

Window Rock Wellness Center **DECEMBER 2012** Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 <u>12:10-12:50pm</u> Full Body w/Bryan Indoor Cycle w/Paul <u>5:30-6:30pm</u> Step Aerobics w/ JT <u>5:30-6:30pm (spin rm)</u> Core Trng. w/Paul</p>	<p>4 <u>9:10-9:50am</u> Sr. chair exercise w/Bryan <u>12:10-12:50pm</u> Zumba w/Peggy Indoor Cycle w/Lena <u>1:10-2:00pm</u> X-trng. w/Paul <u>5:30-6:30pm</u> Step Aerobics w/ Hattie <u>6:10-6:50pm (spin rm)</u> Yoga w/Bonnie</p>	<p>5 <u>12:10-12:50pm</u> Zumba w/Ralph & Peggy Indoor Cycle w/Paul 5K Run w/Bryan <u>3:10-3:50pm</u> Youth Fitness w/Bryan <u>6:10-6:50pm</u> Kickboxing w/Tyrone</p>	<p>6 <u>9:10-9:50am</u> Sr. chair exercise w/Evelyn <u>12:10-12:50pm</u> Ab Class w/Bryan Indoor Cycle w/Evelyn <u>1:10-2:00pm</u> Core Trng. w/Paul <u>5:30-6:30pm</u> Step Aerobics w/JT <u>6:10-6:50pm (spin rm)</u> Yoga w/Bonnie</p>	<p>7 <u>12:10-12:50pm</u> Partner Play w/Bryan Indoor cycle w/Paul <u>5:00-7:00pm</u> "Ladies Night" <u>5:40-6:30pm</u> Core Trng w/Paul</p>
<p>10 <u>12:10-12:50pm</u> Full Body w/Bryan Indoor cycle w/Paul <u>5:30-6:30pm</u> Step Aerobics w/ JT <u>5:30-6:30pm (spin rm)</u> Core Trng. w/Paul</p>	<p>11 <u>12:10-12:50pm</u> Zumba w/ Peggy Indoor Cycle w/Lena <u>1:10-2:00pm</u> Core Trng. w/Paul <u>5:30-6:30pm</u> Step Aerobics w/ Hattie <u>6:10-6:50pm (spin rm)</u> Yoga w/Bonnie</p>	<p>12 CLOSED Staff Training</p>	<p>13 CLOSED Staff Training</p>	<p>14 <u>12:10-12:50pm</u> Partner Play w/Bryan Indoor cycle w/Paul <u>5:00-7:00pm</u> "Ladies Night" <u>5:40-6:30pm</u> Partner Play w/Bryan</p>
<p>17 <u>12:10-12:50pm</u> Full Body w/Bryan Indoor cycle w/Paul <u>5:40-6:30pm</u> Indoor cycle w/Evelyn <u>5:30-6:30pm</u> Step Aerobics w/ JT</p>	<p>18 <u>9:10-9:50am</u> Sr. chair exercise w/Paul <u>12:10-12:50pm</u> Zumba w/Peggy Indoor cycle w/Lena <u>1:10-2:00pm</u> X-trng. w/Paul <u>5:30-6:30pm</u> Step Aerobics w/ Hattie <u>6:10-6:50pm (spin rm)</u> Yoga w/Bonnie</p>	<p>19 <u>12:10-12:50pm</u> Zumba w/Ralph & Peggy Indoor cycle w/Paul 5K Run w/Bryan <u>3:10-3:50pm</u> Youth Fitness w/Bryan <u>5:40-6:30pm</u> Indoor cycle w/Evelyn <u>6:10-6:50pm</u> Kickboxing w/Tyrone</p>	<p>20 <u>9:10-9:50am</u> Sr. chair exercise w/Paul <u>12:10-12:50pm</u> Ab Class w/Bryan Indoor Cycle w/Evelyn <u>1:10-2:00pm</u> Core Trng. w/Paul <u>5:30-6:30pm</u> Step Aerobics w/ JT <u>6:10-6:50pm (spin rm)</u> Yoga w/Bonnie</p>	<p>21 <u>12:10-12:50pm</u> Full Body w/Bryan Indoor cycle w/Paul <u>5:00-7:00pm</u> "Ladies Night" <u>5:40-6:30pm</u> Full Body w/Bryan</p>
<p>24 <u>12:10-12:50pm</u> Full Body w/Bryan Indoor cycle w/Paul <u>5:40-6:30pm</u> Indoor cycle w/Evelyn <u>5:30-6:30pm</u> Step Aerobics w/ JT</p>	<p>25 <i>Happy Holidays</i> <i>From the NNSDP</i> Staff CLOSED</p>	<p>26 <u>12:10-12:50pm</u> Zumba w/Ralph & Peggy Indoor Cycle w/Paul 5K Run w/Bryan <u>3:10-3:50pm</u> Youth Fitness w/Bryan <u>5:40-6:30pm</u> Indoor cycle w/Evelyn <u>6:10-6:50pm</u> Kickboxing w/Tyrone</p>	<p>27 <u>12:10-12:50pm</u> Ab Class w/Bryan Indoor Cycle w/Evelyn <u>1:10-2:00pm</u> X-trng. w/Paul <u>5:30-6:30pm</u> Step Aerobics w/ JT <u>6:10-6:50pm (spin rm)</u> Yoga w/Bonnie</p>	<p>28 <u>12:10-12:50pm</u> Full Body w/Bryan Indoor cycle w/Paul <u>5:00-7:00pm</u> "Ladies Night" <u>5:10-6:30pm</u> Women's Self Defense w/Tyrone</p>
<p>31 <u>12:10-12:50pm</u> Full Body w/Bryan Indoor cycle w/Paul <u>5:40-6:30pm</u> Indoor cycle w/Evelyn <u>5:30-6:30pm</u> Step Aerobics w/ JT</p>				

