

# GROUP FITNESS SCHEDULE



FALL 2010

September 7, 2010–January 2, 2011

www.thealaskaclub.com

THE ALASKA CLUB

**SOUTH** 747 Old Richardson Hwy • 452-6801

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6–7am			Core Strength				
8:30–9:30am						Aqua/Volleyball	
						Cycling	
9–10am	Aqua Aerobics	Aqua Tone	Aqua Aerobics	Aqua Tone			
9:30–10:30am		Core Strength	Step	Core Strength			
10:45–11:45am						10:40–11:40am 	
12:05–12:55pm							
12:05–1:05pm							
4:45–5:30pm	Cycling	4:45–5:45pm 	Cycling	4:45–5:45pm 	Cycling		
5:35–6:35pm							
5:50–6:40pm		Core Strength		Core Strength			
6:05–7:05pm	Aqua Aerobics		Aqua Aerobics				

**NORTH** 150 Eagle Avenue • 456-1914

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30–9:30am							
9:30–10:30am						Core Strength	
10:40–11:40am						Kickboxing	
5:30–6:30pm		Yoga Fit		Yoga Fit			
5:45–6:45pm							
7–8pm	Yoga	6:40–7:40pm Kickboxing	Yoga	6:40–7:40pm Kickboxing			

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## CLASS DESCRIPTIONS

### AQUA AEROBICS 60 min.

An excellent workout for those seeking cardiovascular endurance and strength in a non-competitive, low impact atmosphere. Non-swimmers are welcome, but should be comfortable in the shallow end of the pool.

### AQUA TONE 60 min.

A wonderful strength training workout using water resistance, bands and barbells in the low impact environment of the pool. Non-swimmers are welcome, but should be comfortable in the shallow end of the pool.



60 min.

Group Power is your hour of power! This barbell program is a high-energy workout that strengthens all your major muscles using exercises from traditional strength training. Group Power is a simple, fun and effective way to resistance train.

### KICKBOXING 60 min.

Fun and intense cardiovascular workout with the best of high energy music. All fitness levels welcome.

### CYCLING 45 min.

This class is a great non-impact way to get fit. Cardiovascular training using a variety of cycling skills and drills. Good for all fitness levels.

### YOGA 60 min.

Designed to improve your flexibility, balance and strength. Great for all fitness levels.

### YOGA FIT 60 min.

An active form of fitness based on Yoga that helps to develop strength, flexibility, endurance, mind and body awareness. Great for all fitness levels.



60min

Come try Group Centergy, a music-driven class which fuses yoga, Pilates and tai chi. An uplifting way to increase strength, flexibility and relaxation -- all in one hour.



60min

Increase cardio, build strength and improve balance and flexibility in just one hour. Get more out of life -- get active!



60 min.

Discover new heights with Group Step! Utilizing the step in many positions and heights, this athletic cardio workout will get you strong and fit one step at a time. Energetic music, motivating instructors... Step this way with Group Step.

### STEP 60 min.

Step choreography is easy to follow, but intense enough to provide a high energy, low impact workout. We add toning exercises and close with stretching.

### CORE STRENGTH 60 min.

This workout integrates movements involving stabilization, balance and coordination to strengthen your entire body, especially your abs, back and glutes. No cardio work.

Levels	
1	<b>Beginner-Friendly</b> all fitness levels
3	<b>Intermediate/Advanced</b> high intensity and/or more choreography
2	<b>All fitness levels</b>
4	<b>Advanced</b> advanced fitness levels and/or advanced choreography