




<div>  <div> <h1>WOLF FITNESS CENTER</h1> <h2>MAY 2025 GROUP EXERCISES CLASSES</h2> </div>  </div>					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:15am - TBC a.m. w/ Dion 7am - Squat goals w/ Dion 9:30am - Sr. Strength w/ Dion 11:10am Bands, Step & Core w/Rachel 5:30pm - SPIN W/Michelle 6:30pm - Zumba NO CLASS	2 11:10am - Yoga Basics w/Rachel 12:30pm HIIT Training (stations) w/Michelle 5:30pm - Glute Express w/ Michelle	3 12:00pm Cardio & Sculpt (Fitness Center Area) w/Rachel
5 12:00pm - Step ‘n’ Sculpt w/ Michelle 12:30pm - Circuit Training w/ Ryan 5:30pm - Zumba w/ Lynn 6:45pm - Glute Camp w/ Michelle	6 7am - Squat Goals w/ Dion 9:30am - Sr. Strength w/ Dion 12:10pm - Weight Blast w/Rachel 5:30pm - SPIN w/ Michelle	7 11:10am 40-Minute Ride (Spin) w/Rachel 12:10pm Kettlebell Strength/Cardio w/ Dion 12:15pm - Circuit Training w/ Ryan 5:30pm - Zumba w/ Lynn 6:45pm - Band Camp w/ Michelle	8 6:15am - TBC a.m. w/ Dion 7am - Squat goals w/ Dion 9:30am - Sr. Strength w/ Dion 11:10am Bands, Step & Core w/Rachel 5:30pm SPIN NO CLASS 6:30pm Zumba w/Rachel	9 11:10am Y- oga Basics w/Rachel 12:15pm NO CLASS 5:30pm NO CLASS	10 12:00pm Cardio & Sculpt (Fitness Center Area) w/Rachel
12 12:00pm - Step ‘n’ Sculpt w/ Michelle 12:30pm - Circuit Training w/ Ryan 5:30pm - Zumba w/ Lynn 6:45pm - Glute Camp w/ Michelle	13 7am - Squat Goals w/ Dion 9:30am - Sr. Strength w/ Dion 12:10pm Weight Blast w/Rachel 5:30pm SPIN w/ Michelle	14 8am Senior Walking Group w/ Dion/Sr. Services 11:10am 40-Minute Ride (Spin) w/Rachel 12:10pm Kettlebell Strength/Cardio w/ Dion 12:15pm - Circuit Training w/ Ryan 5:30pm - Zumba w/ Lynn 6:45pm - Band Camp w/ Michelle	15 6:15am - TBC a.m. w/ Dion 7am - Squat goals w/ Dion 9:30am - Sr. Strength w/ Dion 11:10am Bands, Step & Core w/Rachel 5:30pm - SPIN w/Michelle 6:30pm - Zumba w/Rachel	16 11:10am - Yoga Basics w/Rachel 12:30pm HIIT Training (stations) w/Michelle 5:30pm - Glute Express w/ Michelle	17 12:00pm Cardio & Sculpt (Fitness Center Area) w/Rachel
19 12:00pm - Step ‘n’ Sculpt w/ Michelle 12:30pm - Circuit Training w/ Ryan 5:30pm - Zumba w/ Lynn 6:45pm - Glute Camp w/ Michelle	20 7am - Squat Goals w/ Dion 9:30am - Sr. Strength w/ Dion 12:10pm - Weight Blast w/Rachel 5:30pm - SPIN w/ Michelle	21 11:10am 40-Minute Ride (Spin) w/Rachel 12:10pm Kettlebell Strength/Cardio w/ Dion 12:15pm - Circuit Training w/ Ryan 5:30pm - Zumba w/ Lynn 6:45pm - Band Camp w/ Michelle	22 6:15am - TBC a.m. w/ Dion 7am - Squat goals w/ Dion 9:30am - Sr. Strength w/ Dion 11:10am Bands, Step & Core w/Rachel 5:30pm - SPIN w/Michelle 6:30pm- Zumba w/Rachel	23 11:10am - Yoga Basics w/Rachel 12:30pm HIIT Training (Stations) w/ Michelle 5:30pm - Glute Express w/ Michelle	24 12:00pm Cardio & Sculpt (Fitness Center Area) w/Rachel
26 <div> SRPMIC OFFICES CLOSED IN OBSERVANCE OF MEMORIAL DAY </div>	27 7am - Squat Goals w/ Dion 9:30am - Sr. Strength w/ Dion 12:10pm - Weight Blast W/Rachel 5:30pm - SPIN w/ Michelle	28 9:30AM – 11:30AM WOLF Fitness Center/Track CLOSED for Senior Fitness Day Event 11:10am NO CLASS 12:10pm NO CLASS 12:15pm - Circuit Training w/ Ryan 5:30pm - Zumba w/Lynn 6:45pm - Band Camp w/ Michelle	29 6:15am TBC a.m. w/ Dion 7am - Squat goals w/ Dion 9:30am - Sr. Strength w/ Dion 11:10am Bands, Step & Core w/Rachel 5:30pm - SPIN w/Michelle 6:30pm - Zumba w/Rachel	30 11:10am - Yoga Basics w/Rachel 12:30pm HIIT Training (stations) w/Michelle 5:30pm - Glute Express w/ Michelle	31 12:00pm Cardio & Sculpt (Fitness Center Area) w/Rachel



