistance training w/ weight, Kettlebell, resistance tubing and more.

TABATA TRAINING: Tabata training is a high intensity strength and cardiovascular training by which your body will be pushed to the edge. This class will utilize Tabata's to challenge your body in ways that will increase your aerobic capacity, anaerobic capacity and resting metabolic rate. • 4 minutes long • 20 seconds of intense training • 10 seconds of rest= total of 8 sessions or rounds

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! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the glutes, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique.

Zumba® & Sculpt: With all the spice and flare of your regular Zumba class but adding a little more to the mix by infusing resistance training for upper, lower and core exercise to sculpt arms, glutes, legs and abdominal. A great overall body workout in 60 minutes!

We have 3 bikes available. Remember to bring water bottle and towel for workouts! All spinning classes welcome the beginner to advance riders. FIRST COM FIRST SERVES! NO RESERVING BIKE.

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® & Abs: A 30-minute cycling workout of climbs, intervals and sprints followed by 10 minutes of abdominal exercises. Experience the benefits of a cardio workout plus abdominal strength training in one class.

