

2014 June – Salt River Diabetes Program’s Group Exercise Class

Salt River Fitness Center : 480-362-7320

SRPMIC Fitness Center Eligibility:

SRPMIC Enrolled Community Members, Community Members’ family, Residents, Tribal and Enterprise Employee (Casino AZ, Talking Stick Resort, Salt River Fields, Landfill, Saddleback, DEVCO, Salt River Material Group, Talking Stick Golf). Red Mountain/Lehi Branch Boys & Girls Club Employee.

All individuals are subject to proof of enrollment, residency, employment or affiliation to SRPMIC.

Question or comment: 480-362-7342

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>12:05p-12:50p</u> Step & Pump w/Michelle <i>2:00p-3:00p</i> LARC YOGA (private session) <u>5:30p-6:30p</u> Zumba® w/Annie <u>6:30p-7:30p</u> Senior Dance 55+ w/Roberta J.	3 <u>6:15a-7:00a</u> Spinning® w/Michelle *8 bikes available <u>9:30a-10:00a</u> NO CLASS <u>12:05p-12:50p</u> Total Body Conditioning w/Dion <u>5:30p-6:30p</u> Spinning® w/Michelle *8 bikes available <u>6:30p-7:30p</u> Boxing w/Nevelle	4 <u>12:05p-12:50p</u> HIIT w/Michelle <i>2:00p-3:00p</i> LARC YOGA (private session) <u>5:30p-6:30p</u> NO CLASS	5 <u>6:15a-7:00a</u> Spinning® w/Beverly *8 bikes available <u>9:30a-10:00a</u> NO CLASS <u>11:05a-11:50a</u> Spinning® w/Beverly *8 bikes available <u>12:05p-12:50p</u> NO CLASS <u>5:30p-6:30p</u> Circuit WO w/Michelle	6 <u>12:05p-12:50p</u> Spinning® w/Michelle *8 bikes available <u>5:30p-6:30p</u> NO CLASS
9 <u>12:05p-12:50p</u> Step & Pump w/Michelle <i>2:00p-3:00p</i> LARC YOGA (private session) <u>5:30p-6:30p</u> Zumba® w/Annie <u>6:30p-7:30p</u> Senior Dance 55+ w/Roberta J.	10 <u>6:15a-7:00a</u> Spinning® w/Rachel *8 bikes available <u>9:30a-10:00a</u> NO CLASS <u>12:05p-12:50p</u> Total Body Conditioning w/Dion <u>5:30p-6:30p</u> Spinning® w/Michelle *8 bikes available <u>6:30p-7:30p</u> Water Aerobic w/Rachel (At Salt River Pool) <u>6:30p-7:30p</u> Boxing w/Nevelle	11 <u>12:05p-12:50p</u> HIIT w/Michelle <i>2:00p-3:00p</i> LARC YOGA (private session) <u>5:30p-6:30p</u> Zumba® w/Rachel	12 <u>6:15a-7:00a</u> Spinning® w/Beverly *8 bikes available <u>9:30a-10:00a</u> NO CLASS <u>11:05a-11:50a</u> Spinning® w/Beverly *8 bikes available <u>12:05p-12:50p</u> Zumba® w/Rachel <u>5:30p-6:30p</u> NO CLASS <u>6:30p – 7:30p</u> Water Aerobics w/Michelle (At Salt River Pool)	13 Salt River Fitness Center CLOSED Tribal Holiday 
16 <u>12:05p-12:50p</u> Step & Pump w/Michelle <i>2:00p-3:00p</i> LARC YOGA (private session) <u>5:30p-6:30p</u> Zumba® w/Annie <u>6:30p-7:30p</u> Senior Dance 55+ w/Roberta J.	17 <u>6:15a-7:00a</u> Spinning® w/Rachel *8 bikes available <u>9:30a-10:00a</u> Youth Service - Mousercise <u>12:05p-12:50p</u> Total Body Conditioning w/Dion <u>3:30p-4:15p</u> FIT REZ KIDS Group XFit Circuit w/Rachel <u>5:30p-6:30p</u> Spinning® w/Michelle *8 bikes available <u>6:30p-7:30p</u> Water Aerobic w/Rachel (At Salt River Pool) <u>6:30p-7:30p</u> Boxing w/Nevelle	18 <u>12:05p-12:50p</u> HIIT w/Michelle <i>2:00p-3:00p</i> LARC YOGA (private session) <u>5:30p-6:30p</u> Zumba® w/Rachel	19 <u>6:15a-7:00a</u> Spinning® w/Beverly *8 bikes available <u>9:30a-10:00a</u> Youth Service – Mousercise <u>11:05a-11:50a</u> Spinning® w/Beverly *8 bikes available <u>12:05p-12:50p</u> Zumba® w/Rachel <u>3:30p-4:15p</u> ZUMBA FOR KIDS w/Rachel <u>5:30p-6:30p</u> NO CLASS <u>6:30p – 7:30p</u> Water Aerobics w/Roberta J. (At Salt River Pool)	20 <u>12:05p-12:50p</u> Spinning® w/TBD *8 bikes available <u>5:30p-6:30p</u> Zumba® w/Rachel
23 <u>12:05p-12:50p</u> Step & Pump w/Michelle <i>2:00p-3:00p</i> LARC YOGA (private session) <u>5:30p-6:30p</u> Zumba® w/Annie <u>6:30p-7:30p</u> Senior Dance 55+ w/Roberta J.	24 <u>6:15a-7:00a</u> Spinning® w/Rachel *8 bikes available <u>9:30a-10:00a</u> Youth Service - Mousercise <u>12:05p-12:50p</u> Total Body Conditioning w/Dion <u>3:30p-4:15p</u> FIT REZ KIDS Group XFit Circuit w/Rachel <u>5:30p-6:30p</u> Spinning® w/Michelle *8 bikes available <u>6:30p-7:30p</u> Water Aerobic w/Rachel (At Salt River Pool) <u>6:30p-7:30p</u> Boxing w/Nevelle	25 <u>12:05p-12:50p</u> HIIT w/Michelle <i>2:00p-3:00p</i> LARC YOGA (private session) <u>5:30p-6:30p</u> Zumba® w/Rachel	26 <u>6:15a-7:00a</u> Spinning® w/Beverly *8 bikes available <u>9:30a-10:00a</u> Youth Service – Mousercise <u>11:05a-11:50a</u> Spinning® w/Beverly *8 bikes available <u>12:05p-12:50p</u> Zumba® w/Rachel <u>3:30p-4:15p</u> ZUMBA FOR KIDS w/Rachel <u>5:30p-6:30p</u> NO CLASS <u>6:30p – 7:30p</u> Water Aerobics w/Michelle (At Salt River Pool)	27 <u>12:05p-12:50p</u> Spinning® w/Michelle *8 bikes available <u>5:30p-6:30p</u> Zumba w/Rachel
30 <u>12:05p-12:50p</u> Step & Pump w/Michelle <i>2:00p-3:00p</i> LARC YOGA (private session) <u>5:30p-6:30p</u> Zumba w/Annie <u>6:30p-7:30p</u> Senior Dance 55+ w/Roberta J.	Salt River Fitness Center Hours: Monday – Thursday = 6:00 am to 7:30 pm Friday = 6:00 am to 6:30 pm *Closed on weekends* Lehi Fitness Center Hours: Tuesday & Thursday = 12:00 pm – 7:30 pm *See Lehi building staff for usage* NO CHILD CARE PROVIDED AT FACILITIES			

