

2016 JUNE - GROUP EXERCISE CLASSES

Salt River Diabetes Services Program - Fitness Center

Phone: 480-362-7320

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Group Exercise classes and Salt River & Lehi Fitness Center are for SPMIC Community Member/Residents/Tribal & Enterprise Employees only.</i></p> <p>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.</p>		<p style="text-align: center;">1</p> <p>6:15AM-7:00AM Spin Class w/Rachel <i>(9 bike available)</i></p> <p>12:05PM-12:50PM HIIT w/Michelle</p> <p>2:00PM-3:00PM JTR Yoga (Private Session)</p> <p>5:30PM-6:30PM Zumba® w/Michelle Lynn</p>	<p style="text-align: center;">2</p> <p>6:15AM-7:00AM Spin Class w/Beverly <i>(9 bike available)</i></p> <p>12:05PM-12:50PM Zumba® w/Rachel</p> <p>4:05PM-5:00PM Core Functional Training w/Braxton</p> <p>5:30PM-6:30PM Zumba® w/Michelle Lynn</p>	<p style="text-align: center;">3</p> <p>12:05PM-12:50PM Spin Class w/Beverly <i>(9 bike available)</i></p> <p>5:30PM-6:30PM Zumba® w/Michelle Lynn</p>
<p style="text-align: center;">6</p> <p>12:05PM-12:50PM Core Functional Training w/Braxton</p> <p>2:00PM-3:00PM JTR Yoga (Private Session)</p> <p>5:30PM-6:30PM Zumba® w/Annie</p> <p>6:35PM-7:25PM Basic Yoga w/Melinda</p>	<p style="text-align: center;">7</p> <p>6:15AM-7:00AM NO CLASS</p> <p>9:30AM-10:00AM NO CLASS</p> <p>12:05PM-12:50PM Spin Class w/Beverly <i>(9 bike available)</i></p> <p>5:30PM-6:30PM Spin Class w/Michelle <i>(9 bike available)</i></p> <p>6:30PM-7:30PM Senior Dance Class 55+</p>	<p style="text-align: center;">8</p> <p>6:15AM-7:00AM Spin Class w/Beverly</p> <p>12:05PM-12:50PM HIIT w/Michelle</p> <p>2:00PM-3:00PM JTR Yoga (Private Session)</p> <p>5:30PM-6:30PM Zumba® w/Michelle Lynn</p>	<p style="text-align: center;">9</p> <p>6:15AM-7:00AM Spin Class w/Beverly <i>(9 bike available)</i></p> <p>12:05PM-12:50PM Core Functional Training w/Braxton</p> <p>4:05PM-5:00PM NO CLASS</p> <p>5:30PM-6:30PM Zumba® w/Michelle Lynn</p>	<p style="text-align: center;">10</p> <p>12:05PM-12:50PM Spin Class w/Michelle <i>(9 bike available)</i></p> <p>5:30PM-6:30PM Zumba® w/Michelle Lynn</p>
<p style="text-align: center;">13</p> <p>10:30AM-11:30AM FITNESS CENTER CLOSED</p> <p><i>HS Mandatory Monthly Meeting</i></p> <p>12:05PM-12:50PM Core Functional Training w/Braxton</p> <p>2:00PM-3:00PM JTR Yoga (Private Session)</p> <p>5:30PM-6:30PM Zumba® w/Annie</p> <p>6:35PM-7:25PM Basic Yoga w/Rachel</p>	<p style="font-size: 1.2em; font-weight: bold;">Salt River Fitness Center</p> <p style="font-size: 1.5em; font-weight: bold;">CLOSED</p> <p style="font-size: 1.2em; font-weight: bold;">Salt River Day</p>	<p style="text-align: center;">15</p> <p>6:15AM-7:00AM Spin Class w/Rachel <i>(9 bike available)</i></p> <p>12:05PM-12:50PM HIIT w/Michelle</p> <p>2:00PM-3:00PM JTR Yoga (Private Session)</p> <p>5:30PM-6:30PM Zumba® w/Michelle Lynn</p>	<p style="text-align: center;">16</p> <p>6:15AM-7:00AM Spin Class w/Beverly <i>(9 bike available)</i></p> <p>12:05PM-12:50PM NO CLASS</p> <p>4:05PM-5:00PM Core Functional Training w/Braxton</p> <p>5:30PM-6:30PM Zumba® w/Michelle Lynn</p> <p style="text-align: center; color: blue;">Salt River Pool 6:30PM-7:30PM Aqua Fitness w/Michelle</p>	<p style="text-align: center;">17</p> <p>10:00AM-11:00AM Fit WIC w/Jamie & Rachel</p> <p>12:05PM-12:50PM Spin Class w/Michelle <i>(9 bike available)</i></p> <p>5:30PM-6:30PM Zumba® w/Rachel</p>
<p style="text-align: center;">20</p> <p>12:05PM-12:50PM Core Functional Training w/Braxton</p> <p>2:00PM-3:00PM JTR Yoga (Private Session)</p> <p>5:30PM-6:30PM Zumba® w/Annie</p> <p>6:35PM-7:25PM Basic Yoga w/Melinda</p>	<p style="text-align: center;">21</p> <p>6:15AM-7:00AM Spin Class w/Rachel <i>(9 bike available)</i></p> <p>9:30AM-10:00AM YS- Exercise Session "Mousercise"</p> <p>10:00AM-11:00AM Fit WIC w/Jamie & Rachel</p> <p>11:05AM-11:50AM <i>*Equalize It! w/Michelle (limited to 5 participants)</i></p> <p>12:05PM-12:50PM Total Body Conditioning w/Dion</p> <p>5:30PM-6:30PM Spin Class w/Michelle <i>(9 bike available)</i></p> <p>6:30PM-7:30PM Senior Dance Class 55+</p> <p style="text-align: center; color: blue;">Salt River Pool 6:30PM-7:30PM Aqua Fitness w/Rachel</p>	<p style="text-align: center;">22</p> <p>6:15AM-7:00AM Spin Class w/Rachel <i>(9 bike available)</i></p> <p>12:05PM-12:50PM HIIT w/Michelle</p> <p>2:00PM-3:00PM JTR Yoga (Private Session)</p> <p>5:30PM-6:30PM Zumba® w/Michelle Lynn</p>	<p style="text-align: center;">23</p> <p>6:15AM-7:00AM Spin Class w/Beverly <i>(9 bike available)</i></p> <p>12:05PM-12:50PM Cardio Mix w/Rachel</p> <p>4:05PM-5:00PM Core Functional Training w/Braxton</p> <p>5:30PM-6:30PM Zumba® w/Michelle Lynn</p> <p style="text-align: center; color: blue;">Salt River Pool 6:30PM-7:30PM Aqua Fitness w/Michelle</p>	<p style="text-align: center;">24</p> <p>12:05PM-12:50PM Spin Class w/Michelle <i>(9 bike available)</i></p> <p>5:30PM-6:30PM Zumba® w/Rachel</p>
<p style="text-align: center;">27</p> <p>12:05PM-12:50PM Core Functional Training w/Braxton</p> <p>2:00PM-3:00PM JTR Yoga (Private Session)</p> <p>5:30PM-6:30PM Zumba® w/Annie</p> <p>6:35PM-7:25PM Basic Yoga w/Rachel</p>	<p style="text-align: center;">28</p> <p>6:15AM-7:00AM Spin Class w/Rachel <i>(9 bike available)</i></p> <p>9:30AM-10:00AM YS- Exercise Session "Mousercise"</p> <p>11:05AM-11:50AM <i>*Equalize It! w/Michelle (limited to 5 participants)</i></p> <p>12:05PM-12:50PM Total Body Conditioning w/Dion</p> <p>5:30PM-6:30PM Spin Class w/Michelle <i>(9 bike available)</i></p> <p>6:30PM-7:30PM Senior Dance Class 55+</p> <p style="text-align: center; color: blue;">Salt River Pool 6:30PM-7:30PM Aqua Fitness w/Rachel</p>	<p style="text-align: center;">29</p> <p>6:15AM-7:00AM Spin Class w/Rachel <i>(9 bike available)</i></p> <p>12:05PM-12:50PM HIIT w/Michelle</p> <p>2:00PM-3:00PM JTR Yoga (Private Session)</p> <p>5:30PM-6:30PM Zumba® w/Michelle Lynn</p>	<p style="text-align: center;">30</p> <p>6:15AM-7:00AM Spin Class w/Beverly <i>(9 bike available)</i></p> <p>12:05PM-12:50PM Spin Class w/Michelle <i>(9 bike available)</i></p> <p>4:05PM-5:00PM Core Functional Training w/Braxton</p> <p>5:30PM-6:30PM Zumba® w/Michelle Lynn</p> <p style="text-align: center; color: blue;">Salt River Pool 6:30PM-7:30PM Aqua Fitness w/Michelle</p>	

