

Class Descriptions

Aqua Aerobics (Mild)

An excellent workout for those seeking cardiovascular endurance and strength in a non-competitive, low-impact atmosphere. Non swimmers are welcome, but should be comfortable in the shallow end of the pool.

Aqua Tone (Mild)

A wonderful strength training workout using water resistance, bands, and barbells in the low-impact environment of the pool. Non swimmers are welcome, but should be comfortable in the shallow end of the pool.

Pilates (Mild)

This class focuses on strengthening and stretching your body for long, strong lean muscles in a quiet relaxed atmosphere.

YogaFit (Mild to Moderate)

An active form of fitness based Yoga that helps to develop strength, flexibility, endurance, mind and body awareness.

Good for all fitness levels.

Group Cycling (Mild to Moderate)

This new class is a great non-impact way to get fit. Group Cycling is good for all fitness levels and is very easy to learn. All you need to know is how to pedal a bike!

Yoga (Moderate)

Basic Yoga class designed to improve your flexibility, balance and strength. Good for all fitness levels.

Strength & Tone (Moderate)

This class is appropriate for all exercise levels and consists of muscle strengthening and exercises using weights and Xertubing. Strength and floor work is included. This class has no cardio work.

Core Strength (Moderate)

This workout integrates movements involving stabilization, balance and coordination to strengthen your entire body, especially your abs, back and glutes. No cardio work.

Step (Moderate)

Step choreography that is easy to follow, but intense enough to provide a high energy, low impact workout. We add some toning exercises and close with stretching.

Power Flex (Moderate)

Set to dynamic music, this group barbell workout focuses on each major muscle group. All fitness levels. No cardiovascular workout.

Power Flex Express-45min.

This group barbell workout focuses on the major muscle groups; a shorter version of Power Flex.

Power Flex Plus (45 min.)

This group barbell workout that includes the use of balls and elastic resistance.

Rep Reebok - Weight Training (Moderate)

Dynamic group weight training using traditional lifting techniques to strengthen and firm your entire body.

Sample Class (Moderate)

Try a little bit of everything Group Fitness offers, from cycling to step, to ball. Format varies from week to week!

Class Descriptions

Kickboxing

Great for those new to kickboxing and those who are more advanced. High intensity class using punches and kicks to condition your body to high energy music.

Boot Camp

This high energy cardiovascular and total body conditioning class uses strength training regiments that utilize one's own body weight for resistance. All fitness levels welcome.

Classical Pilates (Fee Based)

This specialized pilates class concentrates on strength and flexibility. Work in a small group with a wonderful instructor. Registration forms are available at the Front Desk.

Hip Hop Dance (Fee Based)

Cut loose and have fun while getting a great cardio workout. Registration forms are available at the Front Desk.

Private Yoga (Fee Based)

Challenge yourself with the next step in yoga. Each week builds on skills learned the week before. Registration forms are available at the Front Desk.

Middle Eastern Dance (Fee Based)

Low impact yet highly aerobic exercise form. We will be using isolations and rhythm to work muscles not often emphasized in other exercise programs. Registration forms are available at the Front Desk.

Class Policies

1. You must be 14 years old to participate.
2. Do not do your own routine. This is discourteous and distracting to your fellow members and your instructor. If you have a medical condition that prevents you from following the routine, please consult your instructor.
3. Be on time. The warm-up is important to avoid injury. If you are late, warm-up before entering the class.
4. Be considerate of other members' exercise space. Do not crowd a member who has arrived before you.
5. Keep conversation to a minimum. Conversations should not interfere with the ability of class participants to hear the instructor.
6. Remain outside the room until the current class is completed.
7. Feet must be covered. (Except Aqua)
8. Shirt must be worn. (Except Aqua)
9. No reserving places.
10. Gym bags / purses are not allowed in the classroom.
11. Street clothes are not allowed.
12. Food is not allowed in the classroom.
13. No open containers. Water must be in a closeable container.
14. Scheduled instructors are subject to change.
15. No perfumed products / strong scents.
16. Cell phones are not permitted in class.

Group Fitness



THE ALASKA CLUB
FAIRBANKS

www.thealaskaclub.com

Effective

May 1 - May 25 2008

For more information contact
the Group Fitness Director,
Cheryl Warwick at 452-6801
ext. 233.



South - 747 Old Richardson Hwy - 452-6801
Effective May1 - May 25 2008

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am		<i>Reebok Wt. Training</i>	<i>Step</i>	<i>Boot Camp</i>	<i>Step</i>	<i>Power Flex Plus</i>	
8:30 am							<i>Cycling</i>
9:00 am		<i>Aqua Aerobics</i>	<i>Aqua Tone</i>	<i>Aqua Aerobics</i>	<i>Aqua Tone</i>	<i>Aqua Aerobics</i>	<i>Aqua Aerobics 8:30 am</i>
9:30 am		<i>Step</i>	<i>Core Strength</i>	<i>Step</i>	<i>Core Strength</i>	<i>Step</i>	<i>Boot Camp</i>
11:00 am							<i>Yoga Fit</i>
12:05 pm		<i>Reebok Wt. Training</i>	<i>Yoga</i>	<i>Power Flex Express</i>	<i>Yoga</i>	<i>Reebok Wt. Training</i>	
1:05 pm							
2:00 pm							
4:45 pm		<i>Cycling</i>	<i>Power Flex Express</i>	<i>Cycling</i>	<i>Reebok Wt. Training</i>	<i>Cycling</i>	
5:35 pm		<i>Step</i>	<i>Cycling</i>	<i>Step</i>	<i>Cycling</i>		
6:05 pm		<i>Aqua Aerobics</i>		<i>Aqua Aerobics</i>			
Club Hours	<i>10:00 am - 9:00 pm</i>	<i>5:30 am - 9:30 pm</i>	<i>5:30 am - 9:30 pm</i>	<i>5:30 am - 9:30 pm</i>	<i>5:30 am - 9:30 pm</i>	<i>5:30 am - 9:30 pm</i>	<i>8:00 am - 9:00 pm</i>

North - 150 Eagle Avenue - 456-1914

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 am		<i>Reebok Wt. Training</i>		<i>Reebok Wt. Training</i>			
9:30 am							<i>Strength & Tone</i>
5:30 pm			<i>Yoga Fit</i>		<i>YogaFit</i>		<i>Kickboxing 10:40am</i>
6:00 pm		<i>Boot Camp</i>		<i>Boot Camp</i>			
7:00 pm		<i>Yoga</i>		<i>Yoga</i>			
Club Hours	<i>10:00 am - 7:00 pm</i>	<i>5:30 am - 11:00 pm</i>	<i>5:30 am - 11:00 pm</i>	<i>5:30 am - 11:00 pm</i>	<i>5:30 am - 11:00 pm</i>	<i>5:30 am - 10:00 pm</i>	<i>8:00 am - 9:00 pm</i>