

Hózhóogo Iná Wellness Center - Group Fitness Calendar

MARCH 2020

Monday 6 AM - 8 PM	Tuesday 6 AM - 8 PM	Wednesday 6 AM - 8 PM	Thursday 6 AM - 8 PM	Friday 6 AM - 6 PM	Saturday 7-11 AM
2 11:30a STEP-TERRI 12:15p ULT. 30 MIN WKOUT-CODY 5:15p POUND-SHEREEN 6:30p TAE KWON DO (TKD)-BBA	3 11:30a GREATEST HIITS-KEANU 12:15p ZUMBA-TERRI 5:15p TRX (FULL BODY)-CODY <i>*TRX LIMITED TO 13 PARTICIPANTS</i> 6:30p ZUMBA TONING-VANESSA	4 11:30a CHAIR YOGA-ANN 12:15p TRX (LOWER BODY)-TERRI <i>*TRX LIMITED TO 13 PARTICIPANTS</i> 4:00 - 4:45p KIDS ZUMBA-VANESSA 5:15p YOGA-ANN 6:30p TKD-BBA	5 11:30a GREATEST HIITS-KEANU 12:15p TRX (UPPER BODY)-TERRI <i>*TRX LIMITED TO 13 PARTICIPANTS</i> 5:15p ZUMBA-TERRI 6:30p CARDIO KICK-VANESSA	6 5:15p UPPER BODY SCULPT-DYAN	7 OPEN GYM 7-11 AM
9  5:15p POUND-SHEREEN 6:30p TAE KWON DO (TKD)-BBA	10 11:30a GREATEST HIITS-KEANU 12:15p ZUMBA-TERRI 5:15p TRX (FULL BODY)-CODY <i>*TRX LIMITED TO 13 PARTICIPANTS</i> 6:30p BUTTS N GUTS-ELVERA	11 11:30a CHAIR YOGA-ANN 12:15p TRX (LOWER BODY)-TERRI <i>*TRX LIMITED TO 13 PARTICIPANTS</i> 4:00 - 4:45p Generation POUND-SHEREEN 5:15p YOGA-ANN 6:30p TKD-BBA	12 11:30a STEP IT UP-SHEREEN 12:15p TRX (UPPER BODY)-CODY <i>*TRX LIMITED TO 13 PARTICIPANTS</i> 5:15p STEP-TERRI 6:30p ZUMBA TONING-VANESSA	13 11:30a ZUMBA-ELVERA 12:15p STEP IT UP-SHEREEN 5:15p ZUMBA-DYAN	14 9:00a ZUMBA-ELVERA
16 11:30a ZUMBA-ELVERA 12:15p UPPER BODY SCULPT-DYAN 5:15p ZUMBA-ELVERA 6:30p TAE KWON DO (TKD)-BBA	17 11:30a UPPER BODY SCULPT-DYAN 12:15p ZUMBA-ELVERA 5:15p CARDIO KICK-VANESSA 6:30p ZUMBA-ELVERA	18 11:30a CHAIR YOGA-ANN 12:15p ZUMBA-DYAN 4:00 - 4:45p KIDS ZUMBA-VANESSA 5:15p YOGA-ANN 6:30p TKD-BBA	19 11:30a ZUMBA-ELVERA 12:15p UPPER BODY SCULPT-DYAN 5:15p ZUMBA-ELVERA 6:30p BUTTS N GUTS-ELVERA	20 11:30a ZUMBA-DYAN 12:15p BUTTS N GUTS-ELVERA 5:15p UPPER BODY SCULPT-DYAN	21 OPEN GYM 7-11 AM
23 11:30a GREATEST HIITS-KEANU 12:15p STEP-TERRI 5:15p POUND-SHEREEN 6:30p TAE KWON DO (TKD)-BBA	24 11:30a ZUMBA-TERRI 12:15p STEP IT UP-SHEREEN 5:15p TRX (FULL BODY)-CODY <i>*TRX LIMITED TO 13 PARTICIPANTS</i> 6:30p ZUMBA TONING-VANESSA	25 11:30a CHAIR YOGA-ANN 12:15p TRX (LOWER BODY)-TERRI <i>*TRX LIMITED TO 13 PARTICIPANTS</i> 4:00 - 4:45p Generation POUND-SHEREEN 5:15p YOGA-ANN 6:30p TKD-BBA	26 11:30a STEP IT UP-SHEREEN 12:15p TRX (UPPER BODY)-CODY <i>*TRX LIMITED TO 13 PARTICIPANTS</i> 5:15p STEP-TERRI 6:30p ZUMBA-ELVERA	27 11:30a ULT. 30 MIN WKOUT-CODY 12:15p STEP-TERRI 5:15p ZUMBA-DYAN	28 9:00a ZUMBA-ELVERA
30 11:30a STEP IT UP-SHEREEN 12:15p GREATEST HIITS-KEANU 5:15p POUND-SHEREEN 6:30p TAE KWON DO (TKD)-BBA	31 HPDP's EMPLOYEE WELLNESS DAY *11:30a ZUMBA-TERRI *12:15p STEP IT UP-SHEREEN <i>WIHCC EMPLOYEES, * = RAFFLE TICKET</i> 5:15p ZUMBA-TERRI 6:30p CARDIO KICK-VANESSA	MARCH MADNESS TUG-O-WAR TOURNAMENT: MARCH 23-27 CO-ED TEAMS (2 FEMALE +2 MALE) 1 GAME = BEST 2 OF 3 MATCHES, DOUBLE-ELIMINATION BRACKET DEADLINE TO REGISTER: MARCH 13, 2020; REGISTER AT HIWC INCENTIVES TO FIRST, SECOND, & THIRD PLACE WINNERS			REMINDERS: LUNCH TIME CLASSES = 30-MINUTES EVENING CLASSES = 1-HOUR TAE KWON DO CLASS = 1.5-HOUR KIDS CLASSES = 45-MINUTES

