

GROUP FITNESS SCHEDULE



FALL 2010

September 7, 2010–January 2, 2011

www.thealaskaclub.com

THE ALASKA CLUB

JUNEAU VALLEY

2841 Riverside Drive • 789-2181

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30–6:30am	Group Cycling Lindy	GROUP POWER Lindy	Group Cycling Ira	GROUP POWER Lindy	Group Cycling Stephanie	8:15–9:30am Cycle Crunch Donna	
8:45–9:45am		Group Cycling Marjorie		Group Cycling Marjorie		9:30–10:30am GROUP POWER Staff	8:45–10am Cycle Plus Terry/Becky
9–10:15am	Power Circuit Heidi		Power Circuit Heidi		Power Circuit Heidi	9:45–10:45am Group Cycling Becky	9–10am Yogalate Mandy
10:30–11:30am	Yoga Flow Heidi	GROUP CENTERGY Jamie P.		GROUP CENTERGY Jamie P.	GROUP CENTERGY Becky	10:45–11:45am GROUP CENTERGY Stephanie/Becky	
Noon–1pm	Mat Pilates Ami	GROUP POWER Becky	GROUP CENTERGY Becky	GROUP POWER Karlynn		11–11:45am Training Wheels Darla Oct. 9–Dec. 11	
12:15–1:15pm	Group Cycling Marian/Karlynn		Group Cycling Leeann		Group Cycling Marian/Karlynn		
4:30–5:30pm	Group Cycling Julia	4:30–5:05pm Body Blast Shelly	Group Cycling Julia	4:30–5:05pm Body Blast Shelly			KEY
5:30–6:30pm	GROUP POWER Becky	5:10–5:40pm Awesome Abs Shelly	GROUP POWER Stephanie				Resistance/Strength Training:* Group Fitness Studio
5:45–6:45pm	Group Cycling Terry	Group Cycling Jamie T.	Group Cycling Donna	Group Cycling Heidi			Group Fitness Studio
5:45–6:45pm		Yoga Shelly	6:45–7:45pm GROUP CENTERGY Brian	Yoga Brian			Cycling Studio

* Resistance/strength training classes should only be done on non-consecutive days.

JUNEAU DOWNTOWN

641 W. Willoughby, Suite 210 • 586-5773

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6–7am	GROUP POWER Jamie T.	Yoga Flow Kristin	GROUP POWER Jamie T.	Yoga Tammy		8:30–9:30am GROUP POWER /Power Circuit Kristin/Terri	10–11:15am Gentle YogaFit Nancy
12:05–12:50pm	Fit Mix Kristin/Terri	Fit Mix Lori/Kristin	Fit Mix Kristin/Terri	12:15–12:45pm Awesome ABS Shelly	Fit Mix Terri	9:45–11:15am Yoga Emily	
1:05–2:05pm	1:05–2:15pm Gentle Yoga Janice	GROUP POWER Julia	Power Yoga Molly	Power Circuit Julia	Yoga Core Molly		
4:15–5:15pm	Step It Up Laury			Step It Up Laury			KEY
5:30–6:30pm	GROUP POWER T. Calvin	Gentle YogaFit Luann	GROUP POWER Jamie T.	GROUP CENTERGY Sarah	4:45–5:45pm GROUP POWER T. Calvin		Resistance/Strength Training:* Group Fitness Studio
6:45–8pm	Yoga I, II Tammy	7–8pm Cardio Dance Kristin Sept. 14–Dec. 7	Yoga I, II Steve		6–7pm Gentle YogaFit Luann/T. Calvin		Group Fitness Studio

* Resistance/strength training classes should only be done on non-consecutive days.

CLASS DESCRIPTIONS

CARDIO

Cardio Dance

1-4

Trade in your dancing shoes for tennis shoes and come experience the funnest workout of your whole week. Easy to follow dance moves to latin, hip hop, and popular rhythms. Don't miss this awesome cardio and core workout set to music that will keep you dancing all week. NO EXPERIENCE REQUIRED

STEP It Up

1-4

These classes provide high-energy, fun step or BOSU routine easily modified for all levels. A great way to increase your cardio fitness!

SPECIALTY

AWESOME Abs

1-4

30-minute class designed to strengthen your core for better function with every activity.

Mat Pilates

1-4

Mat Pilates is a safe and highly effective way to stretch, strengthen and streamline your body, without stressing your joints. Emphasis is on breath, core conditioning and body awareness.

STRENGTH TRAINING

(Please allow a 48 hour recovery period between the following classes)

Body Blast

1-4

A 35-minute non-aerobic muscle sculpting class. Exercises are performed using a variety of resistance equipment and tempos to firm and define all major muscle groups minus abs.



This 60 minute barbell program strengthens all your major muscles with simple, athletic movements such as squats, lunges, presses and curls in an inspiring, motivating group environment with fantastic music and awesome instructors.

1-4

Power Circuit

2-4

A varied, fun interval training class that alternates cardio and weights in a circuit style. Drills for agility, strength and balance are blended with cardio intervals to help burn fat while you are building muscle.

YOGA



1-3

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.

POWER Yoga

2-4

Experience a great mind-body workout that focuses on breathing, functional strength, flexibility, muscle balancing, and relaxation while letting go of judgment, expectation and competition. Empower your Saturday morning with this safe and effective workout that's sure to leave you feeling better than when you walked in the door. Previous yoga experience recommended, but modifications given for all levels.

YOGA CORE

1-4

Incorporates yoga, Pilates and fitness exercises to develop strength and flexibility through the core.

YogaFit

1-3

YogaFit blends balance, strength, flexibility and power in a fitness format.

YogaFlow

1-3

YogaFlow overcomes the mystery of yoga by delivering a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness.

Yogalates

1-3

Fusion of yoga practice and Pilates mat exercise.

CYCLE

Group Cycling

1-4

Cardiovascular training using cycling drills and skills.

Cycle Crunch

1-4

Cardio cycle class focusing on core stability and strength.

Cycle Plus

2-4

A more advanced class for those who have been cycling for at least one month.

Key

1 Beginner-friendly all fitness levels	3 Intermediate/Advanced high intensity and/or more choreography
2 All fitness levels	4 Advanced advanced fitness levels and/or advanced choreography

CLASS POLICIES

Please abide by the following policies to insure all members receive safe, effective, enjoyable workouts:

- Be on time. If new to class, arrive 15 minutes before class begins to get help setting up your bike or equipment. Please do not enter any class if you are late.
- Do not enter the studio before the current class is finished.
- Notify your instructor if you have any health issues, are new to class, or sustain an injury during class.
- Be considerate of other members' exercise space. Keep conversation to a minimum. Please wash off perfumes/colognes.
- Please put equipment away and wipe down bikes after class.

Please note: Instructors and classes are subject to change. If a class average falls below 6 participants for 4 consecutive weeks, JRC/TAC reserves the right to cancel that class.

\$ Tuition or fee based programs