

2014 JULY
GROUP EXERCISE CLASS SCHEDULE
DIABETES PROGRAM'S SALT RIVER FITNESS CENTER

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
	<p align="center">1</p> <p>6:15am-7:00am Spinning® w/Rachel *7 bikes available 9:30am-10:30am YS EEP –Mousercise 12:05pm-12:50pm Total Body Conditioning (TBC) w/Dion 3:30pm – 4:15pm Fit Rez Kids (7-12) Group XFit Circuit w/Rachel 5:30pm-6:30pm Spinning® w/Michelle *7 bikes available 6:30pm-7:15pm Boxing w/Nevelle *provide your own gloves & hand-wraps</p> <p align="center">Salt River Pool 6:30pm-7:30pm Water Aerobics w/Rachel</p>	<p align="center">2</p> <p>12:05pm – 12:50pm HIIT w/Michelle 2:00pm-3:00pm (LARC Private Session) Yoga 5:30pm-6:30pm Zumba® w/Rachel</p>	<p align="center">3</p> <p>6:15am-7:00am Spinning® w/Beverly *7 bikes available 9:30am-10:30am YS EEP –Mousercise 11:05am-11:50am Spinning® w/Beverly *7 bikes available 12:05pm-12:50pm Zumba® w/Rachel 3:30pm – 4:15pm Fit Rez Kids (7-12) NO CLASS</p> <p align="center">Salt River Pool 6:30pm-7:30pm Water Aerobics w/Michelle</p>	<p>4</p> <p>Salt River Fitness Center</p> <p>4TH July</p> <p>CLOSED</p> <p><i>See you next week.</i></p>
<p align="center">7</p> <p>12:05pm – 12:50pm Step & Pump w/Michelle 2:00pm-3:00pm (LARC Private Session) Yoga 5:30pm-6:30pm Zumba® w/Annie 6:30pm-7:30pm Senior Dance Class (55+) w/Roberta J.</p>	<p align="center">8</p> <p>6:15am-7:00am Spinning® w/Rachel *7 bikes available 9:30am-10:30am YS EEP –Mousercise 12:05pm-12:50pm Total Body Conditioning (TBC) w/Dion 3:30pm – 4:15pm Fit Rez Kids (7-12) Group XFit Circuit w/Rachel 5:30pm-6:30pm Spinning® w/Michelle *7 bikes available 6:30pm-7:15pm Boxing w/Nevelle *provide your own gloves & hand-wraps</p> <p align="center">Salt River Pool 6:30pm-7:30pm Water Aerobics w/Rachel</p>	<p align="center">9</p> <p>12:05pm – 12:50pm HIIT w/Michelle 2:00pm-3:00pm (LARC Private Session) Yoga 5:30pm-6:30pm Zumba® w/Rachel</p>	<p align="center">10</p> <p>6:15am-7:00am Spinning® w/Beverly *7 bikes available 9:30am-10:30am YS EEP –Mousercise 11:05am-11:50am Spinning® w/Beverly *7 bikes available 12:05pm-12:50pm Zumba® w/Rachel 3:30pm – 4:15pm Fit Rez Kids (7-12) Zumba for Kids® w/Rachel</p> <p align="center">Salt River Pool 6:30pm-7:30pm Water Aerobics w/Michelle</p>	<p align="center">11</p> <p>12:05pm-12:50pm Spinning® w/Rachel 5:30pm-6:30pm Zumba® w/Rachel</p>
<p align="center">14</p> <p>12:05pm – 12:50pm Step, Jab & Pump w/Rachel 2:00pm-3:00pm (LARC Private Session) Yoga 5:30pm-6:30pm Zumba® w/Annie 6:30pm-7:30pm Senior Dance Class (55+) w/Roberta J.</p>	<p align="center">15</p> <p>6:15am-7:00am Spinning® w/Rachel *7 bikes available 9:30am-10:30am YS EEP –Mousercise 12:05pm-12:50pm Total Body Conditioning (TBC) w/Dion 3:30pm – 4:15pm Fit Rez Kids (7-12) Group XFit Circuit w/Rachel 5:30pm-6:30pm Spinning® w/Michelle *7 bikes available 6:30pm-7:15pm Boxing w/Nevelle *provide your own gloves & hand-wraps</p> <p align="center">Salt River Pool 6:30pm-7:30pm Water Aerobics w/Rachel</p>	<p>16</p> <p>OPEN</p> <p>Salt River Fitness Center</p> <p>6:00a-11:30a</p> <p>CLOSED</p> <p>11:30a-7:30p</p> <p>*see you tomorrow</p>	<p align="center">17</p> <p>6:15am-7:00am Spinning® w/Beverly *7 bikes available 9:30am-10:30am YS EEP –Mousercise 11:05am-11:50am Spinning® w/Beverly *7 bikes available 12:05pm-12:50pm Zumba® w/Rachel 3:30pm – 4:15pm Fit Rez Kids (7-12) Zumba for Kids® w/Rachel</p> <p align="center">Salt River Pool 6:30pm-7:30pm Water Aerobics w/Michelle</p>	<p align="center">18</p> <p>12:05pm-12:50pm Spinning® w/Michelle 5:30pm-6:30pm Zumba® w/Rachel</p>
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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. Open to SRPMIC Enrolled Community youth and SRPMIC youth resident.

- **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 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.**

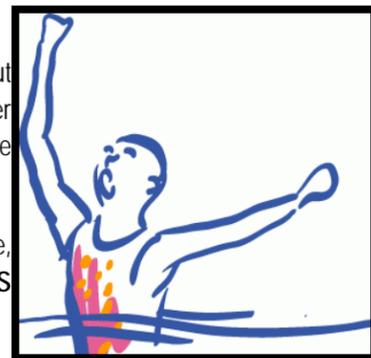
STEP & PUMP: An interval class that mixes both step aerobics and strength training in one designed workout. Many times you may not have 2 hours to spend in the gym – so this allows you to work both your heart and your muscles extensively in one class! By doing short circuits of cardio on the step, followed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

STEP, JAB & PUMP: This class is similar to the Step & Pump but with a little twist of “Cardio Kickboxing” in the mix. You will still get your strength and step workout in this class.

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.

