



## Group Exercise Summer Schedule

The schedule will start June 5th and run until September 2nd.

### Main Aerobic Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	DanceFit (Paula)	Power Yoga (Ashly) 6:00 AM	DanceFit (Paula)	Power Yoga (Ashly) 6:00 AM	DanceFit (Paula)	Body Blast (Shauna) 7:00 AM
6:30 am						Body Blast (Shauna) 8:00 AM
12:00 pm	Building B & B (Erin)		Building B & B (Erin)			
5:00 pm	Body Blast (Shauna)		Body Blast (Shauna)		Core More (Shauna)	
6:00 pm	Body Blast (Shauna)	Zumba (Sarah)	Body Blast (Shauna)			
7:00 pm	Zumba (Dori)		Zumba (Dori)			

### Upstairs Aerobic Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Kickboxing (Chandler)	Lift it up (Chandler)	Kickboxing (Chandler)	Lift it up (Chandler)	Kickboxing (Chandler)	Lift it up (Chandler) 7:00 AM
6:00 pm						Yoga (Wendy) 9:00 AM
7:30 pm	Yoga (Betty)	Yoga (Wendy)		Yoga (Wendy)		

### Water Aerobic

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am						
10:30 am		Water Walk (Erin)		Water Walk (Erin)		

*Instructors list and class description is on the other side*

# GROUP Fitness

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

# Class Description

**Body Blast**—Weight lifting that’s fun. Tone your body and bring definition to your muscles. Great for all athletes in all sports, or if you just want to look good and feel great. Geared to the beginner as well the more advanced.

**Building Bones and Balance**—This class is designed to build bone strength, core stability, posture, balance and flexibility. It is ideal for those that feel as if they are losing strength or balance in any area. The great thing about this program is that within a few weeks you will notice significant improvement in all these areas. Improvement can be seen at any age in strength and balance.

**Cirkix**—Circuit training and Kickboxing come together is the upbeat form of body conditioning and resistance training. This class offer exercise levels ranging from low-impact, low-intensity to high-impact, high-intensity aerobics. It targets strength training and muscular endurance. Each exercise "circuit" will contain a kickboxing round, a strengthening training round, and a core/balancing round. Make sure to bring your Gloves or Hand wraps. If you don't have any, don't worry. You can rent them form the front desk or Strike without making hand contact with the bag (shadow boxing).

**Core and More**—A class that incorporates multiple muscles while concentrating on the core muscles. It is a class that is great for athletes, or just people wanting to get fit. It will strengthen the core muscles making you stronger and less susceptible to injuries. It is great for beginners as well as the more advanced fitness enthusiast. It is a fun workout that you will defiantly see results from. This is a hour and a half class.

**Cycling**—Pedal your way to the best shape of your life by working out on high-performance stationary bikes. This workout will take you though 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.

**DanceFit**—Get your heart pumping with fun, high energy aerobic routines to HIT songs you know and love. Then build lean muscle with targeted strength training moves to tone your arms, legs, booty and core. Easy to follow routines for all fitness levels.

**Kickboxing**—This fast paced, high energy, total body workout will keep you on your toes. Fun choreography and power drills will melt a way the pounds and tone your muscles. Bring your gloves or rent them from the front desk and let’s get working.

**Lift it up**—You won’t get board in this cardio/weightlifting class. This class will get your hart rate up while strengthening your muscles. Take it at your own pace or really push yourself. It’s your choice. With a variety of levels, it’s perfect for any fitness level. Don’t forget your water and a towel, you’ll need them.

**Power Vinyasa Yoga**—This class emphasizes the breath while moving with strength and ease from pose to pose. Your breath will guide your movement. This powerful yoga practice will detoxify the body and mind and spirt while building strength and flexibility on and off the mat. You will be encouraged to be fully present, do your best, have fun and modify as necessary. The class will be lead for 60 minutes.

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

**Total Body Conditioning**—Energetic workout including strength, cardio and core in one workout.

**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.

**Water Walking**—This is a great way to change up your work out. 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!

## SSAFC Fitness Classes Instructors

Paula Avery

Ashly Bates

Wendy Galovich

Dave Gardner

Andrea Gordon

Alison Memmott

Sarah Ray

Chandler Smith

Dori Snyder

Erin Watson

Shauna Woolstenhulme