Class Descriptions

 = APPROXIMATE calories burned during class

BUTTS-N-GUTS


Instructor(s): Elvera Aguilera

 30-min: 43-143 | 60-min: 135-235

In this class, Vera will have your glutes. and core on fire! Grunt and sweat your way through toning intervals designed to work hamstrings, quadriceps, glutes, and the entire core. Mat work or standing-up-right, Vera will make sure you feel the burn.

CARDIO KICK(BOXING)

Instructor(s): Vanessa Kvien

 30-min: 160-260 | 60-min: 370-470

Punch, jab, and kick your way through this easy to follow choreographed class. Vanessa will have you moving to fun, energizing music using weighted gloves or free weights. This high-energy workout is guaranteed to tone muscles and burn calories and fat.


CATCH ME IF YOU CAN

Instructors: Hózhógó liná Wellness Program (HIWP)

Using the physical activity component of the Coordinated Approach to Child Health (CATCH) curriculum, the HIWP will have kids engage in moderate to vigorous physical activity by having kids play games designed to engage problem-solving skills, imagination, and flexibility. Games are designed with aerobic (cardio) & anaerobic (strength training) exercises in mind. Kids will play several games in one class.

CHAIR YOGA

Instructor(s): Ann Schmidt

 30-min: 20-60

Similar to traditional yoga, this class aims to purify your body through a harmonization of body, mind, and breathing. Ann will gently take you to the chair and have you practice poses on or with the assistance of a chair.

Generation POUND

Instructor(s): Shereen Begay

In a Generation POUND class, kids will use a pair of RipStix® to follow fun, upbeat choreography. The choreography is designed to exercise the entire body. Kids will feel their legs, arms, shoulders, back, and core muscles working. The class will break for fun and inclusive activities aimed to build confidence, self-expression, and self-awareness.


Greatest HIITs

Instructor(s): Keanu Frazier

Don't have time or feel like spending hours at the gym? Want to build strength and burn fat? Want Chuck Norris to fear you? If you answered yes, then this HIIT (High Intense Interval Training) class is the right one for you! This class will help improve coordination, strength, cardio, and endurance. Exercises will be performed in 30-60 sec intervals with a relaxing 15-30sec break in-between rounds.

POUND

Instructor(s): Shereen Begay

 30-min: 190-290 | 60-min: 380-580

In this class, we give you permission to rock out! Shereen will provide you with weighted RipStix (drumsticks), darken the room, blast the music, and get you drumming for fitness. This class will have you squatting, lunging, rotating the core, and toning the thighs and glutes. Let loose and release the day's stress through some hard POUNDing.

