

GROUP FITNESS SCHEDULE

Winter 2010 / January 4–March 28, 2010



THE ALASKA CLUB
www.thealaskaclub.com

JUNEAU VALLEY 2841 Riverside Dr., 789-2181

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30–6:30am	Lindy/ Terry	Rep Reebok Lindy	Ira	Rep Reebok Lindy	Ann		
8:45–9:45am	7–8am Gentle Yoga JoAnn	Marjorie		Marjorie		8:15–9:30am Cycle Crunch Donna	8:45–10am Cycle Plus Becky/Terry
9–10:15am	Super Strength Heidi	10–11am  CENTERGY Jamie P/Ron	Super Strength Heidi	10–11am  CENTERGY Jamie P/Ron	Super Strength Heidi	9:15–10:15am  GROUP POWER Becky/Lindy /Stephanie	9–10am Yogalatte Mandy
10:30–11:15am	Yoga CORE Heidi		10:30–11am Baby & Me Janice (2 months-walking with parent)			9:45–10:45am Heidi	
11:15–11:45am			Creative Movement Janice (ages 3–5)			10:30–11:30am  CENTERGY Stephanie/Becky	11am–Noon Step It Up Barbara
Noon–1pm	Mat Pilates Ami	 GROUP POWER Becky	 CENTERGY Becky	 GROUP POWER Stephanie	Power Yoga Heidi	11–11:45am Training Wheels Darla (1/16–3/6)	
12:15–1:15pm	Marian/Becky		Leeann		Marian		
4:30–5:05pm	4:30–5:30pm Julia	Body Blast Shelly	4:30–5:30pm Darla				
5:15–6:20pm	Super Strength Heather	5:10–5:40pm AWESOME Abs Shelly	5:30–6:30pm Step It Up Barbara	Cardio BootCamp Heather			
5:45–6:45pm	Terry	Jamie M.	Julia	Heidi			
6:45–8pm	Iyengar Yoga I & II Steve		6:45–7:45pm  CENTERGY Britt/Kally				
KEY	Group Fitness	Group Cycle					

Cycle Class Descriptions

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.

Training Wheels 1-4
A true beginning cycle class, from bike set-up to learning how our body gets fit!

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JUNEAU DOWNTOWN 641 W. Willoughby, Suite 210, 586-5773

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6–7am		Yoga Flow Kristin		Yoga Tammy			
9–10:15am		Yoga Janice					
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	10:30–11:45am POWER Yoga Emily	10–11:15am Gentle YogaFit Nancy
1:05–2:05pm	Gentle Yoga JoAnn	GROUP POWER Julia		Super Strength Julia			
4:15–5:15pm	Step It Up Laury			Step It Up Laury	4:45–5:45pm GROUP POWER T. Calvin		
5:30–6:30pm	GROUP POWER T. Calvin	Gentle Yoga Luann	GROUP POWER Kristin (starts 2/3)				
6:45–8pm	Yoga I & II Tammy		Yoga I & II Steve		6–7pm Gentle Yoga Luann/T. Calvin		

Fitness Class Descriptions

CARDIO

Cardio Boot Camp 2-4
A circuit format, using floor work, speed work and plyometric drills, this class will challenge your cardiovascular system and larger muscle groups. Boot camp floor work consists of basic kickboxing choreography, core stability and strength exercises. Adding powerful step/BOSU drills during the circuit sequence will be sure to kick you into gear!

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 min
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 24 hour recovery period between the following classes)

GROUP
POWER 1-4
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.

Rep Reebok 1-4
RepReebok is group strength training designed to target your major muscle groups using hand held weights, barbells, and body weight as resistance. Science-based, RepReebok uses periodization to progress and vary your workouts for efficient muscle and bone strengthening. Set to music for a fun & challenging class.

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.

A varied, fun interval training class that alternates cardio/step and body sculpting in "boot camp" style. Drills for agility, strength and balance are blended with cardio intervals to develop power and you guessed it..... super strength!

Fit Mix 1-4
The noon downtown MTWF and Thurs pm classes are an exhilarating mix of cardio, strength and flexibility workouts. See monthly schedule posted at the Downtown Club.

YOGA

Gentle YogaFit/Yoga Strength 1-4
The perfect way to start your day or afternoon with gentle warming, strengthening and stretching, focused breathing and relaxation to de-stress and refresh....you deserve it!

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, YOGA I & II 1-4
These multi-level Hatha yoga classes incorporate poses and breathing techniques to offer you a triage of strength, flexibility and balance. Yoga encourages the body and mind to work together to stretch, strengthen and relax for increased good health and well-being.

YOGA CORE 1-4
Incorporates yoga, Pilates and fitness exercises to develop strength and flexibility through the core.

Iyengar Yoga I & II 1-4
Building strength, flexibility, balance, and agility, Iyengar style yoga methodically and safely opens the body while building inner awareness.

GROUP
CENTERGY 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.