

# JANUARY 2016

## Diabetes Program's Group Exercise Classes SALT RIVER FITNESS CENTER

*SR Fitness Center: 480-362-7320, Diabetes Program Manager 480-362-7342*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>HHS Diabetes Program's Salt River Fitness Center Eligibility:</b>  <i>SRPMIC Enrolled Community Member &amp; Family/SRPMIC Residents/SRPMIC Tribal Employee/SRPMIC Enterprise Employee i.e. Casino AZ, Talking Stick Resort, Salt River Fields, Talking Stick Golf, Material Groups, Landfill, DEVCO, and Saddleback.</i></p> <p><b>Business Hours:</b>  <b>Monday – Thursday: 6:00 am to 7:30 pm</b>  <b>Friday: 6:00 am to 6:30 pm</b>  <b>Saturday &amp; Sunday: CLOSED</b></p> <p><i>**Salt River Fitness Center maybe closed due to designated tribal holidays, meetings, events or shortage of staffing. Staff will try to post notice via internet, intranet, email list, and post on facility prior to date, if not able to in a timely manner please plan according.**</i></p>				<p>1</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">Fitness Center CLOSED "Happy New Year 2016"</p>
<p>4</p> <p><u>6:15 am – 7:00 am</u> SPIN w/Rachel <i>*9 bikes available</i></p> <p><u>12:05 pm – 12:50 pm</u> Core Functional Training w/Braxton</p> <p><u>2:00 pm – 3:00 pm</u> JTR YOGA (private session)</p> <p><u>5:30 pm – 6:30 pm</u> ZUMBA FITNESS® w/Annie</p> <p><u>6:30 pm – 7:30 pm</u> SENIOR DANCE CLASS 55+ w/Roberta J.</p>	<p>5</p> <p><u>6:15 am – 7:00 am</u> <b>NO CLASS</b></p> <p><u>9:30 am – 10:00 am</u> <b>NO CLASS</b></p> <p><u>11:05 am – 11:50 am</u> Step Aerobics w/Michelle</p> <p><u>12:05 pm – 12:50 pm</u> TOTAL BODY CONDITIONING w/Dion</p> <p><u>5:30 pm – 6:30 pm</u> SPIN w/Michelle <i>*9 bikes available</i></p>	<p>6</p> <p><u>12:05 pm – 12:50 pm</u> HIIT w/Michelle</p> <p><u>2:00 pm – 3:00 pm</u> JTR Yoga (private session)</p> <p><u>5:30 pm – 6:30 pm</u> ZUMBA FITNESS® w/Michelle Lynn</p> <p><u>6:40 pm – 7:30 pm</u> BASIC YOGA w/Rachel</p>	<p>7</p> <p><u>6:15 am – 7:00 am</u> SPIN w/Beverly <i>*9 bikes available</i></p> <p><u>9:30 am – 10:00 am</u> YS Mousercise w/Rachel</p> <p><u>12:05 pm – 12:50 pm</u> ZUMBA FITNESS® w/Rachel</p> <p><u>4:05 pm – 5:00 pm</u> Core Functional Training w/Braxton</p> <p><u>5:30 pm – 6:15 pm</u> HIIT w/Michelle</p>	<p>8</p> <p><u>11:05 am – 11:50 am</u> Cross-Train w/Rachel</p> <p><u>12:05 pm – 12:50 pm</u> SPIN w/Michelle <i>*9 bikes available</i></p> <p><u>5:30 pm – 6:30 pm</u> ZUMBA FITNESS® w/Rachel</p>
<p>11</p> <p><u>6:15 am – 7:00 am</u> SPIN w/Rachel <i>*9 bikes available</i></p> <p><u>10:30 am – 11:30 am</u> <b>Fitness Center CLOSED</b> Health Services Staff Meeting</p> <p><u>12:05 pm – 12:50 pm</u> Core Functional Training w/Braxton</p> <p><u>2:00 pm – 3:00 pm</u> JTR YOGA (private session)</p> <p><u>5:30 pm – 6:30 pm</u> ZUMBA FITNESS® w/Annie</p> <p><u>6:30 pm – 7:30 pm</u> SENIOR DANCE CLASS 55+ w/Roberta J.