

GROUP FITNESS SCHEDULE

Fall 2009 / September 8, 2009–January 2, 2010

FAIRBANKS SOUTH 747 Old Richardson Highway



THE ALASKA CLUB
www.thealaskaclub.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6–7am			Core Strength				KEY
8:30–9:30am						Aqua/Volleyball	Group Fitness Studio
						Cycling	
9–10am	Aqua Aerobics	Aqua Tone	Aqua Aerobics	Aqua Tone	Aqua Aerobics		Cycling Studio
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 		12:05–1:05pm 		12:05–1:05pm 	
4:45–5:30pm	Cycling	4:45–5:45pm 	Cycling	4:45–5:45pm 	Cycling	1:30–2:30pm 	
5:35–6:35pm		5:50–6:40pm Core Strength		5:50–6:40pm Core Strength			
6:05–7:05pm	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics		
6:50–7:50pm		Zumba			Zumba		

FAIRBANKS NORTH 150 Eagle Ave

	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							
6:40–7:40pm		Kickboxing		Kickboxing			
7–8pm	Yoga		Yoga				