

**May 2015**  
**Group Exercise Classes – Salt River Fitness Center & Salt River High**  
 Diabetes Program  
 480-363-7342, 480-362-7320

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Salt River Fitness Center Hours:</b> Monday – Thursday 6:00am to 7:30 pm Friday 6:00am to 6:30 pm				1 12:05pm-12:50pm SPINNING® CLASS w/Michelle 9 bikes available  5:30pm-6:30pm ZUMBA® w/Rachel
Diabetes Program's Fitness Center is open to SRPMIC Enrolled Community Members & family members, Residences, Tribal Employees and Enterprise Employees (only).				
4 11:05am-11:50am SPINNING® CLASS w/Beverly 9 bikes available 12:05pm-12:50pm CORE FUNCTIONAL TRAINING w/Braxton 2:00pm-3:00pm JTR YOGA SESSION *Private Session*  Salt River High School Band Room 3:30pm-4:15pm NO CLASS Salt River Community Building 6:00pm – 7:30 pm ZUMBA® Let's Celebrate! The ♥ for Zumba **ALL ARE WELCOME** 6:30pm-7:30pm NO CLASS	5 6:15am-7:00am INDOOR CYCLING CLASS w/Rachel 9 bikes available 9:00am-10:00am YS EEP – EXERCISE SESSION w/Rachel 11:00am-12:00pm BEGINNER YOGA w/Vanessa 12:05pm-12:50pm TOTAL BODY CONDITIONING w/Dion  Salt River High School Band Room 3:30pm-4:15pm STEP N PUMP w/Rachel  5:30pm-6:30pm SPINNING CLASS w/Michelle 9 bikes available	6 6:15am-7:00am SPINNING® CLASS w/Beverly 9 bikes available 11:05am-11:50am ZUMBA® w/Rachel 12:05pm-12:50pm HIIT w/Michelle 2:00pm-3:00pm JTR YOGA SESSION *Private Session* 5:30pm-6:30pm ZUMBA® w/Rachel 6:30pm-7:30pm BEGINNER YOGA w/Melinda	7 6:15am-7:00am SPINNING® CLASS w/Beverly 9 bikes available 9:00am-10:00am YS EEP – EXERCISE SESSION w/Rachel 12:05pm-12:50pm STEP N PUMP w/Michelle  Salt River High School Band Room 3:30pm-4:15pm YOGA w/Rachel  4:00pm-5:00pm CORE FUNCTIONAL TRAINING w/Braxton 5:30pm-6:30pm SPINNING CLASS w/Michelle 9 bikes available	8 12:05pm-12:50pm SPINNING® CLASS w/Michelle 9 bikes available  5:30pm-6:30pm NO CLASS
11 11:05am-11:50am INDOOR CYCLING CLASS w/Katie 9 bikes available 12:05pm-12:50pm CROSS TRAINING w/Rachel 2:00pm-3:00pm JTR YOGA SESSION *Private Session*  Salt River High School Band Room 3:30pm-4:15pm CIRCUIT TRAINING w/Michelle  5:30pm-6:30pm ZUMBA® w/Annie 6:30pm-7:30pm SENIOR DANCE CLASS 55+ w/Roberta J.	12 6:15am-7:00am SPINNING® CLASS w/Beverly 9 bikes available 9:00am-10:00am YS EEP – EXERCISE SESSION w/Rachel 10:00am-11:00am SMI CHAIR YOGA w/Melinda *private session SMI clients* 11:00am-12:00pm BEGINNER YOGA w/Vanessa 12:05pm-12:50pm TOTAL BODY CONDITIONING w/Dion  Salt River High School Band Room 3:30pm-4:15pm CARDIO KICKBOXING w/Rachel  5:30pm-6:30pm SPINNING® CLASS w/Michelle 9 bikes available	13 6:15am-7:00am INDOOR CYCLING CLASS w/Katie 9 bikes available 11:05am-11:50am ZUMBA® w/Rachel 12:05pm-12:50pm HIIT w/Michelle 2:00pm-3:00pm JTR YOGA SESSION *Private Session* 5:30pm-6:30pm ZUMBA® w/Rachel 6:30pm-7:30pm BEGINNER YOGA w/Rachel	14 6:15am-7:00am SPINNING® CLASS w/Beverly 9 bikes available 9:00am-10:00am YS EEP – EXERCISE SESSION w/Rachel 10:00am-11:00am SMI CHAIR YOGA w/Melinda *private session SMI clients* 12:05pm-12:50pm STEP N PUMP w/Rachel  Salt River High School Band Room 3:30pm-4:15pm YOGA w/Rachel  4:00pm-5:00pm NO CLASS 5:30pm-6:30pm SPINNING® CLASS w/Michelle 9 bikes available	15 12:05pm-12:50pm SPINNING® CLASS w/Michelle 9 bikes available  5:30pm-6:30pm ZUMBA® w/Rachel
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25 SALT RIVER FITNESS CENTER  CLOSED  MEMORIAL DAY	26 6:15am-7:00am INDOOR CYCLING CLASS w/Rachel 9 bikes available 9:00am-10:00am YS EEP – KID'S YOGA w/Vanessa 10:00am-11:00am SMI CHAIR YOGA w/Melinda *private session SMI clients* 11:00am-12:00pm BEGINNER YOGA w/Vanessa 12:05pm-12:50pm TOTAL BODY CONDITIONING w/Dion 5:30pm-6:30pm SPINNING® CLASS w/Michelle 9 bikes available	27 6:15am-7:00am INDOOR CYCLING CLASS w/Katie 9 bikes available 11:05am-11:50am NO CLASS 12:05pm-12:50pm NO CLASS 2:00pm-3:00pm JTR YOGA SESSION *Private Session* 5:30pm-6:30pm SENIOR DANCE CLASS 55+ w/Roberta J 6:30pm-7:30pm NO CLASS	28 6:15am-7:00am SPINNING® CLASS w/Beverly 9 bikes available 9:00am-10:00am YS EEP – EXERCISE SESSION w/Rachel 10:00am-11:00am SMI CHAIR YOGA w/Melinda *private session SMI clients* 12:05pm-12:50pm STEP N PUMP w/Rachel  4:00pm-5:00pm CORE FUNCTIONAL TRAINING w/Braxton 5:30pm-6:30pm SPINNING® CLASS w/Michelle 9 bikes available	29 12:05pm-12:50pm SPINNING® CLASS w/Michelle 9 bikes available  5:30pm-6:30pm NO CLASS

