

GROUP FITNESS SCHEDULE



FALL 2011

October 1, 2011–January 2, 2012

thealaskaclub.com

THE ALASKA CLUB

EAST

5201 East Tudor Road • 337-9550

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45–6:45am	ACTIVE Chris	Group Cycle Stacey	GROUP KICK	Group Cycle Shelly	GROUP KICK		KEY Upper Group Fitness Studio Pool Cycling Studio Youth Group Fitness Gym
6–7am		Yoga Jeannie		Yoga Jeannie			
6–7am	H2O Cardio Tracy	Masters Swim Larry/Glenn	H2O Combo Tracy	Masters Swim Larry/Glenn	H2O Combo Tracy	7–8:30am Masters Swim	
8–9am	H2O Cardio Linda H.		H2O Cardio Linda H.		H2O Cardio Patrick		
9–10am	H2O Cardio JT	H2O Combo Kathryn	H2O Cardio Stacey	H2O Combo Kathryn	H2O Cardio Linda Sh.	9–10am Deep Water Linda St.	
9–10am		A.B.L.A.S.T. Patrick		A.B.L.A.S.T. Patrick		9–10am GROUP POWER Dena	
9:15–10:15am	Pilates Lori		Pilates Lori		Pilates on the Ball Phyllis	10–11am GROUP STEP Dena	
10:30–11:30am	9:15–10:15am Junior Jam Debbie/Robin Ends Dec. 12	Yoga Lite Debbie	9:15–10:15am Junior Jam Debbie/Robin Ends Dec. 14	Yoga Lite Debbie		10–10:50am Group Cycle Linda S.	
Noon–1pm	H2O Combo Linda St.		H2O Combo Linda St.		H2O Combo Linda St.	10:05–11am H2O Pre/Post-Natal Linda St.	
12:10–1:10pm	12:10–1pm Group Cycle Janet	GROUP POWER Lori	12:10–1pm Group Cycle Lori	GROUP POWER Russell	12:10–1pm Group Cycle Jay	11:15am–12:15pm Yoga Jeannie	
12:10–1:10pm	GROUP ACTIVE Shena		GROUP ACTIVE Shena		GROUP KICK		
1:15–2:15pm	Yoga Tracy	GROUP CENTERGY Lori	Yoga Tracy	GROUP CENTERGY Lori	Yoga Russell		
4:30–5:30pm		Pilates Jay		Pilates Jay			
5–5:50pm		Group Cycle Linda L.		Group Cycle Linda L.			
5:30–6:30pm	5:25–6:25pm Dance Cardio Angela	GROUP ACTIVE Amanda		GROUP ACTIVE Amanda	5–6pm Dance Cardio Angela		5:15–6:30pm Yoga Paula
5:30–6:30pm	Deep Water Care	6–7pm H2O Cardio Marina	H2O Combo Stacey	6–7pm H2O Cardio Carol			
6:30–7:30pm	GROUP POWER Kristen	GROUP STEP J.T.	GROUP POWER Amy	GROUP STEP J.T.			
7:40–8:40pm	GROUP KICK		GROUP KICK				



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THE ALASKA CLUB

DOWNTOWN 701 West 8th Avenue, Suite 100 • 274-4232

	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:10–1pm	Power Yoga Tina	Dynamic Strength Dawn	Power Yoga Tina	Dynamic Strength Dawn	Yoga Julie	KEY Group Fitness Studio
5:30–6:45pm	Yoga Karen	Circuit Training Jacqué	Gentle Yoga Karen	Circuit Training Jacqué		



CLASS DESCRIPTIONS

MIND/BODY

Gentle Yoga 75 min. 1–3 D
A gentle approach to yoga practice focusing on flexibility, core strength and stress reduction.

Power Yoga 50/70/75 min. 2–4 S, W, D
Intense yoga practice using more strength and flexibility in each pose.

Yoga 50/60/75 min. 2–4 E, S, W, L, D, ER
Yoga practice in a flowing presentation with modifications. Designed to increase muscle endurance, strength, flexibility and relaxation.

STRENGTH & ENDURANCE TRAINING

Circuit Training 75 min. 2–3 D, W
The class you'll love to hate! A fast-paced workout for muscular strength and endurance. Class may include intervals of cardio training.

Dynamic Strength 50 min. 1–3 D
A fusion of resistance exercises including traditional strength training, yoga/Pilates core stabilization and functional fitness movements.

