


<div><div></div><div><div>SKE:G HIMDAG KI</div><div>Diabetes Prevention Services Fitness Center</div><div>DECEMBER 2025 GROUP EXERCISES CLASSES</div></div><div><div>Diabetes Prevention Services</div></div></div>					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>12:00pm-NO CLASS</div> <div>12:00pm - NO CLASS</div> <div>5:30pm-Zumba</div> <div>W/Lynn</div> <div>6:45pm - Glute Camp</div> <div>w/ Michelle</div>	<div>2</div> <div>7am - Squat Goals</div> <div>w/ Dion</div> <div>9:30am - Sr. Strength</div> <div>w/ Dion</div> <div>12pm – SPIN</div> <div>w/Michelle</div> <div>12:15pm Weight Blast</div> <div>w/Rachel</div> <div>5:30pm SPIN</div> <div>w/ Michelle</div>	<div>3</div> <div>11:15am</div> <div>ABC’s - Arms, Bootie, Core</div> <div>w/Rachel</div> <div>4:00pm-4:45pm</div> <div>(reserve aerobics room)</div> <div>YS Hummingbird</div> <div>W/Rachel</div> <div>5:30pm-Zumba</div> <div>W/Lynn</div> <div>6:00pm- SPIN</div> <div>w/Rachel</div> <div>6:45pm</div> <div>Barbell Strength &amp; Metcon</div> <div>w/ Michelle</div>	<div>4</div> <div>6:15am - TBC a.m.</div> <div>w/ Dion</div> <div>7am - Squat Goals</div> <div>w/ Dion</div> <div>9:30am - Sr. Strength</div> <div>w/ Dion</div> <div>11:15 am – ZUMBA</div> <div>W/Rachel</div> <div>12pm – AMRAP</div> <div>w/Michelle</div> <div>4pm YS – Hawk Group</div> <div>(reserve aerobics room)</div> <div>W/Michelle</div> <div>5:30pm - SPIN</div> <div>w/Michelle</div> <div>6:30pm – Yoga</div> <div>w/Rachel</div>	<div>5</div> <div>11:15am</div> <div>Step &amp; Bands</div> <div>w/Rachel</div> <div>12:05pm</div> <div>Strength/Conditioning</div> <div>w/ Dion</div> <div>HIIT Training (stations)</div> <div>w/Michelle</div> <div>5:30pm - Brick Training</div> <div>(Spin &amp; Run)</div> <div>W/Michelle</div>	<div>6</div> <div>12:00pm</div> <div>Cardio &amp; Sculpt</div> <div>(Fitness Center Area)</div> <div>w/Rachel</div>
<div>8</div> <div>12:00pm - Step ‘n’ Sculpt</div> <div>w/ Michelle</div> <div>12:05pm – Total Body Conditioning</div> <div>w/ Dion</div> <div>12:30pm - Circuit Training</div> <div>w/ Ryan</div> <div>5:30pm - Zumba</div> <div>w/ Lynn</div> <div>6:45pm - Glute Camp</div> <div>w/ Michelle</div>	<div>9</div> <div>7am - Squat Goals</div> <div>w/ Dion</div> <div>9:30am - Sr. Strength</div> <div>w/ Dion</div> <div>12pm – SPIN</div> <div>w/Michelle</div> <div>12:15pm Weight Blast</div> <div>w/Rachel</div> <div>5:30pm SPIN</div> <div>w/ Michelle</div>	<div>10</div> <div>11:15am</div> <div>ABC’s - Arms, Bootie, Core</div> <div>w/Rachel</div> <div>12pm – H.I.I.T.</div> <div>w/Michelle</div> <div>12:15pm - Circuit Training</div> <div>w/ Ryan</div> <div>5:30pm – 7:30pm</div> <div>(Salt River Community Bldg.)</div> <div>Zumba/MixedFit</div> <div>Christmas Jingle Party</div> <div>W/Lynn, Rachel &amp; Mel</div> <div>6:00pm – NO CLASS</div> <div>6:45pm</div> <div>Barbell Strength &amp; Metcon</div> <div>w/ Michelle</div>	<div>11</div> <div>6:15am - TBC a.m.</div> <div>w/ Dion</div> <div>7am - Squat Goals</div> <div>w/ Dion</div> <div>9:30am - Sr. Strength</div> <div>w/ Dion</div> <div>11:15 am – ZUMBA</div> <div>W/Rachel</div> <div>12pm – AMRAP</div> <div>W/Michelle</div> <div>4:00pm – 5:00pm</div> <div>(SHK Track)</div> <div>Youth Services Groups</div> <div>Reindeer Run</div> <div>w/Rachel, Michelle &amp; Ryan</div> <div>5:30pm - SPIN</div> <div>w/Michelle</div> <div>6:30pm – Yoga w/Rachel</div>	<div>12</div> <div>11:15am</div> <div>Step &amp; Bands</div> <div>w/Rachel</div> <div>12:05pm</div> <div>Strength/Conditioning</div> <div>w/ Dion</div> <div>12:15pm</div> <div>HIIT Training (stations)</div> <div>w/Michelle</div> <div>5:30pm - Brick Training</div> <div>(Spin &amp; Run)</div> <div>w/Michelle</div>	<div>13</div> <div>12:00pm</div> <div>Cardio &amp; Sculpt</div> <div>(Fitness Center Area)</div> <div>w/Rachel</div>