STEP


Instructor(s): Terri Little

 30-min: 230-330 | 60-min: 510-610

Leotards? Leg Warmers? Not here! Terri will work you up, down, across, and around the step all while mixing traditional steps with modern-cardio driven moves. In keeping with tradition, this class is choreographed to a 32-count beat and with fun, upbeat music. Raisers are available to take your workout to the next level.

STEP IT UP


Instructor(s): Shereen Begay

 30-min: 170-270

This class is step and HIIT mashed into one! Shereen will have you moderately move on the step and get you into a rhythm. When that becomes comfortable, she'll swing you into an interval of work, sure to ignite those calories. Shortly after, she'll bring you back on the step and have you "step" into recovery.

TAE KWON DO (TKD)


Instructor(s): Black Belt Academy

 60-min: 200-300

TKD stands for "tae-kwon-do." It is a modern martial art, characterized by fast, high, and spinning kicks, essentially "the art of kicking and punching." Student fee is \$15/person. Additional costs for uniform, belt testing, and sparring equipment. Individuals must be 7 years or older to participate.

TRX


Instructor(s): Cody Chee, Terri Little

 30-min: 160-260 | 60-min: 368-468

TRX (Total Resistance exercise) was created by a Navy Seal. TRX is a full-body workout using a person's own body weight. Students will be guided in utilizing the TRX Suspension Trainer and Rip Trainer to improve/gain strength, balance, flexibility and core stability. Depending on class size, TRX instructors may include other full-body exercises. All fitness levels welcomed!

ULTIMATE 30-MIN WORKOUT

Instructor(s): Cody Chee, Keanu Frazier


 30-min: 150-250

CONTINUED: ULTIMATE 30-MIN WORKOUT

Do you need to get in, do work, and be out? This is your class. Designed as a fast-paced class, you will work through circuits of kettle bell, slam ball, and battle rope exercises performed from 30-60 seconds. With little rest between circuits, your muscles will be igniting! Exercises usually entail the use of weights, but never more than you can handle.

UPPER BODY SCULPT


Instructor(s): Dyan Baca

 60-min: 241-341

Need a break from Zumba? Do you want to show your muscles some love? Join Dyan in this program where she'll have you work through upper body exercises designed to strengthen, tone, and build, a solid upper body. Dyan will make you proud to show off your arms, back, and shoulders.

YOGA


Instructor(s): Ann Schmidt

 60-min: 320-420

In this class, Ann will take you on a journey to harmonize your body with your mind and breathing. She will have you practice breathing exercises, poses, and meditation. Through her instruction, you will improve your body strength and stamina. If purification is what you seek, Ann will provide.

ZUMBA

Instructor(s): Elvera Aguilera, Dyan Baca, Terri Little

 30-min: 215-315 | 60-min: 500-600

Let's keep it simple, this class is dance fitness with some Latin flair! In this class, Vera, Dyan, and/or Terri will get you moving, shaking, shimmying, and jumping through electric music and get your calories scorched. Sometimes, the ladies will dim the lights and get the disco ball rolling.


ZUMBA KIDS

Instructor(s): Vanessa Kvien

Calling 4-11 year olds! Come visit Vanessa in this class for some fun! She will have kids move to music through dancing and games. With the use of hoola hoops, stability balls, and cones, she'll get your kids running through the fitness room having fun all while sneaking in a workout.

ZUMBA TONING

Instructor(s): Vanessa Kvien

 60-min: 510-610

Is your Zumba game ready for some weights? If so, this is the class for you! In this class, Vanessa will have you use Toning Sticks while dancing to emphasize upper body toning and sculpting. This class will get your upper body burning! Vanessa will ensure you get the most of your time.

The Hózhógó liná Wellness Center is part of the Hózhógó liná Wellness Program (HIWP), formally called the Diabetes Program. The Wellness Center is free & open to Native Americans, WIHCC patients, WIHCC employees, and/or families of patients & employees. The center offers: fitness classes, fitness evaluations, community fitness activities, help developing personal workout splits/schedules, nutrition education, and diabetes education through the *Diabetes Self-Management Education (DSME) class.

For further information, call 928-289-8065 or 800-530-1430.