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SPECIAL HOURS:

SENIOR HOURS (50+YRS ONLY)

TUESDAY & THURSDAY 9:00AM – 11:00AM

“Ladies Night”

FRIDAY 5:00PM – 7:00PM

TREADMILLS & ALL CARDIO MACHINES are limited to 30 minutes:
Between the Hours of 4:00pm – 7:00pm sign-in for TREADMILL usage.

Absolutely NO MUDDY shoes allowed:
PLEASE BRING EXTRA PAIR OF GYM SHOES

FITNESS CLASS DESCRIPTION (not all classes are offered each month)

Special Population – Classes for member that have been referred from the hospital due to risks of pre-diabetes, hypertension, obesity, or have been diagnosed with diabetes or any other health conditions due to sedentary lifestyle.

Senior Fitness – Design for OLDER active adults with appropriate warm-ups, aerobic conditioning, musculoskeletal strengthening, flexibility, and relaxation activities as well as cool downs.

Step Aerobic/Dance – Includes Step Aerobics, Aerobics, Freestyle dance, Salsa Aerobic, Dance exercise to music that not only increases cardio endurance but can increase strength, flexibility and coordination. Classes vary in dance and technique.

Circuit Training – Includes Aerobic intervals, a class that incorporates alternating resistance and cardio training.

Core conditioning – Includes or training a class that focuses on strengthening and increasing balance of the torso muscles.

Indoor Cycling – cycling brought indoors; a high intensity exercise the involves using a stationary exercise bicycle in a classroom setting to enhance cardio endurance and increase aerobic capacity during exercise.

Resistance Training/X-training – Sometimes called Sculpt & Tone, Resist-A-Band strength training; resistance training of large muscle groups in a class setting while utilizing different fitness equipment.

Zumba Fitness – Is a Latin-inspired, dance-fitness class that incorporates movements such as meringue, salsa, cumbia, raggeton with latin and international music, with create a dynamic, exciting and effective system.

Kickbox Fitness – A high energy kickboxing class including upper and lower body drills with fun sport conditioning, core conditioning, and cardio drills, with a little hip hop funk to meet cardio threshold, muscular strength, endurance, stamina.

YOGA – This is a dynamic form that combines breath, movement, meditation, rhythmic sound and deep relaxation. It is practical for the average person regardless of degree of flexibility or experience.

Always WARM-UP for 5 minutes before you work out and COOL DOWN for 5 minutes after you work out; cooling down allows your heart rate to return to its resting state. If you feel tired, pain or shortness of breath, light headed or dizzy while exercising stop and rest and let your instructor know or a member of the WRWC staff.