



SKE:G HIMDAG KI: FITNESS CENTER

March 2026 GROUP EXERCISES CLASSES



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">2</p> <p>7am - Jumpstart Fitness: Level 1 (Beginner) w/ Dion</p> <p>12:00pm - Step 'n' Sculpt w/ Michelle</p> <p>12:05pm - Total Body Conditioning w/ Dion</p> <p>12:15pm - Circuit Training w/ Ryan</p> <p>5:30PM ZUMBA w/Lynn</p> <p>6:45pm - Glute Camp w/ Michelle</p>	<p style="text-align: center;">3</p> <p>7am - Squat Goals w/ Dion</p> <p>9:30am - Sr. Strength w/ Dion</p> <p style="background-color: yellow;">12pm - NO CLASS</p> <p>12:05pm - Total Body Mobility w/ Dion</p> <p>12:15pm - Weight Blast (fitness center area)</p> <p>5:30pm SPIN w/ Michelle</p> <p>6:45pm - Zumba w/Rachel</p>	<p style="text-align: center;">4</p> <p>8am - Jumpstart Fitness: Level 2 (Beginner) w/ Dion</p> <p>11:15am - ABC's (Arms, Booty, Core) w/Rachel</p> <p>12:15pm Circuit Training W/ Ryan</p> <p>4:00pm-5:00pm (reserve aerobics room)</p> <p>YS Hummingbird w/Rachel</p> <p>5:30PM ZUMBA W/Lynn</p> <p>6:45pm - ABT (Abs, Booty, Thighs) w/ Michelle</p>	<p style="text-align: center;">5</p> <p>6:15am - TBC a.m. w/ Dion</p> <p>7am - Squat Goals w/ Dion</p> <p>9:30am - Sr. Strength w/ Dion</p> <p>11:15am - ZUMBA w/Rachel</p> <p>12pm - AMRAP w/Michelle</p> <p>12:05pm -KB Strength w/ Dion</p> <p>4pm YS - Hawk Group W/Michelle</p> <p>4:15pm-4:45pm (reserve aerobics room)</p> <p>YS Roadrunner w/Rachel</p> <p>5:30pm - SPIN w/Michelle</p> <p>6:45pm - Yoga w/Rachel</p>	<p style="text-align: center;">6</p> <p>11:15am Basic Step Tone w/Rachel</p> <p>12:05pm Strength/Conditioning w/ Dion</p> <p>12:15pm - HIIT Training (stations) W/Michelle</p> <p>5:15pm - SPIN 101 w/Rachel</p> <p>5:30pm Glute Express w/Michelle</p>	<p style="text-align: center;">7</p> <p style="background-color: yellow;">12:00pm NO CLASS</p>
<p style="text-align: center;">9</p> <p>7am - Jumpstart Fitness: Level 1 (Beginner) w/ Dion</p> <p>12:00pm - Step 'n' Sculpt w/ Michelle</p> <p>12:05pm - Total Body Conditioning w/ Dion</p> <p>12:15pm - Circuit Training w/ Ryan</p> <p>5:30PM ZUMBA w/Lynn</p> <p>6:45pm - Glute Camp w/ Michelle</p>	<p style="text-align: center;">10</p> <p>7am - Squat Goals w/ Dion</p> <p>9:30am - Sr. Strength w/ Dion</p> <p>12pm - SPIN w/Michelle</p> <p>12:05pm - Total Body Mobility w/ Dion</p> <p>12:15pm - Weight Blast (fitness center area)</p> <p>5:30pm SPIN w/ Michelle</p> <p>6:45pm - Zumba w/Rachel</p>	<p style="text-align: center;">11</p> <p>8am - Jumpstart Fitness: Level 2 (Beginner) w/ Dion</p> <p>11:15am - ABC's (Arms, Booty, Core) w/Rachel</p> <p>12pm - H.I.I.T. w/Michelle</p> <p>12:15pm - Circuit Training w/ Ryan</p> <p>5:30PM ZUMBA W/Lynn</p> <p>6:45pm - ABT (Abs, Booty, Thighs) w/ Michelle</p>	<p style="text-align: center;">12</p> <p>6:15am - TBC a.m. w/ Dion</p> <p>7am - Squat Goals w/ Dion</p> <p>9:30am - Sr. Strength w/ Dion</p> <p>11:15am - ZUMBA w/Rachel</p> <p>12pm - AMRAP w/Michelle</p> <p>12:05pm -KB Strength w/ Dion</p> <p>5:30pm - SPIN w/Michelle</p> <p>6:45pm - Yoga w/Rachel</p>	<p style="text-align: center;">13</p> <p style="background-color: yellow;">11:15am - NO CLASS</p> <p>12:05pm Strength/Conditioning w/ Dion</p> <p>12:15pm - HIIT Training (stations) W/Michelle</p> <p style="background-color: yellow;">5:15pm - NO CLASS</p> <p>5:30pm Glute Express w/Michelle</p>	<p style="text-align: center;">14</p> <p>12:00pm Cardio & Sculpt (Fitness Center Area) w/Rachel</p>
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CLASS DESCRIPTIONS

ABC's - ARMS, BOOTY, CORE

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

ABT – ABDOMINALS, BUTTOCKS, THIGHS

This class is designed to strengthen the muscles in your lower body. This includes your abs, thighs, and glutes. The main goal of ABT is to help you build strength and improve your overall fitness in these areas. By focusing on these muscles, you can enhance your appearance and athletic performance. If you want to tone up and get stronger in your lower body, an ABT workout is a great option!

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.

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.

GLUTE EXPRESS

This class will concentrate on the gluteus (maximus, medius, & minimums) to help you build and define powerfully strong and functional muscles! In this 45-minute class we will 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 and light weights.

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.

KETTLEBELL STRENGTH

A full body 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.

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.

SPIN + CORE

In this session, you will participate in a 30-minute ride designed to improve your cardiovascular endurance, which will be followed by 10-15 minutes of core strengthening off the bike for a complete full-body workout. Let the music energize you and guide you throughout the ride. It's a fantastic class for newcomers as well as seasoned riders. Come on out and give it a shot!

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 & BANDS

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.

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!

TOTAL BODY MOBILITY

Total Body Mobility class will incorporate various joint mobility movements and lean tissue stretching to increase Range of Motion for the entire body; will incorporate various equipment from body weight, kettlebells, PVC pipes to barbells for deeper passive stretching for greater range of motion. Class is for all levels

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

Feel comfortable in the weight room! This class teaches you how to safely lift weights to increase muscle mass, improve posture, and feel empowered. Learn proper form for squatting, pressing, and pulling in a small group setting; three major lift focus are squat, bench and deadlifts. The class will take place in the fitness center area, utilizing, benches, weight racks, deadlift pad and additional equipment, such as, barbells, dumbbells, kettlebells, and resistance bands.

YOGA

A beginner yoga class introduces foundational poses (asanas), breathing techniques (pranayama), and alignment principles in a slow-paced, supportive environment. Designed for all body types and fitness levels, these sessions often use props like blocks or straps to improve flexibility, strength, and balance.

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

