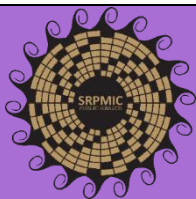




SKE:G HIMDAG KI:  
Diabetes Prevention Services Fitness Center  
OCTOBER 2025 GROUP EXERCISES CLASSES



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<div>1 11:30am ABC's - Arms, Bootie, Core w/Rachel 12:15pm - Circuit Training w/ Ryan 4:00pm (reserve aerobics room) Hummingbird-Yoga w/Rachel 5:30pm - Zumba w/ Lynn 6:45pm Barbell Strength &amp; Metcon w/ Michelle 6:30pm – SPIN “THE CLIMB” w/Rachel</div>	<div>2 6:15am - TBC a.m. w/ Dion 7am - Squat Goals w/ Dion 9:30am - Sr. Strength w/ Dion 12:15 pm - Zumba W/Rachel 4:00pm (reserve aerobics room) Roadrunners-Yoga W/Rachel 5:30pm - SPIN w/Michelle 6:30pm-Yoga w/Rachel</div>	<div>3 11:30am Cardio Kick &amp; Core w/Rachel 12:15pm HIIT Training (stations) w/Michelle 5:30pm Brick Training w/ Michelle 6:15pm AQUA FITNESS (FINAL/LAST CLASS) w/Rachel</div>	<div>4 12:00pm Cardio &amp; Sculpt (Fitness Center Area) w/Rachel</div>
<div>6 12:00pm - Step ‘n’ Sculpt w/ Michelle 12:30pm - Circuit Training w/ Ryan 5:30pm - Zumba w/ Lynn 6:45pm - Glute Camp w/ Michelle</div>	<div>7 7am - Squat Goals w/ Dion 9:30am - Sr. Strength w/ Dion 12:15pm Weight Blast w/Rachel 5:30pm SPIN w/ Michelle 6:00pm Senior Line Dancing 55+ w/ Roberta</div>	<div>8 11:30am ABC's - Arms, Bootie, Core w/Rachel 12:15pm - Circuit Training w/ Ryan 1:30PM - SMI Group POUND W/ Lynn (aerobics rm) 5:30pm - Zumba w/ Lynn 6:45pm Barbell Strength &amp; Metcon w/ Michelle 6:30pm SPIN “THE CLIMB” w/Rachel</div>	<div>9 6:15am - TBC a.m. w/ Dion 7am - Squat Goals w/ Dion 9:30am - Sr. Strength w/ Dion 12:15 pm – 12:45 pm Zumba w/Rachel 5:30pm - SPIN w/Michelle 6:30pm-Yoga w/Rachel</div>	<div>10 11:30am Cardio Kick &amp; Core w/Rachel 12:15pm HIIT Training (stations) w/Michelle 5:30pm- NO CLASS</div>	<div>11 12:00pm -NO CLASS</div>
<div>13 12:00pm-NO CLASS 12:30pm - Circuit Training w/ Ryan 5:30pm - Zumba w/ Lynn 6:45pm- NO CLASS</div>	<div>14 7am - Squat Goals w/ Dion 9:30am - Sr. Strength w/ Dion 12:15pm Weight Blast w/Rachel 5:30pm - SPIN w/ Michelle 6:00pm Senior Line Dancing 55+ w/ Roberta</div>	<div>15 11:30am ABC's - Arms, Bootie, Core w/Rachel 12:15pm - Circuit Training w/ Ryan 5:30pm – NO CLASS 6:45pm Barbell Strength &amp; Metcon w/ Michelle 6:30pm-NO CLASS</div>	<div>16 6:15am - TBC a.m. w/ Dion 7am - Squat Goals w/ Dion 9:30am - Sr. Strength w/ Dion 12:15 pm – 12:45 pm Zumba w/Rachel 5:30pm - SPIN w/Michelle 6:30pm-Yoga w/Rachel</div>	<div>17 11:30am Cardio Kick &amp; Core w/Rachel 12:15pm HIIT Training (stations) w/Michelle 5:30pm - Brick Training w/Michelle</div>	<div>18 12:00pm Cardio &amp; Sculpt (Fitness Center Area) w/Rachel</div>
<div>20 12:00pm - Step ‘n’ Sculpt w/ Michelle 12:30pm - Circuit Training w/ Ryan 5:30pm - Zumba w/ Lynn 6:45pm - Glute Camp w/ Michelle</div>	<div>21 7am - Squat Goals w/ Dion 9:30am - Sr. Strength w/ Dion 12:15pm - Weight Blast W/Rachel 5:30pm - SPIN w/ Michelle 6:00pm – NO CLASS</div>	<div>22 11:30am ABC's - Arms, Bootie, Core w/Rachel 12:15pm - Circuit Training w/ Ryan 1:30PM-SMI Group POUND W/ Lynn 4:00pm-4:45pm (reserve aerobics room) Hummingbird Cardio Kickboxing w/Rachel 5:30pm - Zumba w/ Lynn 6:45pm Barbell Strength &amp; Metcon w/ Michelle 6:30pm SPIN “THE CLIMB” w/Rachel</div>	<div>23 6:15am TBC a.m. w/ Dion 7am - Squat goals w/ Dion 9:30am - Sr. Strength w/ Dion 12:15 pm – 12:45 pm Zumba w/Rachel 5:30pm - SPIN w/Michelle 6:30pm-7:20 pm Yoga w/Rachel</div>	<div>24 11:30am Cardio Kick &amp; Core w/Rachel 12:15pm- NO CLASS 5:30pm-NO CLASS</div>	<div>25 12:00pm Cardio &amp; Sculpt (Fitness Center Area) w/Rachel</div>
<div>27 12:00pm - Step ‘n’ Sculpt w/ Michelle 12:30pm - Circuit Training w/ Ryan 5:30pm - Zumba w/ Lynn 6:45pm - Glute Camp w/ Michelle</div>	<div>28 7am - Squat Goals w/ Dion 9:30am - Sr. Strength w/ Dion 12:15pm Weight Blast w/Rachel 5:30pm - SPIN w/ Michelle 6:00pm Senior Line Dancing 55+ w/ Roberta</div>	<div>29 11:30am-12pm ABC's - Arms, Bootie, Core w/Rachel 12:15pm – NO CLASS 5:30pm – 7:30pm Salt River Community Building Glam &amp; Glitter Party ZUMBA &amp; MIXXEDFIT with Lynn, Rachel &amp; Guest Instructors 6:45pm Barbell Strength &amp; Metcon w/ Michelle</div>	<div>30 6:15am - TBC a.m. w/ Dion 7am - Squat Goals w/ Dion 9:30am - Sr. Strength w/ Dion 12:15 pm – Zumba w/Rachel 5:30pm - SPIN w/Michelle 6:30pm- Yoga w/Rachel</div>	<div>31 11:30am Cardio Kick &amp; Core w/Rachel 12:15pm HIIT Training (stations) w/Michelle 5:30pm - Brick Training w/ Michelle</div> <div></div>	



