GROUP FITNESS DESCRIPTIONS

30 MINUTE CLASSES

Super Circuit
Improve cardiovascular fitness and muscular strength through Interval Training.

Spin
An energizing indoor cycling class that is low impact and a simple way to work out.

Step
Step to choreographed exercises to challenge all major muscle groups.

60 MINUTE CLASSES

TRX
Develop strength, balance, and core stability simultaneously with Suspension Training.

TRX Yoga
Combine standard TRX training with the dynamic stretch and flow of Yoga.

Intro to Yoga
A beginners guide to connecting the mind and body through a moving meditation.

Kung Fu Conditioning with Instructor Sifu Donovan Charley (Dine)
A complete body workout to develop flexibility, speed and power. When practiced regularly, will help with weight loss, coordination and give you self-defense applications.

COMMITTEE EVENTS & CLASSES

Garden Kick Off & Blessing | L.I.F.E.
At Hal Jensen Community Center from 5-7pm (MST)
Prayer provided by Emerson Farley, Dine.

Spring into Summer Hiking Series
7am (MST) At McMillian Mesa
Guided Hike with Sylvia Struss

41st Annual Sacred Mountain Prayer Run
7am (MST) At Thorpe Park

UPCOMING EVENTS

MMIW / MMIP Awareness Day | L.I.F.E.
At the Wellness Center
8:00am - Poster Making - Supplies are provided
8:30am- Morning Prayer and Awareness Walk - 2 miles
12pm - Restorative Yoga with Smudging