





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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 12:00pm Cardio & Sculpt (Fitness Center Area) w/Rachel
3 12:00pm - Step 'n' Sculpt w/ Michelle 12:30pm - Circuit Training w/ Ryan 5:30pm - Zumba w/ Lynn 6:45pm - Glute Camp w/ Michelle	4 7am NO CLASS 9:30am NO CLASS 12pm - SPIN w/Michelle 12:15pm Weight Blast w/Rachel 5:30pm SPIN w/ Michelle 6:00pm	5 11:15am NO CLASS 12pm - H.I.I.T. w/Michelle 12:15pm - Circuit Training w/ Ryan 1:30PM - SMI Group POUND W/ Lynn (aerobics rm) 5:30pm - Zumba w/ Lynn 6:45pm Barbell Strength & Metcon w/ Michelle 6:30pm NO CLASS	6 6:15am NO CLASS 7am NO CLASS 9:30am NO CLASS 11:15 am NO CLASS 12pm - AMRAP w/Michelle 5:30pm - SPIN w/Michelle 6:30pm NO CLASS	7 11:15am - NO CLASS 12:15pm HIIT Training (stations) w/Michelle 5:30pm - Brick Training w/Michelle	8 12:00pm NO CLASS
10 12:00pm NO CLASS 12:30pm - Circuit Training w/ Ryan 5:30pm - Zumba w/ Lynn 6:45pm - Glute Camp w/ Michelle	11 SKE:G HIMDAG KI: Facility will be closed in Observance of Veterans Day 	12 11:15am ABC's - Arms, Bootie, Core w/Rachel 12pm - H.I.I.T. w/Michelle 12:15pm - Circuit Training w/ Ryan 4:00pm-4:45pm (reserve aerobics room) Hummingbird Cardio Kickboxing w/Rachel 5:30pm-Zumba W/Lynn 6:45pm Barbell Strength & Metcon w/ Michelle 6:30pm- SPIN w/Rachel	13 6:15am - TBC a.m. w/ Dion 7am - Squat Goals w/ Dion 9:30am - Sr. Strength w/ Dion 11:15 am - ZUMBA W/Rachel 12pm - AMRAP w/Michelle SKE:G HIMDAG KI: FITNESS CENTER WILL BE CLOSED FROM 4PM-8AM JOIN DIABETES PREVENTION SERVICES AT THE DIABETES AWARENESS WALK AT THE ALA BASEBALL FIELD	14 11:15am Cardio Kick & Core w/Rachel 12:05pm Strength/Conditioning w/ Dion 12:15pm HIIT Training (stations) w/Michelle 5:30pm NO CLASS	15 12:00pm Cardio & Sculpt (Fitness Center Area) w/Rachel
17 12:05pm - Total Body Conditioning w/ Dion 12:00pm - Step 'n' Sculpt w/ Michelle 12:30pm - Circuit Training w/ Ryan 5:30pm - Zumba w/ Lynn 6:45pm - Glute Camp w/ Michelle	18 7am - Squat Goals w/ Dion 9:30am - Sr. Strength w/ Dion 12pm - SPIN w/Michelle 12:15pm - Weight Blast W/Rachel 5:30pm - SPIN w/ Michelle 6:00pm NO CLASS	19 11:15am ABC's - Arms, Bootie, Core w/Rachel 12pm - H.I.I.T. w/Michelle 12:15pm - Circuit Training w/ Ryan 1:30PM-SMI Group POUND W/ Lynn 4:00pm- YS Hummingbird w/Rachel (reserve aerobics room) 5:30pm - Zumba w/ Lynn 6:45pm Barbell Strength & Metcon w/ Michelle 6:30pm - SPIN w/Rachel	20 6:15am TBC a.m. w/ Dion 7am - Squat goals w/ Dion 9:30am - Sr. Strength w/ Dion 11:15 am - ZUMBA W/Rachel 12pm - AMRAP w/Michelle 4:00pm - YS Roadrunner w/Rachel (reserve aerobics room) 5:30pm - SPIN w/Michelle 6:30pm - Yoga w/Rachel	21 11:15am Cardio Kick & Core w/Rachel 12:05pm - Strength/Conditioning w/ Dion 12:15pm HIIT Training (stations) w/Michelle 5:30pm - Brick Training w/Michelle	22 12:00pm Cardio & Sculpt (Fitness Center Area) w/Rachel
24 12:05pm - Total Body Conditioning w/ Dion 12:00pm - Step 'n' Sculpt w/ Michelle 12:30pm - Circuit Training w/ Ryan 5:30pm - Zumba w/ Lynn 6:45pm - Glute Camp w/ Michelle	25 7am - Squat Goals w/ Dion 9:30am - Sr. Strength w/ Dion 12pm - SPIN w/Michelle 12:15pm Weight Blast w/Rachel 5:30pm - SPIN w/ Michelle	26 11:15am ABC's - Arms, Bootie, Core w/Rachel 12pm - H.I.I.T. w/Michelle 12:15pm - Circuit Training w/ Ryan 5:30pm - 7:30pm ZUMBA With Lynn 6:45pm Barbell Strength & Metcon w/ Michelle 6:30pm - SPIN w/Rachel	27 SKE:G HIMDAG KI: Facility will be closed in Observance of Thanksgiving 	28 SKE:G HIMDAG KI: Facility will be closed in Observance of Thanksgiving	29 12:00pm Cardio & Sculpt (Fitness Center Area) w/Rachel

CLASS DESCRIPTIONS

ABC's - ARMS, BOOTIE, CORE (30-minute class)
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.
AMRAP
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.
BARBELL STRENGTH & METCON
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.
BRICK TRAINING
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!
CARDIO KICK & CORE (30-minute class)
Low impact cardio kickboxing-based workout for 30 minutes. All movements are standing no equipment and light to moderate weights or resistance equipment will be used to build your endurance and strengthen your core and lower body. All fitness levels welcome.
CARDIO & SCULPT (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.
CIRCUIT INTERVAL TRAINING
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!
GLUTE CAMP
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.
HIIT TRAINING (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 comprising of upper body, lower body, core, and cardio exercises. This class will give a short but intense workout session.
SENIOR LINE DANCING 55+ w/Roberta Johnston
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+.
SR. STRENGTH (55+)
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
SPIN
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.
SQUAT GOALS
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.
STRENGTH & CONDITIONING
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.
STEP 'N' SCULPT
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!
T.B.C. (TOTAL BODY CONDITIONING)
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
WEIGHT BLAST
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.
YOGA
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.
ZUMBA®
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



Diabetes Prevention Services