Group Exercise Classes Descriptions

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.

FIT REZ KIDS:

These classes are for youth ages 7-12 years old. If you like your child/youth group to attend please pick up a Health History Form at the SR Fitness Center & return prior to class session starts. Classes start in June 17 – July 22 on most Tuesday & Thursday.

- **Group XFit Circuit:** This class will incorporate cardio and strength stations which is called circuit training. Youth will participate in exercises that will develop coordination, strength and flexibility. Kids will use body weight, light weights, resistance bands and more for a total body workout.
- **Zumba® for Kids:** The Zumba® Kids program is the ultimate dance-fitness party for young Zumba fans ages 7-12, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! *Lead by a licensed Zumba® for Kids Instructor.*



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. HIIT 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. Roberta Johnston leads the class choreography. Come out and have fun and dance the calories away. This class is intended for individuals 55+.

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 8 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.**

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!

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.***

WATER AEROBICS - The intensity of the water aerobics class is determined by how hard you decide to work. This shallow water workout includes calisthenics style movements with variations of upper and lower body resistive moves. Participants march, jog and ski through the water to create resistance to improve cardiovascular fitness, muscular endurance and flexibility. Each instructor uses his/her creativity to keep the pace moving and the activities interesting. As the participant, you manipulate the water to create your preferred level of intensity. (50 minutes)

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. Lead by licensed Zumba® Fitness Instructor.



x10784073 fotosearch.com