

JULY 2015
GROUP EXERCISE CLASSES & WATER AEROBICS
 Diabetes Program – Salt River Fitness Center
 480-363-7342, 480-362-7320

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Salt River Fitness Center Hours: MONDAY – THURSDAY 6:00 am – 7:30 pm FRIDAY 6:00 am – 6:30 pm NO WEEKEND HOURS</p> <p align="center">Fitness Center may be CLOSED due to tribal holidays, events, mandatory staff meetings, and etc.</p>		<p align="center">1</p> <p>6:15am-7:00am SCHWINN CYCLING® w/Katie <i>9 bikes available</i> 11:00am-12:00pm BIG FIT w/Anya 12:05pm-12:50pm HIIT w/Rachel 2:00pm-3:00pm JTR YOGA SESSION *Private Session* 5:30pm-6:30pm ZUMBA® w/Rachel 6:30pm-7:30pm BEGINNER'S YOGA w/Rachel</p>	<p align="center">2</p> <p align="center">NO GROUP EXERCISE CLASSES</p>	<p align="center">3</p> <p align="center">4TH OF JULY</p> <p align="center">Salt River Fitness Center Tribal Office Observance</p> <p align="center">CLOSED</p>
<p align="center">6</p> <p>11:05am-11:50am SCHWINN CYCLING® w/Katie <i>9 bikes available</i> 12:05pm-12:50pm CORE FUNCTIONAL TRAINING w/Braxton 2:00pm-3:00pm JTR YOGA SESSION *Private Session* 5:30pm-6:30pm ZUMBA® w/Annie 6:30pm-7:30pm SENIOR DANCE CLASS 55+ w/Roberta J.</p>	<p align="center">7</p> <p>6:15am-7:00am SCHWINN CYCLING® w/Rachel <i>9 bikes available</i> 9:00am-10:00am YS EEP – MOUSERCISE w/Rachel 11:00am-12:00pm BEGINNER YOGA w/Melinda 12:05pm-12:50pm TOTAL BODY CONDITIONING w/Dion 3:00pm-4:00pm Fit Rez Kids (age: 11-13) w/Rachel 5:30pm-6:30pm SPINNING® CLASS w/Michelle <i>9 bikes available</i> 6:30pm-7:30pm BIG FIT w/Anya Salt River Pool 6:30pm-7:30pm WATER AEROBICS w/Rachel</p>	<p align="center">8</p> <p>6:15am-7:00am SCHWINN CYCLING® w/Katie <i>9 bikes available</i> 11:00am-12:00pm BIG FIT w/Anya 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'S YOGA w/Melinda</p>	<p align="center">9</p> <p>6:15am-7:00am SCHWINN CYCLING® w/Rachel <i>9 bikes available</i> 9:00am-10:00am YS EEP – MOUSERCISE w/Rachel 12:05pm-12:50pm STEP N PUMP w/Rachel 3:00pm-4:00pm Fit Rez Kids (age: 7-10) w/Rachel 4:05pm-5:00pm CORE FUNCTIONAL TRAINING w/Braxton 5:30pm-6:00pm 30 HIIT w/Michelle Salt River Pool 6:30P-7:30P WATER AEROBICS w/Michelle</p>	<p align="center">10</p> <p>12:05pm-12:50pm SPINNING® CLASS w/Michelle <i>9 bikes available</i> 5:30pm-6:30pm ZUMBA® w/Rachel</p> 
<p align="center">13</p> <p>11:05am-11:50am SCHWINN CYCLING® w/Katie <i>9 bikes available</i> 12:05pm-12:50pm CROSS TRAINING w/Rachel 2:00pm-3:00pm JTR YOGA SESSION *Private Session* 5:30pm-6:30pm ZUMBA® w/Annie 6:30pm-7:30pm SENIOR DANCE CLASS 55+ w/Roberta J.