



Ske:g Himdag Ki

Diabetes Prevention Services Fitness Center

SEPTEBMER 2025 GROUP EXERCISES CLASSES



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>SRPMIC Tribal Offices will be CLOSED</div> <div>In Observance of Labor Day</div>	<div>2</div> <div>7am – NO CLASS</div> <div>9:30am – NO CLASS</div> <div>12:15 pm - NO CLASS</div> <div>5:30pm SPIN w/ Michelle</div> <div>6:00pm Senior Line Dancing 55+ w/ Roberta</div>	<div>3</div> <div>11:15am Arms, Core &amp; More w/Rachel</div> <div>12:15pm - Circuit Training w/ Ryan</div> <div>5:30pm - Zumba w/ Lynn</div> <div>6:45pm – Glute Camp w/ Michelle</div>	<div>4</div> <div>6:15am - NO CLASS</div> <div>7am - NO CLASS</div> <div>9:30am - NO CLASS</div> <div>11:15am -Step &amp; Bands w/Rachel</div> <div>4:15pm - Hawk Group (YS) (reserve aerobic room) w/Michelle</div> <div>5:30pm - SPIN w/Michelle</div> <div>6:30pm - Zumba w/Rachel</div>	<div>5</div> <div>11:15am- SPIN w/ Rachel</div> <div>12:15pm HIIT Training (stations) w/Michelle</div> <div>5:30pm - Glute Express w/ Michelle</div> <div>6:15pm-7:00pm AQUA FITNESS (Interval) w/Rachel</div> <div>*S.H.K. Indoor Pool*</div>	<div>6</div> <div>12:00pm Cardio &amp; Sculpt (Fitness Center Area) w/Rachel</div>
<div>8</div> <div>12:00pm - Step ‘n’ Sculpt w/ Michelle</div> <div>12:30pm - Circuit Training w/ Ryan</div> <div>5:30pm - Zumba w/ Lynn</div> <div>6:45pm - Glute Camp w/ Michelle</div>	<div>9</div> <div>7am - Squat Goals w/ Dion</div> <div>9:30am - Sr. Strength w/ Dion</div> <div>12:15pm Weight Blast w/Rachel</div> <div>1:30pm – Sacred Striders Walking group w/ Dion &amp; Sr. Services</div> <div>5:30pm SPIN w/ Michelle</div> <div>6:00pm – NO CLASS</div>	<div>10</div> <div>11:15am Arms, Core &amp; More w/Rachel</div> <div>12:15pm - Circuit Training w/ Ryan</div> <div>1:30PM SMI Group POUND W/ Lynn (aerobics rm)</div> <div>4:00pm-5:00pm Hummingbird (YS) Yoga (aerobics rm) w/Rachel</div> <div>5:30pm - Zumba w/ Lynn</div> <div>6:45pm – Glute Camp w/ Michelle</div>	<div>11</div> <div>6:15am - TBC a.m. w/ Dion</div> <div>7am - Squat Goals w/ Dion</div> <div>9:30am - Sr. Strength w/ Dion</div> <div>11:15am -Step &amp; Bands w/Rachel</div> <div>4:00pm-5:00pm Roadrunner Group (YS) (aerobics rm) w/Rachel</div> <div>4:15pm - YS – Hawk Group (TRACK) w/Michelle</div> <div>5:30pm - SPIN w/Michelle</div> <div>6:30pm - Zumba w/Rachel</div>	<div>12</div> <div>11:15am- SPIN w/ Rachel</div> <div>12:15pm HIIT Training (stations) w/Michelle</div> <div>5:30pm - Glute Express w/ Michelle</div>	<div>13</div> <div>12:00pm Cardio &amp; Sculpt (Fitness Center Area) w/Rachel</div>
