



Employee Fitness Center - Building 32  
MAY 2025 – Group Exercise Class



Monday		Tuesday		Wednesday		Thursday		Friday	
						1 12pm AMRAP w/Michelle 1:30pm ZUMBA w/Lynn		2 12pm BARBELL/DUMBBELL SHRED w/ Dion	
Monday		Tuesday		Wednesday		Thursday		Friday	
5 12PM T.B.C. w/ Dion		6 12pm SPIN EXPRESS (40 minute ride) w/ Michelle 1:30pm ZUMBA w/Lynn 5:30pm Fundamental Strength w/ Dion (Pre-Registration only)		7 11:15am GLUTE CAMP w/ Michelle 12pm HIIT w/ Michelle		8 12pm NO CLASS 1:30pm ZUMBA w/Lynn		9 12pm BARBELL/DUMBBELL SHRED w/ Dion	
12 12PM T.B.C. w/ Dion		13 12pm SPIN w/ Michelle 1:30pm ZUMBA W/Lynn 5:30pm Fundamental Strength w/ Dion (Pre-Registration only)		14 11:15am GLUTE CAMP w/ Michelle 12pm HIIT w/ Michelle		15 12pm AMRAP w/Michelle 1:30pm ZUMBA w/Lynn		16 12pm BARBELL/DUMBBELL SHRED w/ Dion	
19 12PM T.B.C. w/ Dion		20 12pm SPIN w/ Michelle 1:30pm ZUMBA w/Lynn 5:30pm Fundamental Strength w/ Dion (Pre-Registration only)		21 11:15am GLUTE CAMP w/ Michelle 12pm HIIT w/ Michelle		22 12pm AMRAP w/Michelle 1:30pm ZUMBA w/Lynn		23 12pm BARBELL/DUMBBELL SHRED w/ Dion	
26 SRPMIC OFFICES CLOSED IN OBSERVANCE OF MEMORIAL DAY		27 12pm SPIN w/ Michelle 1:30pm ZUMBA – w/Lynn 5:30pm Fundamental Strength w/ Dion (Pre-Registration only)		28 11:15am GLUTE CAMP w/ Michelle 12pm HIIT w/ Michelle		29 12pm AMRAP w/Michelle 1:30pm ZUMBA w/Lynn		30 12pm BARBELL/DUMBBELL SHRED w/ Dion	
<p><b>Building 32 Employee Fitness Center Rules:</b> Fitness Center is open to SRPMIC Employees w/ approved fob. Fob access can be granted through WellPath; Contact Andrew Weiler at 480-362-2673 or Andrew.weiler@srpmic-nsn.gov</p> <p><b>HHS – Diabetes Prevention Program</b></p> <p><b>SRPMIC community Non-Employees who would like to use the Fitness Center and join the group exercise classes will need to fill out the following paperwork.</b></p> <ul style="list-style-type: none"><li>- Fitness Center Intake Form</li><li>- Diabetes Prevention Services Health History Form (liability waver &amp; HIPAA)</li><li>- Program Behavioral Agreement form</li></ul> <p>Pick-up paperwork at WOLF Fitness Center. 480-362-7320</p> <p>Children Under 18 not allowed, for SRPMIC Employee use only.</p>								<p><b>HHS – Diabetes Prevention Services Program</b></p> <p>Fitness Staff: 480-362-7320</p> <p>Elissa Caston, Diabetes Prevention Services Program Coordinator: 480-362-7672</p>	



# CLASS DESCRIPTIONS

<b>AMRAP</b>
<i>Can be a great full-body workout that pushes your body to the limit. AMRAP-style workouts are often done with a circuit of multiple exercises with little to no rest periods, which you can achieve an intense workout with a high number of repetitions in a short amount of time.</i>
<b>BAND CAMP</b>
<i>This 45 min class is considered a big lifting day for your glute focused program. You will be doing all the big exercises that create shape and strength! Participants will use a variety of equipment barbell, dumbbells, kettlebells, plates, mini bands, etc. Class will begin with a glute activation series and followed by a glute finisher TABATA.</i>
<b>BARBELL/DUMBBELL SHRED</b>
<i>This Barbell &amp; dumbbells only class is a slower paced muscle building class designed to increase strength &amp; muscle hypertrophy. Participants will use ONLY barbells &amp; dumbbells as the title suggests while working various compound movements as well as isolation movements. This moderate paced class is for all levels.</i>
<b>FUNDAMENTAL STRENGTH</b>
<i>8 week beginner group strength class designed around the 7 fundamental primal movement patterns to enhance strength, mobility and improve quality of life. This class is for beginners and those who have been out of training for a prolong period; learn one new movement pattern each class and we build on each one week by week</i>
<b>HIIT (High intensity interval training)</b>
<i>A high-energy, dynamic class incorporating strength training, resistance work, high intensity interval training, and cardio to chisel, define, and redefine your body. Expect the unexpected!</i>
<b>T.B.C</b>
<i>TBC is a high energy total body strength &amp; conditioning class; participants will be using various equipment including barbells, dumbbells, kettlebells, medicine balls as well as their body weight to build total body strength &amp; endurance, improve conditioning &amp; mental fortitude in the process. This High intensity class is for advanced level participants and will be posted on Group Exercise class schedule.</i>
<b>SPIN</b>
<i>Is a highly effective way to build cardiovascular strength and endurance. Designed for all ages and fitness levels. The ride will last 45-60 minutes to fun energizing music and burn serious calories. Let the music &amp; instructor take you on an amazing ride along various terrains, speeds, and intensities.</i>
<b>YOGA</b>
<i>A gentle practice in which postures are performed. It increases flexibility, strength and body awareness. Yoga may also include breathing techniques and meditation to promote focus, mental clarity and relaxation.</i>
<b>ZUMBA FITNESS®</b>
<i>Mixing low-intensity and high-intensity moves for an interval-style dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Lead by licensed Zumba® Fitness Instructor. All levels of fitness</i>

HERE'S TO  
*Strong women*  
MAY WE KNOW THEM  
MAY WE BE THEM  
MAY WE RAISE THEM