</p>	<p align="center">14</p> <p>6:15am-7:00am SCHWINN CYCLING® w/Beverly <i>9 bikes available</i> 9:00am-10:00am NO CLASS 11:00am-12:00pm NO CLASS 12:05pm-12:50pm TOTAL BODY CONDITIONING w/Dion 3:00pm-4:00pm Fit Rez Kids (age: 11-13) w/Rachel 5:30pm-6:30pm SPINNING® CLASS w/Michelle <i>9 bikes available</i> 6:30pm-7:30pm BIG FIT w/Anya Salt River Pool 6:30pm-7:30pm WATER AEROBICS w/Rachel</p>	<p align="center">15</p> <p>6:15am-7:00am SCHWINN CYCLING® w/Katie <i>9 bikes available</i> 11:00am-12:00pm BIG FIT w/Anya 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'S YOGA w/Vanessa</p>	<p align="center">16</p> <p>6:15am-7:00am SPINNING® CLASS w/Beverly <i>9 bikes available</i> 9:00am-10:00am YS EEP – MOUSERCISE w/Rachel 12:05pm-12:50pm STEP N PUMP w/Rachel 3:00pm-4:00pm Fit Rez Kids (age: 7-10) w/Rachel 4:05pm-5:00pm CORE FUNCTIONAL TRAINING w/Braxton 5:30pm-6:00pm 30 HIIT w/Michelle Salt River Pool 6:30P-7:30P WATER AEROBICS w/Michelle</p>	<p align="center">17</p> <p>12:05pm-12:50pm SPINNING® CLASS w/Michelle <i>9 bikes available</i> 5:30pm-6:30pm ZUMBA® w/Rachel</p> 
<p align="center">20</p> <p>11:05am-11:50am SCHWINN CYCLING® w/Katie <i>9 bikes available</i> 12:05pm-12:50pm CORE FUNCTIONAL TRAINING w/Braxton 2:00pm-3:00pm JTR YOGA SESSION *Private Session* 5:30pm-6:30pm ZUMBA® w/Annie 6:30pm-7:30pm SENIOR DANCE CLASS 55+ w/Roberta J.</p>	<p align="center">21</p> <p>6:15am-7:00am SCHWINN CYCLING® w/Rachel <i>9 bikes available</i> 9:00am-10:00am YS EEP – MOUSERCISE w/Rachel 10:00am-11:00am SMI CHAIR YOGA w/Melinda *private session SMI clients* 11:00am-12:00pm BEGINNER YOGA w/Melinda 12:05pm-12:50pm TOTAL BODY CONDITIONING w/Dion 3:00pm-4:00pm Fit Rez Kids (age: 11-13) w/Rachel 5:30pm-6:30pm SPINNING® CLASS w/Michelle <i>9 bikes available</i> 6:30pm-7:30pm BIG FIT w/Anya Salt River Pool 6:30pm-7:30pm WATER AEROBICS w/Rachel</p>	<p align="center">22</p> <p>6:15am-7:00am SPINNING® CLASS w/Beverly <i>9 bikes available</i> 11:00am-12:00pm BIG FIT w/Anya 12:05pm-12:50pm HIIT w/Michelle 2:00pm-3:00pm JTR YOGA SESSION *Private Session* 6:00pm-8:00pm 6th Annual Men & Women Conference ZUMBATHON At Talking Stick Resort FREE EVENT for ALL! 6:30pm-7:30pm NO CLASS</p>	<p align="center">23</p> <p>6:15am-7:00am SPINNING® CLASS w/Beverly <i>9 bikes available</i> 9:00am-10:00am YS EEP – MOUSERCISE w/Rachel 11:00am-12:00pm FITNESS CENTER CLOSED **HS Mandatory Staff Meeting** 12:05pm-12:50pm STEP N PUMP w/Rachel 3:00pm-4:00pm Fit Rez Kids (age: 7-10) w/Rachel 4:05pm-5:00pm CORE FUNCTIONAL TRAINING w/Braxton 5:30pm-6:00pm 30 HIIT w/Michelle Salt River Pool 6:30P-7:30P WATER AEROBICS w/Michelle</p>	<p align="center">24</p> <p>12:50pm SPINNING® CLASS w/Michelle <i>9 bikes available</i> 5:30pm-6:30pm ZUMBA® w/Rachel</p> 