<div>15</div> <div>12:00pm - Step ‘n’ Sculpt w/ Michelle</div> <div>12:30pm-NO CLASS</div> <div>5:30pm - Zumba w/ Lynn</div> <div>6:45pm - Glute Camp w/ Michelle</div>	<div>16</div> <div>7am - Squat Goals w/ Dion</div> <div>9:30am - Sr. Strength w/ Dion</div> <div>12:15pm Weight Blast w/Rachel</div> <div>5:30pm - SPIN w/ Michelle</div> <div>6:00pm – NO CLASS</div> <div>6:15pm-7:00pm AQUA FITNESS w/Rachel</div> <div>*S.H.K. Indoor Pool*</div>	<div>17</div> <div>11:15am Arms, Core &amp; More w/Rachel</div> <div>12:15pm-NO CLASS</div> <div>4:00pm-5:00pm Hummingbird (YS) Zumba (aerobics rm) w/Rachel</div> <div>5:30pm - Zumba w/ Lynn</div> <div>6:45pm – Glute Camp w/ Michelle</div>	<div>18</div> <div>6:15am - TBC a.m. w/ Dion</div> <div>7am - Squat Goals w/ Dion</div> <div>9:30am - Sr. Strength w/ Dion</div> <div>11:15am -Step &amp; Bands W/Rachel</div> <div>4:15pm - Hawk Group (YS) (reserve aerobic room) w/Michelle</div> <div>5:30pm - SPIN w/Michelle</div> <div>6:30pm - Zumba w/Rachel</div>	<div>19</div> <div>11:15am- SPIN w/ Rachel</div> <div>12:15pm HIIT Training (stations) w/Michelle</div> <div>5:30pm - Glute Express w/ Michelle</div> <div>6:15pm-7:00pm AQUA FITNESS (Interval) w/Rachel</div> <div>*S.H.K. Indoor Pool*</div>	<div>20</div> <div>12:00pm Cardio &amp; Sculpt (Fitness Center Area) w/Rachel</div>
<div>22</div> <div>12:00pm - Step ‘n’ Sculpt w/ Michelle</div> <div>12:30pm - Circuit Training w/ Ryan</div> <div>5:30pm - Zumba w/ Lynn</div> <div>6:45pm - Glute Camp w/ Michelle</div>	<div>23</div> <div>7am - Squat Goals w/ Dion</div> <div>9:30am - Sr. Strength w/ Dion</div> <div>12:15pm - Weight Blast W/Rachel</div> <div>1:30pm – Sacred Striders Walking group w/ Dion &amp; Sr. Services</div> <div>5:30pm -NO CLASS</div> <div>6:00pm Senior Line Dancing 55+ w/ Roberta</div>	<div>24</div> <div>11:15am Arms, Core &amp; More w/Rachel</div> <div>12:15pm - Circuit Training w/ Ryan</div> <div>1:30PM SMI Group POUND W/ Lynn</div> <div>4:00pm-5:00pm Hummingbird (YS) SPIN (spin rm) w/Rachel</div> <div>5:30pm - Zumba w/ Lynn</div> <div>6:45pm-NO CLASS</div>	<div>25</div> <div>6:15am TBC a.m. w/ Dion</div> <div>7am - Squat goals w/ Dion</div> <div>9:30am - Sr. Strength w/ Dion</div> <div>11:15am -Step &amp; Bands w/Rachel</div> <div>5:30pm-NO CLASS</div> <div>6:30pm - Zumba w/Rachel</div>	<div>26</div> <div>SRPMIC Tribal Offices will be CLOSED</div> <div>In Observance of Native American Recognition Day</div>	<div>27</div> <div>12:00pm Cardio &amp; Sculpt (Fitness Center Area) w/Rachel</div>
<div>29</div> <div>12:00pm - Step ‘n’ Sculpt w/ Michelle</div> <div>12:30pm - Circuit Training w/ Ryan</div> <div>5:30pm - Zumba w/ Lynn</div> <div>6:45pm - Glute Camp w/ Michelle</div>	<div>30</div> <div>7am - Squat Goals w/ Dion</div> <div>9:30am - Sr. Strength w/ Dion</div> <div>12:15pm Weight Blast w/Rachel</div> <div>5:30pm SPIN w/ Michelle</div> <div>6:00pm Senior Line Dancing 55+ w/ Roberta</div> <div>6:15pm-7:00pm AQUA FITNESS w/Rachel</div> <div>*S.H.K. Indoor Pool*</div>				

