

# Group Fitness



## Group Exercise Fall Schedule

The schedule will start August 30th and run until December 4th

### Main Aerobic Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	HIIT-3 (Julie)	Cycling - 3 (Andrea)	Kettlebell Flow-3 (Julie)	Cycling - 3 (Andrea)	Boot Camp-3 (Julie)	
6:15 AM	Power sculpt-3 (Julie)	High Fit (Paula) 5:15 AM (GYM)	Kettlebell Flow-3 (Julie)	High Fit (Paula) 5:15 AM (GYM)	Boot Camp-3 (Julie)	High Fit-3 (Paula)
12:00 PM	Forever Fit-1 (Cassandra)		Forever Fit-1 (Cassandra)		Forever Fit-1 (Cassandra)	
6:00 PM	Zumba-3 (Dori)		Zumba-3 (Dori)			
7:00 PM		Zumba-3 (Jennie)		Zumba-3 (Jennie)		

### Upstairs Aerobic Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM						
8:00 AM	Yoga-1 (Rachel)		Yoga-1 (Rachel)		Yoga-1 (Cassandra)	

### Swimming Pools

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Water Aerobics - 1 (Lea)	Water Aerobics - 1 (Lea)	Water Aerobics - 1 (Lea)	Water Aerobics - 1 (Lea)	Water Aerobics - 1 (Lea)	
12:00 PM		Water Walking - 1 (Lea)		Water Walking - 1 (Lea)		

350 East 200 South  
Kamas, Utah 84036  
(435) 783-2423  
ssaafc.org

We have many great instructors, so come and enjoy.

# Class Descriptions

**Cycling** — Pedal your way to the best shape of your life by working out on high-performance stationary bikes. This workout will take you through a variety of rides including flat roads, hills, jumps, and sprinting. It's an awesome cardio workout that will get your legs moving, your heart rate pumping, your fat burning, and your energy flowing. Our Cycling 45 will be for 45 minutes and our Cycling 60 will be an hour long class.

**High Fitness** — HIGH Fitness is an emerging leader in group Fitness, inspiring people from all walks of life to a lifestyle of better health and overall wellness. HIGH transforms old school aerobics into a highly addictive new experience that combines simple, modern fitness techniques (i.e. HIIT, plyometrics, ect.) with music you know and love, resulting in a high energy, INTENSE and crazy fun workout that leaves participants feeling HIGH and wanting more. Our formula alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to the next level. Beyond the workout, the HIGH Fitness culture embodies a lifestyle of empowering people to maximize their health and the best version of themselves.

GET ADDICTED TO FITNESS!!

**Forever Fit** — Low impact, easy to follow exercises for all fitness levels ages 55 and over. There is an emphasis on strengthening and stretching the body to help build bone density and improve balance. It's never too late to start feeling great!

**H.I.I.T.** — High Intensity Interval Training. This high energy, fast paced class is made up of brief all-out exercises, separated by rest periods that you'll wish were just a little longer. We will use full body movement and many incorporate weights, kettlebells and resistance bands for optimal results. In this HIIT class we will be working to utilize our bodies metabolic system to cut as much fat as possible to stay lean and conditioned while adding muscle. This class is great for improving your aerobic and anaerobic endurance for both beginners as well as performance-focused athletes. Be prepared to "BRING IT ALL, AND LEAVE IT ON THE MAT". This is a 45 minute class.

**Power Sculpt** — Challenging strength training using dumbbells, barbells, kettlebells, bands and your own body weight to: define, develop, and tone. Featuring a low impact group fitness environment.

**Restorative Yoga** — Is a gentle, slower paced practice where poses are held for a few minutes to promote the recovery of some muscles, tightness, joint or chronic pain. Modification of postures can be used to increase or lessen the intensity of the practice.

**Tai Chi** — This is a great way to keep movement and active.

**Water Aerobics** — This class will incorporate use of exercise equipment (water noodles, aqua dumbbells, and aqua jogger floatation belts). A calorie burning exercise program that is an ideal cardiovascular workout for men and women.

**Vinyasa Yoga** — This is a light cardio practice that generally involves the fluid movement of one posture per breath to increase internal and external body awareness. Regular practice will increase flexibility. Build lean muscle, reduce stress and strength of the entire body.

**Water Walking** — This is a great way to change up your work out. Aerobics executed in a low impact water environment. Routine set for seniors. Come out and get your work out in the water and have a great time.

**Yoga** — Are you looking to strengthen, tone, and improve the flexibility of your muscles while creating balance in your body and mind? Come try our new yoga. The result of this is a complete workout that strengthens the body while calming the mind.

**Zumba** — "Ditch the workout-join the party!" Zumba is a high energy, Latin based dance fitness class that will have you begging for more! This effective cardio workout is designed to sculpt the entire body from top to bottom. Zumba has something to offer for all fitness levels, with no previous dance experience required. The most fun that you will ever have in a fitness class!

**1 - Low Intensity Class    2 - Medium Intensity Class    3 - High Intensity Class**

## SSAFC Fitness Classes Instructors

**Paula Avery**

**Jennie Brewer**

**Lea McDill**

**Andrea Gordan**

**Cassandra Morin**

**Rachel Smoot**

**Dori Snyder**

**Julie Winter**