# Employee Fitness Center - Building 32

## OCTOBER 2025 – Group Exercise Class



Monday	Tuesday	Wednesday	Thursday	Friday
		<div>1</div> <div>11:15am</div> <div>GLUTE CAMP</div> <div>w/ Michelle</div> <div>12pm</div> <div>HIIT w/ Michelle</div> <div>1:30pm</div> <div>ZUMBA w/Lynn</div>	<div>2</div> <div>12pm</div> <div>AMRAP w/Michelle</div>	<div>3</div> <div>12pm</div> <div>BARBELL/DUMBBELL SHRED</div> <div>w/ Dion</div>
<div>6</div> <div>12PM</div> <div>T.B.C.</div> <div>w/ Dion</div>	<div>7</div> <div>12pm</div> <div>SPIN</div> <div>w/ Michelle</div>	<div>8</div> <div>11:15am</div> <div>GLUTE CAMP</div> <div>w/ Michelle</div> <div>12pm</div> <div>HIIT w/ Michelle</div> <div>1:30pm</div> <div>ZUMBA w/Lynn</div>	<div>9</div> <div>12pm</div> <div>AMRAP w/Michelle</div>	<div>10</div> <div>12pm</div> <div>BARBELL/DUMBBELL SHRED</div> <div>w/ Dion</div>
<div>13</div> <div>12PM</div> <div>T.B.C.</div> <div>w/ Dion</div>	<div>14</div> <div>12pm</div> <div>SPIN</div> <div>w/ Michelle</div>	<div>15</div> <div>11:15am</div> <div>GLUTE CAMP</div> <div>w/ Michelle</div> <div>12pm</div> <div>HIIT w/ Michelle</div> <div>1:30pm</div> <div>ZUMBA w/Lynn</div>	<div>16</div> <div>12pm</div> <div>AMRAP w/Michelle</div>	<div>17</div> <div>12pm</div> <div>BARBELL/DUMBBELL SHRED</div> <div>w/ Dion</div>
<div>20</div> <div>12PM</div> <div>T.B.C.</div> <div>w/ Dion</div>	<div>21</div> <div>12pm</div> <div>SPIN</div> <div>w/ Michelle</div>	<div>22</div> <div>11:15am</div> <div>GLUTE CAMP</div> <div>w/ Michelle</div> <div>12pm</div> <div>HIIT w/ Michelle</div> <div>1:30pm</div> <div>ZUMBA w/Lynn</div>	<div>23</div> <div>12pm</div> <div>AMRAP w/Michelle</div>	<div>24</div> <div>12pm</div> <div>NO CLASS</div>
<div>27</div> <div>Building 32 Fitness Center will be permanently closed beginning 10/27</div>	<div>28</div>	<div>29</div>	<div>30</div>	<div>31</div>
<div>Building 32 Employee Fitness Center Rules: 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</div> <div>HHS – Diabetes Prevention Program</div> <div>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.</div> <div><div>- Fitness Center Intake Form</div><div>- Diabetes Prevention Services Health History Form (liability waver &amp; HIPAA)</div><div>- Program Behavioral Agreement form</div><div>- Pick-up paperwork at WOLF Fitness Center. 480-362-7320</div><div>- Children Under 18 not allowed, for SRPMIC Employee use only.</div></div>				<div>HHS – Diabetes Prevention Services Program</div> <div>Fitness Staff:</div> <div>480-362-7320</div> <div>Elissa Caston, Diabetes Prevention Services Program Coordinator:</div> <div>480-362-7672</div>