*Please call 480-362-7351 to reserve your spot for the Equalize It! Class w/Michelle. Limit to 5 participants.

GROUP EXERCISE CLASS DESCRIPTIONS

****IF an instructor is not available to teach staff will try to find a sub for the class scheduled, but if no staff available to teach the class will be replaced by another class or canceled. Staff will try to update via email, announcements and post sign at facility****



AQUA FITNESS (Water Aerobics): Join us for a workout combining cardio and strength in the water. The instructors will provide variety of routines for a total body workout with basic high and low impact exercises along with abdominal toning and stretching. Aquatic noodles & water weights maybe used to increase intensity levels. Still providing a low to high intensity workout session with minimal impact to the joints. This session will take place in the shallow water at the Salt River Recreation Pool (Longmore & McDowell Road)

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.



CARDIO MIX: Get your mix on! This class will mix it up with basic low/high impact, Zumba, kickboxing, step, and weight/resistance training maybe mixed in to the routine. **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. All levels of fitness.



EQUALIZE IT! : Work your full body in this class. Builds strength by using your body weight as resistance. Easy to modify exercises that will suit your fitness level. Participant will be using the Liebert Fitness Equalizer. **LIMITED to 5 participants. Please call to reserve your spot. 480-362-7351 for that day.**

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! Moderate to High intensity.

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+.



SPIN CLASS: Spinning® or Schwinn Cycling® instructor will take you through a workout for 40 -50 minute ride on the indoor cycling ride 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.

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.



All Levels Welcome

PRIVATE SESSION CLASSES:

Fit WIC: During the session parent/children will participate in fun physical activities that they can possibly use at home to increase active physical playtime and decrease sedentary time for three- and four-year olds. Physical Fitness and nutrition information. Summer sessions.

YS EEP - EXERCISE SESSION "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.

JTR YOGA: This session is for Journey to Recovery clients only.