

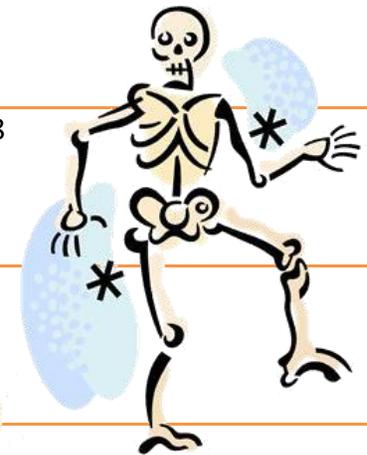
# October 2011

## Group Exercise Class @ Salt River High School

Provided by the Salt River Disease Prevention Program

**\*\*Classes held in Aerobic Room in the Basketball Gymnasium\*\* Utilize the south gate entrance to the campus\*\***

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 3:30pm – 4:30 pm <b>Zumba</b> w/Rachel	5 3:30pm – 4:30 pm <b>Circuit Training</b> w/Michelle	6 3:30pm – 4:30 pm <b>Abs/Core</b> w/Jason	7
10	<b>Fall Break - Have a great week off!</b>			14
17	18 3:30pm – 4:30 pm <b>Cardio Mix</b> w/Rachel	19 3:30pm – 4:30 pm <b>Circuit Training</b> w/Michelle	20 3:30pm – 4:30 pm <b>Abs/Core</b> w/Jason	21
24	25 3:30pm – 4:30 pm <b>Cardio Mix</b> w/Rachel	26 3:30pm – 4:30 pm <b>Circuit Training</b> w/Michelle	27 3:30pm – 4:30 pm <b>Abs/Core</b> w/Jason	28
30	31 3:30pm – 4:30 pm <b>Zumba</b> w/Rachel			



### Class Descriptions:

**Abs/Core:** All movement involves the core (abdominal muscles). This class will help increase core strength and stability.

**Cardio Mix:** You never know what to expect. The instructors will keep you guessing and mixing up the format - maybe it will be hi/lo, step, Cardio Kickboxing, Zumba or a combo of them all.

**Total Body Circuit:** Total body workout that alternated 3-4 minutes of cardio with 2-3 minutes of strength. Time flies as you work it ALL!!!

**Zumba:** 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

**QUESTION PLEASE CONTACT: 480-362-7320 (Salt River Fitness Center)**