

ATTENTION.....
 * Make Note of
 Class Cancellations
 Below



801-458-1343

"WARRIOR FITNESS CENTER" Group Exercise Schedule for September 2010

Schedule subject to change for Holidays/Family Days: call Warrior Fitness Center @ 801-777-2762 for more information.

(*) Denotes Class Cancellations.....ALL D&D Staff classes are cancelled for Oct. 11 for Columbus Day!

Saturday Specialty Classes: Oct. 16 1000: Butts-N-Guts Oct. 23 1000: Cardio Chisel- Oct. 30 1000: Boo-Camp

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0500	Total Body D & D Staff Meg. M.		Total Body D & D Staff Lori			
0600		Pilates D & D Staff-Devin		Pilates D & D Staff-Devin		
0600	FIP (BUBBLE) ACTIVE DUTY/BCIP	FIP (BUBBLE) ACTIVE DUTY/BCIP	FIP (BUBBLE) ACTIVE DUTY/BCIP	FIP (BUBBLE) ACTIVE DUTY/BCIP		
0630	Circuit (BUBBLE) ACTIVE DUTY/BCIP	Circuit (BUBBLE) ACTIVE DUTY/BCIP	Circuit (BUBBLE) ACTIVE DUTY/BCIP	Circuit (BUBBLE) ACTIVE DUTY/BCIP	Circuit (BUBBLE) ACTIVE DUTY/BCIP	
0800						Turbo Kick D&D Staff-Devin
0900						Adrenaline Rush Aerobic Studio \$6/class-Devin *No class. Oct. 9
1000		Zumba D & D Staff-Sariah		Zumba D & D Staff-Arroyon	Zumba Aerobic Studio \$5/class-Addy Adams	Yoga Yoga Studio \$6/class-Les Koch
1030			Zumba Aerobic Studio \$5/class-Addy Adams			
1100		X-Bike X-Bike Studio \$3.50/class-Mike Braun		X-Bike X-Bike Studio \$3.50/class-Mike Braun		
1530	Circuit (BUBBLE) ACTIVE DUTY/BCIP	Circuit (BUBBLE) ACTIVE DUTY/BCIP	Circuit (BUBBLE) ACTIVE DUTY/BCIP	Circuit (BUBBLE) ACTIVE DUTY/BCIP		
1600	Total Body D & D Staff-Devin	Basic Flow Yoga D & D Staff-Kayla	Total Body D & D Staff-Devin	Basic Flow Yoga D & D Staff-Kayla		
1600	Jazzercise Yoga Studio \$4/class-Rika Moore			Jazzercise Aerobic Studio \$4/class-Rika Moore		
1700	Turbo-Kick D & D Staff-Devin	Total Body D & D Staff-Meg M.	Zumba D & D Staff-Sariah	Turbo-Kick D & D Staff-Meg M.		
1700	X-Bike X-Bike Studio \$3.50/class-Mike Braun		X-Bike X-Bike Studio \$3.50/class-Mike Braun			
1730		Adrenaline Rush Bubble \$6/class-Devin *No class, Oct. 12, 19				
1800			Salsa Aerobic Studio \$8/class-Hortencia Perez			

Aerobic Studio is located upstairs by the racquetball courts; Yoga Studio is located downstairs by the basketball court!

Adrenaline Rush: A Boot Camp Program designed to teach efficient work out strategies for strong/lean muscles; learn creative ways to lose problem areas, gain strength & build endurance! \$6.00/class, for 6 wk program details contact Devin @ 801-458-1343 or fishguts10@yahoo.com

Circuit: Timed training with little rest between stations; may include sprints, plyometrics or anything we dream up using kettle bells, ropes, weights & medicine balls.

FIP (Fitness Improvement Program): 30 minute expressed/high intensity circuit; concentrates on PT test elements

Flow Yoga: Basic stretching and strengthening class using combinations of traditional yoga poses with Western terminology. Relaxation and breathing techniques used to enhance toning of various muscles. Go with the flow.....

Total Body: Strength class offering beginner-advance lifting techniques using hand-held weights, bars, gliders, stability balls & bands. Weights with attitude!

Pilates: A stimulating blend of vigorous flexibility training using traditional Pilates Movements used to strengthen and tone the abdominals. Small weights & the stability ball may be used to enhance the workout. Raw.....core strength training with style!

Turbo-Kick: The ultimate cardiovascular challenge with specific warm-up, bouts of intense intervals, easy to follow combos, kickboxing using strength/endurance training and a Tai-Chi like cool down. No equipment needed. Kick-butt energy!

Zumba Fitness: Fusion of Latin & International Dance creating a dynamic, exciting, and effective fitness workout that is just like a party...Latin style! Join the Party!

Pay per use classes are Wednesdays @ 1030 & Fridays @ 1000...\$5/class or Stamp Card @ \$45.00 for 10

Jazzercise: Combines fun & fitness to produce a quality exercise program using dance moves choreographed to the music! \$4/class or Stamp Card @ \$20 for 8

Hatha/Yoga: Stretching & strengthening class using combinations of traditional yoga poses. \$6/class or Stamp Card @ \$25 for 5

Salsa: Learn to Salsa dance, have fun & stay on top of your cardio; multi level class! \$8/class for more info call Hortencia @ 801-792-7986.

X-Biking: Indoor cycling working the entire body with one, low impact total body cross trainer, designed to burn more calories in less time while having more fun! Mon & Wed from 1700-1800, Tues & Thurs from 1100-1200. \$3.50/class or Stamp Card @ \$30.00 for 10

Hess Fitness Center bldg 520
 North-West of the Warrior Fitness Center
 Same hours of operation

Warrior Fitness Center bldg 533
 Monday thru Friday 0430 - 2330
 Saturday & Sunday 0700-2000
 Holiday/Family Days: Hours 0900 - 1700
 (Thanksgiving 0800 - 1200 : Christmas Closed)
 Phone 801-777-2761 or 801-777-2762
<http://75thforcesupport.com/fitness/index.html>

Bubble (White Dome)
 North of the Warrior Fitness Center
 Same hours of operation
ACTIVE DUTY/BCIP CLASSES HELD HERE

Oct 4-9 = 15

Oct. 12-16=13

Oct. 16 1000: Butts-N-Guts- sculpting class using various techniques to sculpt and tone the buttocks and abdominals.

Oct. 18-23=16

Oct. 23 1000: Cardio Chisel- very challenging sculpting class used to “chisel” the entire body.

Oct. 25-30=16

Oct. 30: 1000 Boo-Camp Circuit-spooky circuit drills made to challenge the body it scary!

The next Adrenaline Program will start Oct. 26-Dec. 4. We will be doing some modifications on the logo, new programming, and new incentives!

For those of you signing up consecutively, you will receive \$5.00 OFF of the below prices.

1 day a week: 45.00 for 6 classes for 6 weeks

2 days a week: 65.00 for 12 classes for 6 weeks

3 days a week: 80.00 for 18 classes for 6 weeks

If anyone is interested to attend the Sunday Session while our T/TH times are down, I will be starting a Sunday 0730-0830 Session this Sunday, Oct. 3 running into Nov. 7.

Thanks,

Dev