<div>15</div> <div>12:00pm - Step ‘n’ Sculpt</div> <div>W/ Michelle</div> <div>12:05pm – Total Body Conditioning</div> <div>w/ Dion</div> <div>12:30pm - Circuit Training</div> <div>w/ Ryan</div> <div>5:30pm - Zumba</div> <div>w/ Lynn</div> <div>6:45pm - Glute Camp</div> <div>w/ Michelle</div>	<div>16</div> <div>7am - Squat Goals</div> <div>w/ Dion</div> <div>9:30am - Sr. Strength</div> <div>w/ Dion</div> <div>12pm – SPIN</div> <div>w/Michelle</div> <div>12:15pm Weight Blast</div> <div>w/Rachel</div> <div>5:30pm SPIN</div> <div>w/ Michelle</div>	<div>17</div> <div>11:15am</div> <div>ABC’s - Arms, Bootie, Core</div> <div>w/Rachel</div> <div>12pm – H.I.I.T.</div> <div>w/Michelle</div> <div>12:15pm - Circuit Training</div> <div>w/ Ryan</div> <div>4:00pm-4:45pm</div> <div>(reserve aerobics room)</div> <div>YS Hummingbird</div> <div>w/Rachel</div> <div>5:30pm-Zumba</div> <div>W/Lynn</div> <div>6:00pm- SPIN</div> <div>w/Rachel</div> <div>6:45pm</div> <div>Barbell Strength &amp; Metcon</div> <div>w/ Michelle</div>	<div>18</div> <div>6:15am - TBC a.m.</div> <div>w/ Dion</div> <div>7am - Squat Goals</div> <div>w/ Dion</div> <div>9:30am - Sr. Strength</div> <div>w/ Dion</div> <div>11:15 am – ZUMBA</div> <div>W/Rachel</div> <div>12pm – AMRAP</div> <div>w/Michelle</div> <div>4pm YS – Hawk Group</div> <div>W/Michelle</div> <div>5:30pm - SPIN</div> <div>w/Michelle</div> <div>6:30pm – Yoga</div> <div>w/Rachel</div>	<div>19</div> <div>11:15am</div> <div>Step &amp; Bands</div> <div>w/Rachel</div> <div>12:30pm – 6:30pm</div> <div>FITNESS CENTER</div> <div>CLOSED</div> <div>STAFF ATTENDING</div> <div>MANDATORY</div> <div>MEETING</div>	<div>20</div> <div>12:00pm</div> <div>Cardio &amp; Sculpt</div> <div>(Fitness Center Area)</div> <div>w/Rachel</div>
<div>22</div> <div>12:05pm – Total Body Conditioning</div> <div>w/ Dion</div> <div>12:00pm - Step ‘n’ Sculpt</div> <div>w/ Michelle</div> <div>12:30pm - Circuit Training</div> <div>w/ Ryan</div> <div>5:30pm - Zumba</div> <div>w/ Lynn</div> <div>6:45pm - Glute Camp</div> <div>w/ Michelle</div>	<div>23</div> <div>7am - Squat Goals</div> <div>w/ Dion</div> <div>9:30am - Sr. Strength</div> <div>w/ Dion</div> <div>12pm – SPIN</div> <div>w/Michelle</div> <div>12:15pm - Weight Blast</div> <div>W/Rachel</div> <div>5:30pm - SPIN</div> <div>w/ Michelle</div>	<div>24</div> <div>11:15am</div> <div>ABC’s - Arms, Bootie, Core</div> <div>w/Rachel</div> <div>12pm – H.I.I.T.</div> <div>w/Michelle</div> <div>12:15pm - Circuit Training</div> <div>w/ Ryan</div> <div>5:30pm-Zumba</div> <div>W/Lynn</div> <div>6:45pm</div> <div>Barbell Strength &amp; Metcon</div> <div>w/ Michelle</div> <div>6:00pm - SPIN</div> <div>w/Rachel</div>	<div>25</div> <div>SKE:G HIMDAG KI:</div> <div>Facility will be closed in Observance of Christmas</div>	<div>26</div> <div>SKE:G HIMDAG KI:</div> <div>Facility will be closed in Observance of Christmas Holiday</div>	<div>27</div> <div>12:00pm</div> <div>Cardio &amp; Sculpt</div> <div>(Fitness Center Area)</div> <div>w/Rachel</div>