</p>	<p>12</p> <p><u>6:15 am – 7:00 am</u> SPIN w/Rachel <i>*9 bikes available</i></p> <p><u>9:30 am – 10:00 am</u> YS EEP Mousercise w/Rachel</p> <p><u>11:05 am – 11:50 am</u> Step Aerobics w/Michelle</p> <p><u>12:05 pm – 12:50 pm</u> TOTAL BODY CONDITIONING w/Dion</p> <p><u>5:30 pm – 6:30 pm</u> SPIN w/Michelle <i>*9 bikes available</i></p>	<p>13</p> <p><u>11AM – 2PM</u> <b>Fitness Center CLOSED</b> "HHS Quarterly Meeting"</p> <p><u>2:00 pm – 3:00 pm</u> JTR Yoga (private session)</p> <p><u>5:30 pm – 6:30 pm</u> ZUMBA FITNESS® w/Michelle Lynn</p> <p><u>6:40 pm – 7:30 pm</u> BASIC YOGA w/Rachel</p>	<p>14</p> <p><u>6:15 am – 7:00 am</u> SPIN w/Beverly <i>*9 bikes available</i></p> <p><u>12:05 pm – 12:50 pm</u> Cardio Mix w/Rachel</p> <p><u>4:05 pm – 5:00 pm</u> Core Functional Training w/Braxton</p> <p><u>5:30 pm – 6:15 pm</u> HIIT w/Michelle</p>	<p>15</p> <p><u>11:05 am – 11:50 am</u> <b>NO CLASS</b></p> <p><u>12:05 pm – 12:50 pm</u> SPIN w/Michelle <i>*9 bikes available</i></p> <p><u>5:30 pm – 6:30 pm</u> ZUMBA FITNESS® w/Rachel</p>
<p>18</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">Fitness Center CLOSED "Martin Luther King Jr. Day"</p>	<p>19</p> <p><u>6:15 am – 7:00 am</u> SPIN w/Rachel <i>*9 bikes available</i></p> <p><u>9:30 am – 10:00 am</u> YS EEP Mousercise w/Rachel</p> <p><u>11:05 am – 11:50 am</u> Step Aerobics w/Michelle</p> <p><u>12:05 pm – 12:50 pm</u> TOTAL BODY CONDITIONING w/Dion</p> <p><u>5:30 pm – 6:30 pm</u> SPIN w/Michelle <i>*9 bikes available</i></p>	<p>20</p> <p><u>12:05 pm – 12:50 pm</u> HIIT w/Michelle</p> <p><u>2:00 pm – 3:00 pm</u> JTR Yoga (private session)</p> <p><u>5:30 pm – 6:30 pm</u> ZUMBA FITNESS® w/Michelle Lynn</p> <p><u>6:45 pm – 7:30 pm</u> BASIC YOGA w/Melinda</p>	<p>21</p> <p><u>6:15 am – 7:00 am</u> SPIN w/Beverly <i>*9 bikes available</i></p> <p><u>12:05 pm – 12:50 pm</u> ZUMBA FITNESS® w/Rachel</p> <p><u>4:05 pm – 5:00 pm</u> Core Functional Training w/Braxton</p> <p><u>5:30 pm – 6:15 pm</u> HIIT w/Michelle</p>	<p>22</p> <p><u>11:05 am – 11:50 am</u> Cross-Train w/Rachel</p> <p><u>12:05 pm – 12:50 pm</u> SPIN w/Michelle <i>*9 bikes available</i></p> <p><u>5:30 pm – 6:30 pm</u> ZUMBA FITNESS® w/Rachel</p>
<p>25</p> <p><u>6:15 am – 7:00 am</u> <b>NO CLASS</b></p> <p><u>12:05 pm – 12:50 pm</u> Core Functional Training w/Braxton</p> <p><u>2:00 pm – 3:00 pm</u> JTR YOGA (private session)</p> <p><u>5:30 pm – 6:30 pm</u> ZUMBA FITNESS® w/Annie</p> <p><u>6:30 pm – 7:30 pm</u> SENIOR DANCE CLASS 55+ w/Roberta J.</p>	<p>26</p> <p><u>6:15 am – 7:00 am</u> <b>NO CLASS</b></p> <p><u>9:30 am – 10:00 am</u> <b>NO CLASS</b></p> <p><u>11:05 am – 11:50 am</u> <b>NO CLASS</b></p> <p><u>12:05 pm – 12:50 pm</u> TOTAL BODY CONDITIONING w/Dion</p> <p><u>5:30 pm – 6:30 pm</u> <b>NO CLASS</b></p>	<p>27</p> <p><u>12:05 pm – 12:50 pm</u> TOTAL BODY CONDITIONING w/Dion</p> <p><u>2:00 pm – 3:00 pm</u> JTR Yoga (private session)</p> <p><u>5:30 pm – 6:30 pm</u> ZUMBA FITNESS® w/Michelle Lynn</p> <p><u>6:40 pm – 7:30 pm</u> BASIC YOGA w/Melinda</p>	<p>28</p> <p><u>6:15 am – 7:00 am</u> SPIN w/Beverly <i>*9 bikes available</i></p> <p><u>9:30 am – 10:00 am</u> YS Mousercise w/Rachel</p> <p><u>12:05 pm – 12:50 pm</u> Cardio Mix w/Rachel</p> <p><u>4:05 pm – 5:00 pm</u> Core Functional Training w/Braxton</p> <p><u>5:30 pm – 6:15 pm</u> HIIT w/Michelle</p>	<p>29</p> <p><u>11:05 am – 11:50 am</u> Cross-Train w/Rachel</p> <p><u>12:05 pm – 12:50 pm</u> SPIN w/Michelle <i>*9 bikes available</i></p> <p><u>5:30 pm – 6:30 pm</u> ZUMBA FITNESS® w/Rachel</p>