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

N	North	S	South
E	East	W	West
L	Club for Women	ER	Eagle River
D	Downtown		

For more information, contact Becky Davis at 330-0169 or bdavis@thealaskaclub.com.



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THE ALASKA CLUB

WEST

1400 West Northern Lights Boulevard • 264-2720

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30–6:30am	Russell		Dena		Dani		KEY Group Fitness Studio Cycling Studio Gym
6–6:50am		Ride for Results Jolie		Ride for Results Nina			
6:35–7:35am	Dani	Kristi	Dena	Kristi	Dani	8–9:15am Yoga Mary Ellen	
8–9am	Yoga Cindy		Yoga Beth		Yoga Marcia	9:20–10:15am Group Cycle Tol/Nina	
9:30–10:30am	Kathy	J.T.	Janet	J.T.	Janet	9:30–10:30pm Step Combo Chhayal	
10:45–11:30am			Group Cycle Janet		Group Cycle Janet	9:30–10:45pm Circuit Training Jacque'	
10:45–11:45am	Pilates on the Ball Emily	Yoga Hannah	Pilates on the Ball Emily	Yoga Hannah	J.T.	10:30–11:15am Group Cycle Becky	
12:10–1pm	Group Cycle Emily	Group Cycle	Group Cycle Becky	Group Cycle Emily	Group Cycle Becky	11:30am–12:30pm Becky	
12:10–1pm	Step Challenge Ann	12:10–1:10pm Allison		12:10–1:10pm Jen	Allison	12:45–1:45pm Amanda C.	11:5am–12:30pm Yoga Debbie
4:45–5:40pm	J.T.				Dena	2–3pm 	12:45–1:45pm Yoga Basics Debbie
5:45–6:45pm	J.T.	Clarissa	Becky	Step Combo Jen	Dena		
6:45–7:35pm	Group Cycle Denali	5:45–6:35pm Group Cycle Heidi B.	Group Cycle Denali	5:45–6:35pm Group Cycle Marie			
6:50–7:50pm	J.T.	6:50–8pm Power Yoga Hannah	Yoga Niki F.	6:50–8pm Power Yoga Beth			

CLUB FOR WOMEN

1450 West Northern Lights Boulevard • 264-2700

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15–9:15am		Pilates Anita		Pilates Anita			KEY Group Fitness Studio
1:20–2:20pm		Restorative Yoga Niki		Restorative Yoga Niki			
4:30–5:30pm		Yoga Niki		Yoga Kori			



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THE ALASKA CLUB

SOUTH

10931 O'Malley Centre Drive • 344-6567

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30–6:30am	Yoga Cindy	GROUP POWER Dani	CENTERGY Cindy	GROUP POWER Dani		8:05–9:05am CENTERGY Cindy	KEY Group Fitness Studio 1 Group Fitness Studio 2 Youth Group Fitness Studio 1 Cycling Studio Pool
6–7am	Masters Swim Brad	H2O Cardio Cyndi/Kathy	Masters Swim Brad/Lori	H2O Cardio Cyndi/Kathy	Masters Swim Brad		
6–7am		Group Cycle Camelia		Group Cycle Linda S.		8:15–9:15am BOSU Strength Christy/Dani	
9:15–10:15am	Ride for Results Stacey/Jane		Group Cycle Heidi V.		Group Cycle Stacey	9:15–10:15am Group Cycle Cindy	
9:15–10:15am	CENTERGY Olivia	GROUP ACTIVE Becky	CENTERGY J.T.	GROUP ACTIVE Allison	GROUP ACTIVE Clarissa/Allison	9:15–10:15am GROUP ACTIVE Kathy	
9:15–10:15am	GROUP STEP Allison	Step Combo Jen	BOSU Bootcamp Christy	Step Combo Jen	Step Combo Chhayal/Stacie	9:15–10:15am Junior Jam (In the Gym) Alice/Sharon	
9:30–10:30am	H2O Cardio Debbie		H2O Cardio Linda Sh.		H2O Cardio Rachel	9:20–10:15am Step Combo Christy/Dani	
10:30–11:30am	10:20–10:45am BOSU Core Allison	GROUP POWER Jen	10:20–10:45am BOSU Core Christy	GROUP POWER Allison	10:20–10:45am BOSU Core Margo	9:30–10:30am H2O Cardio Debbie	
10:45–11:30am	Kardio Kids Kiirsten/Tiffanie		Kardio Kids Heidi/Heather M.			10:30–11:30am GROUP KICK	
11am–Noon	Yoga Debbie		Yoga Debbie		Yoga Margo	10:30–11:30am Yogalates Cindy	
12:10–1:10pm	GROUP POWER Becky		GROUP POWER			11:30am–12:30pm GROUP POWER Jen	
4–5pm	GROUP POWER Kim	CENTERGY Olivia	GROUP POWER Tanya	CENTERGY Olivia		12:30–1:30pm Step Combo Jen	
5–6pm	GROUP ACTIVE Chris	GROUP POWER Jen	GROUP ACTIVE J.T.	GROUP POWER Kathy			
5:30–6:30pm	H2O Cardio Cindy	5:30–6:45pm Yoga Anita	H2O Cardio Cindy	5:30–6:45pm Yoga Randie	H2O Cardio Becky		
5:45–7:15pm	Ride for Results Anne		Ride for Results Anne				
6–7pm	GROUP POWER Amy	GROUP STEP Christy	GROUP POWER Gretchen	GROUP STEP Christy			
7:05–8pm	6–7pm Youth Yoga (In Studio 2) Barb/Becky/ Crysta/Heather		6:45–7:45pm Pilates Cindy	GROUP KICK			
7:05–8pm	GROUP KICK						