# CLASS DESCRIPTIONS

<b>ARMS, CORE &amp; MORE</b>
In this class the focus is on strengthening and the whole body in a HIIT formatted class. Incorporates a variety of exercises using bodyweight, light to heavy weights, and/or resistance tubing/bands plus a cardio segment. Some exercises incorporated floor exercises. The class aims to build strength, improve posture, and enhance overall fitness. Instructor will give modifications for those new to class. All fitness levels welcome.
<b>AQUA FITNESS – <i>INTERVAL TRAINING</i> (S.H.K. POOL)</b>
Aqua-Fitness Interval Training is a fun, Low to Moderate intensity: water workout that combines cardio, core and strength training. This is an interval style class. Props are used at the instructor’s discretion. Open to 15 years and older (under 18 must be accompanied by parent/guardian/Responsible adult). All fitness levels welcome.
<b>CARDIO &amp; SCULPT (Fitness Center Area &amp; Equipment)</b>
Tabata/HIIT format 8 – 12 Rounds: 20 to 30 second WORK, 10 to 15 second REST and 3–4-minute CARDIO segments plus 30 to minute BREAK in between Rounds. In this class you will be using fitness center equipment for a cardio and strength exercises. Cardiovascular machines: treadmill, elliptical, recumbent bike, rower, air bike or SkiErg. Strength equipment: dumbbells, barbells, kettlebells, bands/or resistance tubing, bodyweight and more for a total body workout. Instructor will give modifications for those new to class. All fitness levels welcome.
<b>CIRCUIT INTERVAL TRAINING</b>
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!
<b>GLUTE CAMP</b>
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.
<b>GLUTE EXPRESS</b>
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).
<b>HIIT TRAINING</b>
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.
<b>KETTLEBELL Strength/Cardio</b>
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.
<b>SALT RIVER SENIOR STRENGTH</b>
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.
<b>SPIN</b>
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.
<b>SENIOR LINE DANCING 55+ w/Roberta Johnston</b>
Discover the joy of line dancing beginner-friendly classes! You'll learn essential steps and patterns that form the foundation of line dancing, all while having a great time! Our dance sessions feature a diverse selection of music genres, including pop, big band, oldies, Latin, R&B, and country. Lo Impact movements and class for elders 55+.
<b>SQUAT GOALS</b>
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.
<b>STEP &amp; BANDS</b>
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 cardio & strength exercises. Resistance exercises will be performed standing or seated. Instructor will give modifications for those new to class. All fitness levels welcome.
<b>STEP ‘N’ SCULPT</b>
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!
<b>T.B.C. (TOTAL BODY CONDITIONING)</b>
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
<b>WEIGHT BLAST</b>
Classes begin with a warm-up, which may include dynamic stretching and movements to prepare the body for the workout. Skill/Strength Work: A portion of the class is dedicated to practicing specific movements or lifting techniques. This could involve learning a new movement, improving existing skills, or focusing on building strength through exercises like squats or deadlifts. WOD (Workout of the Day): The WOD is the core of the class, a workout designed to be challenging and varied. These workouts can incorporate a wide range of exercises. All fitness levels welcome.
<b>ZUMBA ®</b>
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. Instructor will give modifications for those new to class. All fitness levels welcome.



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



Monday	Tuesday	Wednesday	Thursday	Friday
1 SRPMIC Tribal Offices will be <b>CLOSED</b> In Observance of Labor Day	2 <u>12pm</u> SPIN w/ Michelle	3 <u>11:15am</u> GLUTE CAMP w/ Michelle <u>12pm</u> HIIT w/ Michelle	4 <u>12pm</u> AMRAP w/Michelle	5 <u>12pm</u> <b>NO CLASS</b>
8 <u>12PM</u> T.B.C. w/ Dion	9 <u>12pm</u> SPIN w/ Michelle	10 <u>11:15am</u> GLUTE CAMP w/ Michelle <u>12pm</u> HIIT w/ Michelle	11 <u>12pm</u> AMRAP w/Michelle	12 <u>12pm</u> BARBELL/DUMBBELL SHRED w/ Dion
15 <u>12PM</u> T.B.C. w/ Dion	16 <u>12pm</u> SPIN w/ Michelle	17 <u>11:15am</u> GLUTE CAMP w/ Michelle <u>12pm</u> HIIT w/ Michelle	18 <u>12pm</u> AMRAP w/Michelle	19 <u>12pm</u> BARBELL/DUMBBELL SHRED w/ Dion
22 <u>12PM</u> T.B.C. w/ Dion	23 <u>12pm</u> NO CLASS	24 <u>11:15am</u> NO CLASS <u>12pm</u> NO CLASS	25 <u>12pm</u> NO CLASS	26 SRPMIC Tribal Offices will be <b>CLOSED</b> In Observance of Native American Recognition Day
29 <u>12PM</u> T.B.C. w/ Dion	30 <u>12pm</u> SPIN w/ Michelle			
<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 <b>HHS – Diabetes Prevention Program</b> <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> <ul style="list-style-type: none"><li>- Fitness Center Intake Form</li><li>- Diabetes Prevention Services Health History Form (liability waiver &amp; HIPAA)</li><li>- Program Behavioral Agreement form</li><li>- Pick-up paperwork at WOLF Fitness Center. 480-362-7320</li><li>- Children Under 18 not allowed, for SRPMIC Employee use only.</li></ul>				<b>HHS – Diabetes Prevention Services Program</b> Fitness Staff: 480-362-7320  Elissa Caston, Diabetes Prevention Services Program Coordinator: 480-362-7672



# 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>GLUTE 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>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>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>

HHS Diabetes Prevention Services Program’s WOLF Fitness Center maybe closed on tribal designated holidays, meetings, community events, and shortage of staff and etc. this includes the Group Exercise Classes. Cancellation notification will be posted in facility via flyer, digital signage, email, community announcements