Fitness Center maybe CLOSED due to tribal holidays, events, and mandatory meetings. Group exercise classes maybe canceled due no coverage for that specific class or it may be substituted with another class. Staff will try to notify and post sign immediately, if there are any changes to the schedule.

## **GROUP EXERCISE CLASS DESCRIPTIONS:**

**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.

**CIRCUIT TRAINING:** This challenging class provides a great workout as you move through a series of stations designed to elevate your heart rate and challenge your muscles. Stations may include body weight exercises, weights, bars, step, resistance band/tubing, etc. All levels of fitness.

**CORE FUNCTIONAL TRAINING:** The focus will be on the upper and lower abs, oblique, and back muscles, muscular slings used in functional movement, as well as the hips and gluts to develop better balance. This class will assist in balance, agility and strength for an overall fitness. All levels of fitness.

**CROSS TRAINING:** This class takes the participant through a series of cardio and strength training exercises with relatively brief rest intervals in between. The purpose is to keep the heart rate elevated near the aerobic level without dropping off to ensure fast, dramatic fitness results. Since the program is fast-paced and offers variety, it can be more interesting than a typical class that focuses on only one aspect (cardio or strength).

**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! Moderate to High intensity.

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

**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+.

**INDOOR CYCLING/SPINNING CLASS:** SPINNING® & Schwinn Cycling certified instructors will take you through a 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 9 bikes available. FIRST COM FIRST SERVES! NO RESERVING BIKE. Remember to bring water bottle and towel for workouts! All SPINNING classes welcome the beginner to advance riders.** \*We encourage a base of cardiovascular exercise of 3 month prior to starting in a SPINNING class.

**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. Moderate to High intensity

**YOGA:** The basic yoga class will be done at a gentle pace in order to learn the foundational poses of yoga – opening, standing, shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, and finishing poses. Students will learn about the principles of alignment and how to flow into the pose using breathing techniques. Complete relaxation and breathing techniques will be practiced. This basic class will teach how to prepare for yoga, what to expect, and how to take your practice into daily life.

**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 gluts, 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. All levels of fitness.

### **\*\*PRIVATE SESSIONS GROUPS\*\***

**JOURNEY TO RECOVERY YOGA:** This session is for Journey to Recovery clients only. PRIVATE SESSIONS

**SMI CHAIR YOGA:** This session is only open to SMI cliental. PRIVATE SESSIONS

**YOUTH SERVICES EEP – EXERICSE SESSION:** 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.