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THE ALASKA CLUB

EAGLE RIVER

12001 Business Boulevard • 694-6677

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6–6:50am	Group Cycle Danelle		Group Cycle		Group Cycle Bill		
9:30–10:30am	GROUP POWER Justin	Yoga Becky	GROUP KICK	GROUP POWER Sheila	Yoga Becky	9:15–10:10am Group Cycle Emily	
10:40–11:30am	Group Cycle		Group Cycle Kristine			9:15–10:15am GROUP STEP Mary/Sarah	10:30–11:45am Yoga Mary Ellen
10:45–11:30am		Kardio Kids April/Lisa	Kardio Kids April/Julie				12–1pm Yoga Mary Ellen
4:45–5:45pm	GROUP STEP Rachael	5–5:55pm CENTERGY Chris	GROUP STEP Rachael	5–5:55pm Pilates Danelle		10:20–11:20am GROUP POWER Laura/Janet	1:30–2:30pm GROUP KICK
6–7pm	GROUP POWER Laura	GROUP ACTIVE Chris		GROUP POWER Laura	GROUP KICK	11:30am–12:30pm GROUP ACTIVE Chris	KEY Group Fitness Studio Youth Cycling Studio
6:15–7pm	5:15–6pm Group Cycle Stacey	Group Cycle	5:15–6pm Group Cycle Janet	Group Cycle Bill		11:30–12:20pm Group Cycle Janet/Stacey	
7:10–8:10pm	GROUP KICK	Yoga Kristine	GROUP KICK	Yoga Mary Ellen		12:30–1:30pm CENTERGY Chris	

GROUP CYCLE

Group Cycle 45/50/55/60 min. 2–4 E, S, ER, W
Cardiovascular training using a variety of cycling skills and drills. A serious workout with a party atmosphere. Giddyup!

MIND/BODY

CENTERGY 60 min. 1–3 E, S, W, ER
A music-driven class which fuses yoga, Pilates and tai chi. An uplifting way to increase strength, flexibility and relaxation – all in one hour.

Yoga 50/60/75 min. 2–4 E, S, W, L, D, ER
Yoga practice in a flowing presentation with modifications. Designed to increase muscle endurance, strength, flexibility and relaxation.

SPECIALTY

GROUP ACTIVE 60 min. 1–3 E, S, W, ER
Increase cardio, build strength and improve balance and flexibility in just one hour. Get more out of life -- get active!

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

N	North	S	South
E	East	W	West
L	Club for Women	ER	Eagle River
D	Downtown		

CLASS DESCRIPTIONS

STEP

GROUP STEP 60 min. 1–3 E, S, W, ER

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.

STRENGTH & ENDURANCE TRAINING

GROUP POWER 60 min. 1–4 E, S, W, ER

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.

YOUTH

Kardio Kids 45 min. S, ER
(Ages 3–5) Focuses on fun, large motor movements in a non-competitive atmosphere. Parents must remain in the club during the class.

For more information, contact Becky Davis at 330-0169 or bdavis@thealaskaclub.com.