## CLASS DESCRIPTIONS

<b>ABC’s - ARMS, BOOTIE, CORE (30-minute class)</b>
30-minute class that focus is on strengthening the whole body. Class format can be traditional sets & reps or in a HIIT format timing. You will incorporate variety of exercises using bodyweight, dumbbells, barbells, kettlebell, resistance band & tubing and other equipment for a total body strength training workout. Exercises are performed standing, seated or laying on the floor. All fitness levels welcome.
<b>AQUA FITNESS – (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>BARBELL STRENGTH &amp; METCON</b>
Barbell Strength & Metcon class is an intense workout that mixes weightlifting with heart-pumping exercises to boost fitness, build muscle, and increase stamina. These sessions usually follow a circuit format with little rest time or use timed rounds, such as AMRAP (doing as many rounds as you can) or EMOM (every minute on the minute). The classes focus on major lifts like squats, cleans, and rows, along with bodyweight exercises and other cardio activities, offering a complete workout in a short amount of time.
<b>BRICK TRAINING</b>
To train like a triathlete, try a BRICK Training session! This fun exercise helps your body prepare for different sports. It starts with a 30-minute ride on a spin bike to build stamina. Then, you switch to a treadmill or track for another 30 minutes of walking, jogging, or running. This mix of activities helps your body adjust to moving between sports, just like in a triathlon. If you want to improve your fitness and enjoy yourself, a BRICK training is a great option!
<b>CARDIO KICK &amp; CORE (30-minute class)</b>
Low impact cardio kickboxing-based workout for 30 minutes. All movement are standing no equipment used in class only use your body to build your endurance and strengthen your core and lower body. 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>HIIT TRAINING (Stations in aerobics room)</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>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>SR. STRENGTH (55+)</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>SPIN CYCLE – “THE CLIMB”</b>
This ride is a training session in the hills. You will be working on your strength energy zone. Whether you are tackling one big hill or simulating rolling hills, you will find yourself lost in “the climb” you will be riding for 60 minutes. Intermediate and Advance riders.
<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 ‘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. You'll perform a variety of exercises targeting major muscle groups, often including squats, lunges, deadlifts, presses (bench, overhead), rows, and more. Class utilizes various equipment, such as dumbbells, barbells, kettlebells, resistance bands, and sometimes machines or bodyweight exercises. Classes are designed to challenge you, but instructors offer modifications to suit different fitness levels. All fitness levels welcome.
<b>YOGA</b>
A balanced practice that combines postures (asanas), breathing techniques (pranayama), and meditation. Slower and more static, with longer holds in each pose for mind and body, builds strength, and improves flexibility in a gentle way. All-levels, focusing on proper alignment and fundamental poses.
<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.

**PUBLIC HEALTH – DIABETES PREVENTION SERVICES FITNESS CENTER**

Located in the Ske:g Himdag Ki | 11725 E. Indian School Road | Fitness Center: 480-362-7320