CLASS DESCRIPTIONS

BAND CAMP
<i>Get ready for Band Camp! Boost your workout and your backside with this dedicated lower body class that utilizes bands and bodyweight. Chisel your lower body and sculpt your core with unique movements that challenge your muscular endurance, core strength and stability. Band Camp delivers big results! Participants will utilize booty bands, aka mini bands. They come in a wide, flat and fixed resistance sizes to adjust as needed.</i>
BANDS, STEP & CORE:
<i>In this class you will be using a step and resistance bands & tubing for a full body workout. Step moves will be basic step movements and will be used for strength exercise. Exercises will be performed standing or seated. This class is great for beginners to more experience exercisers.</i>
CARDIO & SCULPT (Fitness Center Area & Equipment)
<i>Do your workout using fitness center gym equipment for a cardio and strength workout. Utilizing bars, hand-weights, kettlebells, bands/resistance tubing, bodyweight, treadmill, elliptical, rower, air bike and more. TABATA or HIIT format. Instructor will give modifications for those new to class. All fitness levels welcome.</i>
CIRCUIT INTERVAL TRAINING
<i>This workout gets your heart rate up and strengthens your muscles at the same time. You'll move quickly through 8-10 exercise stations to work different muscle groups with little to no rest between stations. Each station has a different exercise. All levels are welcome!</i>
GLUTE CAMP
<i>Strength-building workout that uses resistance bands, group fitness barbell, kettlebells, & dumbbells to build your best legs & glutes. This class is designed to strengthen the lower half of your posterior chain — all the muscles that run down the back of your body from your glutes to your calves. Participants will go through a range of strength movements, including a variety of squats, lunges and deadlifts. This class is for all levels, but these moves are meant to challenge you.</i>
GLUTE EXPRESS
<i>This class will concentrate on the gluteus (maximus, Medius & minimums) and abdominals (oblique’s, abdominis and spinal muscles). to help you build and define powerfully strong and functional muscles! In this 45 min class we have created a routine strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get stronger in your core. Glute work in this class is done with bands, light weights (barbell, dumbbell and/or kettlebell).</i>
HIIT TRAINING
<i>Class will consist of alternating short periods of intense anaerobic exercise with less-intense recovery periods. This class will have various stations compromising of upper body, lower body, core, and cardio exercises. This class will give a short but intense workout session.</i>
KETTLEBELL Strength/Cardio
<i>A full boy workout to combines strength, cardio and conditioning to help build strength, endurance, mobility and lose body fat in the process. Class will teach you proper use of the Kettlebell, mechanic to increase functional fitness.</i>
SALT RIVER SENIOR STRENGTH
<i>This Elders strength class for those 55 years or better is designed to get the elder population moving & stronger through simple strength movements as well as fall prevention training while learning how to use various equipment in the fitness center. For All Levels 55 and over.</i>
SPIN
<i>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 & instructor take you on an amazing ride along various terrains, speeds, and intensities.</i>
SR. STEPPERS
<i>Lo Impact movements and class for elders 55+. Instructor Roberta Johnston</i>
SQUAT GOALS
<i>This class is designed to improve your squats and lower body strength. This 30 min class is all things squats and how to improve your squats and all intricate details from mobility, core strength and everything in between.</i>
STEP ‘N’ SCULPT
<i>This unique workout utilizes a step workout and strength training moves in one class giving you a great combined workout of cardio and strength! Let’s move, groove and body improve! ALL FITNESS LEVELS WELCOME!</i>
T.B.C.(TOTAL BODY CONDITIONING)
<i>Total body strength & conditioning class using various equipment including barbells, dumbbells, kettlebells, medicine balls & body weight to build total body strength & endurance, improve conditioning & mental fortitude in the process. This High intensity class is for advanced level participants</i>
WEIGHT BLAST
<i>In this class the instructor aim is to include different basic lift movements and workout formats. You will be using various equipment; barbell, kettlebell, dumbbells, exercise balls, and doing body weight exercise, for instance, burpees, box jumps/step ups, mountain climbers, air squats, sit-ups, and more; there maybe times you will be on the indoor track area during the class for body weight, TRX, band or ball exercise and run/walk. Instructor may have you use the treadmill, Skierg, rowing, or air bike incorporated into some of the workout sessions.</i>
ZUMBA ®
<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>
YOGA BASICS
<i>This class introduces the fundamentals of yoga, including breath, alignment, and mindfulness. This class focuses on improving balance and stability. Class is good for beginners or those looking to refine their practice.</i>

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