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THE ALASKA CLUB

VALLEY

1720 East Parks Highway
376-3300

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thealaskaclub.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30–6:30am	H2O Cardio Nerissa	9–10am H2O Cardio Leigh	H2O Cardio Nerissa	9–10am H2O Cardio Leigh	H2O Cardio Leigh	8:30–9:30am CENTERGY Heather	KEY Group Fitness Room 1 Group Fitness Room 2 Group Cycle Room Pool Youth Group Fitness Room 2	
9:30–10:30am		ACTIVE Heather		ACTIVE Heather		9:40–10:40am ACTIVE Heather		
9:30–10:20am			Group Cycle Jessica		Group Cycle Juanita			
9:30–10:30am	KICK	STEP Mariya	KICK	STEP Mariya	STEP Donna	9:30–10:30am KICK		
10:30–11:30am	CENTERGY Mariya	POWER Amy	CENTERGY Mariya	POWER Amy	POWER Donna	10:35–11:35am POWER Taleen		
11:45am–12:45pm	Yoga Linda/Choi	Yoga Karen		10:30–11:30am CENTERGY Heather	Yoga Karen			
4:45–5:30pm		Junior Jam Taleen/ Summer/Shena		Junior Jam Taleen/ Summer/Shena				3:30–5pm Yoga Veronica
4:45–5:45pm	KICK	POWER Dee	KICK	POWER Dee				
5:30–6:30pm	H2O Cardio Beth		H2O Cardio					
5:30–6:30pm	Group Cycle Kristi		Group Cycle Sherrille					
5:45–6:45pm	Dance Cardio Jackie	KICK	Dance Cardio Jackie	STEP Donna	KICK			
6–7pm	ACTIVE September/ Summer		ACTIVE September					
6:45–7:45pm	POWER Sarah		POWER Donna					

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CLASS DESCRIPTIONS 5201 East Tudor Road • 337-9550

AQUA

Deep Water Workout 60 min. 2-4 E

Take your cardio conditioning to the next level in this deep water class. A high-intensity, no impact workout.

H2O Cardio 60 min. 1-3 E, S

Water workouts that focus on cardiovascular conditioning with strength and interval training.

H2O Combo 60 min. 2-4 E

Shallow and deep water exercise for cardiovascular training.

H2O Pre/Post-Natal 55 min. E

Water exercise class focusing on the fitness needs of pre- and post-natal women.

Masters Swim 60 min. 2-4 E, S

Swimming workouts focusing on endurance training and improving technique.

CARDIO

Dance Cardio 60 min. 1-3 E

Dance exercise for cardio conditioning followed by strength and flexibility training.



GROUP KICK 60 min. 2-4 W, S, ER, E

Group Kick will knock you out! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence!

GROUP CYCLE

Group Cycle 45/50/55/60 min. 2-4 E, S, ER, W

Cardiovascular training using a variety of cycling skills and drills. A serious workout with a party atmosphere. Giddyup!

MIND/BODY



GROUP CENTERGY 60 min. 1-3 E, S, W, ER

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

Pilates 60 min. 1-4 E, S, L, ER

Mat exercises for core conditioning using controlled movements and specific breathing techniques. Accommodates all levels from beginners to advanced.

Pilates on the Ball 60 min. 1-3 E, W
Pilates using the stability ball.

Yoga 50/60/75 min. 2-4 E, S, W, L, D, ER
Yoga practice in a flowing presentation with modifications. Designed to increase muscle endurance, strength, flexibility and relaxation.

Yoga Lite 60 min. 1-2 E
YogaFit practice for those new on their journey, those honoring health concerns or anyone seeking a more gentle approach to yoga.

SPECIALTY

A.B.L.A.S.T. 60 min. 1-3 E
(Adult Balance, Lifting and Strength Training) Designed for the mature adult or anyone wanting to increase strength, balance and flexibility. Focus is on total wellness through a variety of formats.



GROUP ACTIVE 60 min. 1-3 E, S, W, ER

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

STEP



GROUP STEP 60 min. 1-3 E, S, W, ER

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.

STRENGTH & ENDURANCE TRAINING



GROUP POWER 60 min. 1-4 E, S, W, ER

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.

YOUTH

Junior Jam 60 min. S, E
(Ages 6-12) Includes a variety of physical and sports activities appropriate for this age group.

Key	
1	Beginner-friendly all fitness levels
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