

GROUP FITNESS SCHEDULE

Winter 2010 / January 4, – March 28, 2010

FAIRBANKS SOUTH 747 Old Richardson Highway



THE ALASKA CLUB
www.thealaskaclub.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-7am	GROUP POWER	GROUP STEP	Core Strength	GROUP STEP	GROUP POWER		
8:30-9:30am	7-7:40am Cycling		7-7:40am Cycling			Aqua/Volleyball	
						Cycling	
9-10am	Aqua Aerobics	Aqua Tone	Aqua Aerobics	Aqua Tone	Aqua Aerobics		
9:30-10:30am	GROUP STEP	Core Strength	Step	Core Strength	GROUP STEP	GROUP POWER	
10:45-11:45am	GROUP ACTIVE		GROUP ACTIVE			10:40-11:40am GROUP STEP	
12:05-12:55pm	GROUP POWER	12:05-1:05pm GROUP CENTERGY	GROUP POWER	12:05-1:05pm GROUP CENTERGY	GROUP POWER	12:05-1:05pm GROUP CENTERGY	
4:45-5:30pm	Cycling	4:45-5:45pm GROUP POWER	Cycling	4:45-5:45pm GROUP POWER	Cycling	1:30-2:30pm GROUP ACTIVE	
5:35-6:35pm	GROUP STEP	5:50-6:40pm Core Strength	GROUP STEP	5:50-6:40pm Core Strength	GROUP STEP		
6:05-7:05pm	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics		

FAIRBANKS NORTH 150 Eagle Ave

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