**All new participants to the Diabetes Program's Fitness Center and Group Exercise Classes MUST FILL OUT the Health History Form prior to utilizing the facility and participating in Group Exercise Classes. See staff for the Health History Form.**

## GROUP EXERCISE CLASS DESCRIPTIONS

**BASIC 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. **Low to Moderate intensity. All fitness levels**

**CARDIO MIX:** This class will mix it up with basic low/high impact step, floor, toning and kickboxing routines. **Low to Moderate intensity. All fitness levels**



**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. **Moderate to High intensity. All fitness levels.**

**CROSS-TRAIN:** In this class participants will focus on one or several strength lifts, such as, squats, deadlifts, shoulder press, stiff leg deadlift, front squats, and functional or agility movements in the first portion of the class as a group, followed by the workout for the day which may consist of weight lifts, calisthenics, interval/high intensity, body weight exercises and more. Indoor and outdoor workout session. All exercises & movements can be modified for all. **Moderate to High intensity. All fitness levels.**

**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. All fitness levels.**

**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+ age group. Low to Moderate intensity.**

**SPIN 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 encourage a base of cardiovascular exercise of 3 month prior to starting in the spin class. **Moderate to High intensity. All fitness levels.**

- **9 bikes available.**
- **First come, first serves. No reserving bike.**
- **Remember to bring water bottle and towel for workouts!**
- **Please ask instructor for assistance with setting up your bike seat and handle bar if this your first time to Spin or you never been fitted. A good fitting will make a good ride.**

**STEP AEROBICS:** Stepping up and down on an adjustable height platform is the basis of Step Aerobics. Developed by Gin Miller, she started rehabbing her knee after surgery by stepping up and down the steps on her front porch. Intensity is controlled by adjusting the height of the step (platform is 4" and each riser adds 2") as well as the amount of arm movements. **Low to High intensity. All fitness levels.**

**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. All fitness levels.**

**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. **Low to High intensity. All fitness levels.**



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

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

**YS EEP MOUSERICE:** 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.