<p align="center">27</p> <p>11:05am-11:50am SCHWINN CYCLING® w/Katie <i>9 bikes available</i> 12:05pm-12:50pm CORE FUNCTIONAL TRAINING w/Braxton 2:00pm-3:00pm JTR YOGA SESSION *Private Session* 5:30pm-6:30pm ZUMBA® w/Annie 6:30pm-7:30pm SENIOR DANCE CLASS 55+ w/Roberta J.</p>	<p align="center">28</p> <p>6:15am-7:00am SCHWINN CYCLING® w/Katie <i>9 bikes available</i> 9:00am-10:00am YS EEP – MOUSERCISE w/Rachel 11:00am-12:00pm BEGINNER YOGA w/Rachel 12:05pm-12:50pm TOTAL BODY CONDITIONING w/Dion 3:00pm-4:00pm Fit Rez Kids (age: 11-13) w/Rachel 5:30pm-6:30pm SPINNING® CLASS w/Michelle <i>9 bikes available</i> 6:30pm-7:30pm BIG FIT w/Anya Salt River Pool 6:30pm-7:30pm WATER AEROBICS w/Rachel</p>	<p align="center">29</p> <p>6:15am-7:00am SCHWINN CYCLING® w/Katie <i>9 bikes available</i> 11:00am-12:00pm BIG FIT w/Anya 12:05pm-12:50pm HIIT w/Michelle 2:00pm-3:00pm JTR YOGA SESSION *Private Session* 5:30pm-6:30pm NO CLASS 6:30pm-7:30pm BEGINNER'S YOGA w/Vanessa</p>	<p align="center">30</p> <p>6:15am-7:00am SPINNING® CLASS w/Beverly <i>9 bikes available</i> 9:00am-10:00am YS EEP – MOUSERCISE w/Rachel 12:05pm-12:50pm STEP N PUMP w/Rachel 3:00pm-4:00pm Fit Rez Kids (age: 7-10) w/Rachel 4:05pm-5:00pm CORE FUNCTIONAL TRAINING w/Braxton 5:30pm-6:00pm 30 HIIT w/Michelle Salt River Pool 6:30P-7:30P WATER AEROBICS w/Michelle</p>	<p align="center">31</p> <p>12:50pm SPINNING® CLASS w/Michelle <i>9 bikes available</i> 5:30pm-6:30pm ZUMBA® w/Rachel</p> 

Group Exercise classes and Fitness Center are for SR Community Member/Residents/Tribal & Enterprise Employees

Group Exercise Classes may be canceled due to designed tribal holidays, program events, shortage of staff, mandatory staff meetings, etc. Fitness Center may be closed due to designed tribal holidays, program events, shortage of staff, mandatory staff meetings, etc.

GROUP EXERCISE CLASSES DESCRIPTIONS:

BEGINNER'S 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.

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).

FIT REZ KIDS (ages: 7-12) & (11-13): Fit Rez Kids for youth ages 7 to 13 year. In the program the kids will participating in variety of activities, such as, Circuit Training, Zumba® Kids, Tabata, Cross Training and Yoga. This summer the classes are on Tuesday and Thursday for 7 weeks (June to July). Tuesday's class is for youth ages 11-13 and Thursday class is for children ages 7-10 years of age. The goal of the program is provide a safe and fun activities indoors.

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+.

SPINNING®/SCHWINN CYCLING: 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 Indoor cycling classes welcome the beginner to advance riders.** *We encourage a base of cardiovascular exercise of 3 month prior to starting in a SPINNING 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. Moderate to High intensity

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.