

February 2014 – Group Exercise Schedule
Salt River Fitness Center & Salt River High School
SRPMIC – Health Service’s Diabetes Program
480-362-7320 (SR Fitness Center)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:05a-11:50a Zumba® w/Annie 12:05p-12:50p Step & Pump w/Michelle 2:00p-3:00p LARC Center - Yoga *closed session* Salt River High 3:30p-4:15p NO CLASS 5:30p-6:30p Zumba® w/Rachel 6:35p-7:30p Senior Dance 55+ w/Roberta J.	4 6:15a-7:00a Spinning® w/Rachel 7 bikes available 9:30a-10:00a YS EEP Mousercise 11:05a-11:50a Yoga Conscious Comm. Yoga Group 12:05p-12:50p Total Body Conditioning w/Dion Salt River High 3:30p-4:15p Cardio Kickboxing w/Rachel 5:30p-6:30p Spinning® w/Rachel 7 bikes available 6:30p-7:30p Boxing w/Nevelle <i>*Provide your own Hand-wraps & gloves</i>	5 11:05a-11:50a Spinning® w/Beverly 7 bikes available 12:05p-12:50p HIIT w/Michelle (High Intensity Interval Training) 2:00p-3:00p LARC Center - Yoga *closed session* 5:30p-6:30p Zumba® w/Rachel	6 6:15a-7:00a Spinning® w/Rachel 7 bikes available 9:30a-10:00a YS EEP Mousercise 12:05p-12:50p Zumba® w/Robin Salt River High 3:30p-4:15p Tabata w/Rachel 5:30p-6:30p Cardio Mix & Sculpt w/Michelle	7 11:05a-11:50a Spinning® w/Beverly 7 bikes available 12:05p-12:50p Beginner’s Capoeira w/Cliff 5:30p-6:30p Zumba® & Sculpt w/Rachel
10 11:05a-11:50a Zumba® w/Annie 12:05p-12:50p Step & Pump w/Michelle 2:00p-3:00p LARC Center - Yoga *closed session* Salt River High 3:30p-4:15p Circuit Training w/Michelle 5:30p-6:30p Zumba® w/Rachel 6:35p-7:30p Senior Dance 55+ w/Roberta J.	11 6:15a-7:00a Spinning® w/Rachel 7 bikes available 9:30a-10:00a YS EEP Mousercise 11:05a-11:50a Yoga Conscious Comm. Yoga Group 12:05p-12:50p Total Body Conditioning w/Dion Salt River High 3:30p-4:15p Zumba® w/Rachel 5:30p-6:30p Spinning® w/Michelle 7 bikes available 6:30p-7:30p Boxing w/Nevelle <i>*Provide your own Hand-wraps & gloves</i>	12 11:05a-11:50a Spinning® w/Beverly 7 bikes available 12:05p-12:50p HIIT w/Michelle (High Intensity Interval Training) 2:00p-3:00p LARC Center - Yoga *closed session* 5:30p-6:30p Zumba® w/Rachel	13 6:15a-7:00a Spinning® w/Rachel 7 bikes available 9:30a-10:00a YS EEP Mousercise 12:05p-12:50p Zumba® w/Robin Salt River High 3:30p-4:15p Tabata w/Rachel 5:30p-6:30p Cardio Mix & Sculpt w/Michelle	14 11:00A - 11:45A DVPI PROGRAM BABY CRAWL CONTEST IN AEROBICS ROOM Questions Call: Debbie Manuel, MSW SRPMIC DHHS Health Division Community Health Educator D: 480-362-7689  12:05p-12:50p Beginner’s Capoeira w/Cliff 5:30p-6:30p Zumba® & Sculpt w/Rachel
17  CLOSED Fitness Center & Tribal Building Go for Hike, Bike Ride or Walk/Run in at the Park!	18 6:15a-7:00a Spinning® w/Rachel 7 bikes available 9:30a-10:00a YS EEP Mousercise 11:05a-11:50a Yoga Conscious Comm. Yoga Group 12:05p-12:50p Total Body Conditioning w/Dion Salt River High 3:30p-4:15p Step Aerobics w/Rachel 5:30p-6:30p Spinning® w/Michelle 7 bikes available 6:30p-7:30p Boxing w/Nevelle <i>*Provide your own Hand-wraps & gloves</i>	19 11:05a-11:50a Spinning® w/Beverly 7 bikes available 12:05p-12:50p HIIT w/Michelle (High Intensity Interval Training) 2:00p-3:00p LARC Center - Yoga *closed session* 5:30PM-7:30PM DVPI PROGRAM “ROCK THE PURPLE” ZUMBA FITNESS AT SALT RIVER COMMUNITY BUILDING “REFRESHMENTS & DOOR PRIZES”	20 6:15a-7:00a Spinning® w/Rachel 7 bikes available 9:30a-10:00a YS EEP Mousercise 12:05p-12:50p Zumba® w/Robin Salt River High 3:30p-4:15p Tabata w/Rachel 5:30p-6:30p NO CLASS	21 11:05a-11:50a Spinning® w/Beverly 7 bikes available 12:05p-12:50p Beginner’s Capoeira w/Cliff 5:30p-6:30p Zumba® & Sculpt w/Rachel
24 11:05a-11:50a Zumba® w/Annie 12:05p-12:50p Step & Pump w/Michelle 2:00p-3:00p LARC Center - Yoga *closed session* Salt River High 3:30p-4:15p Circuit Training w/Michelle 5:30p-6:30p Zumba® w/Rachel 6:35p-7:30p Senior Dance 55+ w/Roberta J.	25 6:15a-7:00a Spinning® w/Rachel 7 bikes available 9:30a-10:00a YS EEP Mousercise 11:05a-11:50a Yoga Conscious Comm. Yoga Group 12:05p-12:50p Total Body Conditioning w/Dion Salt River High 3:30p-4:15p Abs, Thighs & Glutes w/Rachel 5:30p-6:30p Spinning® w/Michelle 7 bikes available 6:30p-7:30p Boxing w/Nevelle <i>*Provide your own Hand-wraps & gloves</i>	26 11:05a-11:50a Spinning® w/Beverly 7 bikes available 12:05p-12:50p HIIT w/Michelle (High Intensity Interval Training) 2:00p-3:00p LARC Center - Yoga *closed session* 5:30p-6:30p Zumba® w/Rachel	27 6:15a-7:00a Spinning® w/Beverly 7 bikes available 9:30a-10:00a YS EEP Mousercise 12:05p-12:50p Zumba® w/Robin Salt River High 3:30p-4:15p Tabata w/Rachel 5:30p-6:30p Cardio Mix & Sculpt w/Michelle	28 11:05a-11:50a Spinning® w/Beverly 7 bikes available 12:05p-12:50p Beginner’s Capoeira w/Cliff 5:30p-6:30p NO CLASS

