

Have Fun with Group Exercise Classes

By: Jayme Green, B.S., ACE

What do you think of when you hear the word EXERCISE? Some words that might pop into your mind might be: vigorous, time consuming, machines, hard and boring. Most importantly, exercise should be fun. When you make exercise fun, you have a better chance of making it a habit. Yes, we all know the benefits of exercise and that should be enough motivation to do it. However, when you add the fun factor, it will be less of a chore. So just how do you add the fun factor to exercise? Try a group exercise class. For even more motivation we are offering an incentive program called Building Frosty thru Fitness. Every group exercise class you attend helps to build your snowman. Whoever completes their snowman gets their name entered into a drawing to win a prize. The Nimkee Fitness Center offers 17 classes throughout the week. There is a class for all levels, skills and ages. Here is a brief summary of each class and the fun factor it offers:

Aqua Fit: This class is held at the Soaring Eagle and Casino & Resort pool. To be eligible to attend this class, you must be a tribal member over the age of 50. This aquatics class is great on the joints because you are lighter in water, and not much pressure is put on the joints. The class includes some resistance training in the water with fun water weights. You will also get to use large foam noodles to help keep you afloat and work your legs. You then get to reward yourself with a soak in the hot tub! Sharon Peters teaches this water splashing class on Monday, Wednesday and Friday at 10:30 am.

Step & Sculpt: In this class, a step will be used. You can adjust your activity level by using less or more risers under the step. The step routine is accompanied by upbeat music that will help you step, jump and kick your way to a healthier body. This class also includes a half hour of sculpting your muscles. The instructors use many different tools to help sculpt your body from free weights to stability balls. Judi Swartz and Jeni Soeltner teach these fun step classes on Monday, Tuesday, and Thursday at Noon and on Thursday at 4pm.

Pi-Yo/ Yoga : This class builds strength while relaxing the mind and soul. Pi-Yo is a mixture of Pilates and Yoga. The Pi-Yo class uses different equipment to help you get the best possible stretch, including bands and blocks. The soothing music helps put your mind at ease while you gently work and stretch your muscles. The class does a wonderful job working all muscles, but especially focuses on the core area. Austen Fussman teaches this exhilarating class Monday at 4pm and Wednesday at 5:10pm.

Turbo Kick: This class packs quite a punch with a routine of punches, kicks, and booty shakin' set to heart pumping music! This is a high impact class that really gets the body moving and the heart beating. You will do different leg and arm combinations similar to a kickboxing class. The class also includes strength training using your own body weight such as: push up's, squats and lots of core work. Jayme Green teaches this high energy class Monday at 5pm and Wednesday at Noon.

Power Walk Plus: In this class, you will power walk your way to a healthier you. This class walks outside (weather permitting) and includes some strength training and good conversation. They walk all over the Reservation for an hour of fun. Diane Faix teaches this class Tuesday & Thursday at 4pm.

Zumba: Get ready to shake and shimmy! This enjoyable class fuses dance moves such as the salsa, meringue and belly dancing with aerobic moves. This Latin dance aerobics is taking the world by storm by exercising the heart and focusing on the core. No equipment is used. Just movement of your body to get an overall great workout set to Latin music. Jayme Green teaches this class Tuesday at 5pm.

Community Walk: This class is a great walking class at a slower speed. The class walks outside. If the weather is nasty, the class takes it indoors. It's a fun time to get together with friends and exercise. The class walks for about an hour. This class meets in the entryway of Public Health, just outside the Fitness Center doors. Diane Faix teaches this Wednesday at 5pm.

Boot Camp: Right, left, right! Get an all over intense body workout in this hard core class. The boot camp class not only works your heart but tones all your major muscle groups. The class uses bands, weighted balls and your own body to give you the best workout possible. Weather permitting, the class is held outside. However, it will be held indoors during the winter months. Jaden Harman teaches this class Friday at Noon.

Families in Motion: Time to bond and grow stronger and healthier as a family. This class not only works the heart but includes some strength training suitable for children as well. To attend this class, children (at least 6 years old) must be Native Americans who are registered at the Nimkee Clinic. Parents must also be a Native American who is registered at the Clinic or an employee and must accompany the child at all times. Jayme Green teaches this class Thursday at 5:30pm.

No matter your preference, you can find something that can work for you in one of these classes. So kick the boring old exercise routine and try a group exercise class. Not only will you get a great workout, you will meet great people that can help you reach your fitness goals.