<div>29</div> <div>12:05pm – NO CLASS</div> <div>12:00pm - Step ‘n’ Sculpt</div> <div>w/ Michelle</div> <div>12:30pm - Circuit Training</div> <div>w/ Ryan</div> <div>5:30pm –NO CLASS</div> <div>6:45pm - Glute Camp</div> <div>w/ Michelle</div>	<div>30</div> <div>7am – NO CLASS</div> <div>9:30am – NO CLASS</div> <div>12pm – SPIN</div> <div>w/Michelle</div> <div>12:15pm – NO CLASS</div> <div>5:30pm – SPIN</div> <div>w/ Michelle</div>	<div>31</div> <div>11:15am - NO CLASS</div> <div>12pm – H.I.I.T.</div> <div>w/Michelle</div> <div>12:15pm - Circuit Training</div> <div>w/ Ryan</div> <div>5:30pm-ZUMBA</div> <div>With Lynn</div> <div>6:00pm – NO CLASS</div> <div>6:45pm</div> <div>Barbell Strength &amp; Metcon</div> <div>w/ Michelle</div>			

CLASS DESCRIPTIONS

<b>ABC’s - ARMS, BOOTIE, CORE</b> (40-minute class)
Participate in a 40-minute class that focuses on building strength throughout your entire body. The class format may vary between traditional sets and repetitions or a HIIT approach with timed segments. You will use a mix of exercises involving bodyweight, dumbbells, barbells, kettlebells, resistance bands, tubing, and other equipment for a total body strength training experience. Exercises can be executed while standing, seated, or lying down. Everyone is welcome, no matter your fitness level
<b>AMRAP</b>
The AMRAP class focuses on maximizing workout efficiency by encouraging participants to complete as many rounds as possible within a set timeframe. This high-intensity format promotes endurance, strength, and cardiovascular fitness, making it suitable for individuals of varying fitness levels. Participants engage in a series of exercises, pushing their limits while fostering a supportive community atmosphere. The structure of the class allows for personal progression, as each individual can tailor their pace and intensity to meet their specific goals.
<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> (Spin & Run)
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 &amp; SCULPT</b> (Fitness Center Area & Equipment)
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 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</b> (Stations in aerobics room)
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>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>STRENGTH &amp; CONDITIONING</b>
Class combining strength and a mix of cardio and conditioning. Starting each class with Traditional Barbell Strength Movements of the big 3 Bench, Deadlifts or Squats; then moving to Hypertrophy training and finishing w/ Cardio/Conditioning to increase VO2 max and Heart Rate.
<b>STEP &amp; BANDS</b> (40-minute class)
Let's get our bodies moving to build up that cardiovascular system and add some strength training too. We'll use step and resistance bands and tubing for a complete workout. The step moves will be simple and will focus on both cardio and resistance bands, and tubing will be used for strength exercises. Resistance exercises can be done standing, lying down, or seated. The instructor will provide modifications for beginners in the class.
<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> (40-minute class)
Classes kick off with a warm-up in the aerobic room, fitness center, or indoor track. You'll engage in various exercises that focus on the major muscle groups, including key lifts like the squat, deadlift, and bench press. These lifts will take place in the fitness center area, utilizing weight racks and a deadlift pad. If there's enough time, we might squeeze in a 'Workout of the Day' after the lifting segment. The classes are crafted to push your limits, but instructors provide modifications to accommodate all fitness levels. Everyone is welcome, so come build your confidence, boost your strength, and master weightlifting techniques in a friendly and encouraging atmosphere
<b>YOGA</b> (45-minute class)
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