**Boxing class you will need to provide you own hand-wraps and gloves*

Fitness Center Closed on Weekends, Holidays, Tribal Designed Holidays, and may be closed for Mandatory Meeting & Events. Notice will be posted on Facility and Announcement list. Diabetes Program’s Fitness Center Facility is Open to SRPMIC Community Members & their family, SRPMIC Tribal Employee, SRPMIC Enterprise Employees & SRPMIC Residents. All individuals are subject to proof of enrollment, residency, employment or affiliation.



ABS, THIGHS & GLUTES: In this class you will condition your lower body and abdominals with variety of exercise utilizing body weight, resistance bands, and dumbbells to lift and strengthen your core and lower body muscles.

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.

CAPOEIRA: Capoeira will test the limits of your body and mind no matter your experience or age. If you desire more in life and want to experience the world in a new and exciting way. Is a martial art disguised as an improvisational dance and combines elements of acrobatics and music and was developed by African slaves on Brazilian soil roughly 500 years ago.

CARDIO KICKBOXING: 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. Followed by 5-10 minutes abdominal exercise.

CARDIO MIX & SCULPT: This class will mix it up with basic hi/lo impact, basic step, cardio kickboxing and other floor aerobic exercise routines plus instructor will intergrade body weight, dumbbells, resistance band/tubing, Kettlebell or other type of strength equipment to give you a total body workout for maximum calorie and fat burning workout. Instructor will show modification of exercises and movements for beginner exerciser.

CIRCUIT TRAINING: This class offers a form of conditioning combining resistance training and high-intensity aerobics. It is designed to be easy to follow and target strength building as well as muscular endurance.

HIIT (High Intensity Interval Training): This class focuses on interval training by incorporating High intensity interval training (HIIT) 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+: Enjoy this well-rounded and exciting workout that keeps you on your toes while moving to the beat of the music! In this class you will be learning several line dance routines that are low impact yet get your heart pumping. You will be moving with Salt River Shaker choreographer Roberta Johnston who leads the class. Come out and have fun and dance the calories away. This class is intended for individuals 55+.



STEP AEROBICS: Get your groove on and burn some calories! A 32 count friendly choreography basic moves, such as, basic step, v-steps, step touch and etc. strung together into a sequence. More advanced move such as turns, mambos, and stomps may be use. These elements are put together into 2-3 routines in each class. Regardless of the complexity of the choreography, the instructor will offer various options for different levels of intensity/dance ability while teaching the routines. Use a 6 - 8 inch step for a total body workout.

STEP & PUMP: An interval class that mixes both step aerobics and strength training in one designed workout. Many times you may not have 2 hours to spend in the gym – so this allows you to work both your heart and your muscles extensively in one class! By doing short circuits of cardio on the step, followed by strategic intervals of strength training, you will definitely leave this class feeling like you used your time efficiently!

TABATA: 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! **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 3 months or more of consistent workout session; 3 or more days a week of activities prior to taking this 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. This class is instructed by yoga instructors from *Conscious Community Yoga Group*.

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, motor skill and aerobic conditioning. **Please contact Youth Service for more information on their YS EEP program.**



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! 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!



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. **We have 7 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.**

