

GROUP FITNESS SCHEDULE

Fall 2009/September 8, 2009–January 3, 2010

JUNEAU VALLEY 2841 Riverside Dr., 789-2181



THE ALASKA CLUB

www.thealaskaclub.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30–6:30am		Rep Reebok Lindy		Rep Reebok Lindy			
5:45–6:45am	Lindy/ Terry		Ira		Ann		
8:45–9:45am		Marjorie		Marjorie	Becky	Cycle Crunch Donna 8:15–9:30am	Cycle Plus Becky/Terry 8:45–10am
9–10:15am	Rep Reebok Heidi		Super Strength Heidi		Super Strength Heidi	Rep Reebok Becky/Lindy 9:15–10:15am	Yogalatte Mandy 9–10am
10:30–11:15am	Yoga CORE Heidi					Heidi 9:45–10:45am	
11–11:45am			Creative Movement Janice (ages 3–5) 11:15–11:45am			Training Wheels Darla (9/26–12/12)	Step It Up Barbara 11am–Noon
Noon–1pm	Mat Pilates Ami	Rep Reebok Becky	Yoga Stretch JoAnn	 Stephanie	Power Yoga Heidi		
12:15–1:15pm	Marian		Leeann		Marian		
4:30–5:30pm	Julia	Mandy/Erin	Darla	Donna			
4:30–5:30pm		Body Blast Shelly 4:30–5:05pm					
5:15–6:20pm	Super Strength Heather	AWESOME Abs Shelly 5:10–5:40pm		Cardio BootCamp Heather			
5:30–6:30pm			Step It Up Barbara				
5:45–6:45pm	Terry	Jamie	Julia	Heidi			
6:45–8pm	Iyengar Yoga I & II Steve		\$\$pecialty Dance Pat & Frank 7–8:30pm (9/16-10/14)				
KEY	Level 1 Beginner	Level 2 Intermediate	Level 3 Int/Advanced	Level 4 Advanced		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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THE ALASKA CLUB

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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					
10–11:15am						POWER Yoga Emily 10:30–11:45am	Gentle YogaFit Nancy
12:05–12:50pm	Fit Mix Kristin/Terri	Fit Mix Lori/Kristin	Fit Mix Kristin/Terri	AWESOME Abs Shelly 12:15–12:45pm	Fit Mix Terri		
1:05–2:05pm		GROUP POWER Julia		Rep Reebok Julia			
4–5pm	Step It Up Laury			Step It Up Laury	GROUP POWER T. Calvin 4:45–5:45pm		
5:30–6:30pm	GROUP POWER T. Calvin	Fit Mix Luann		Fit Mix Staff 5:15–6:15pm			
6:45–8pm	Yoga I & II Tammy		Yoga I & II Steve		Gentle YogaFit Luann/T. Calvin 6–7pm		
KEY	Level 1 Beginner	Level 2 Intermediate	Level 3 Int/Advanced	Level 4 Advanced	Group Fitness		

Fitness Class Descriptions

CARDIO

Boof Camp/Circuit Training 1-4

A varied, fun interval training class that will challenge your cardiovascular system and larger muscle groups with basic kickboxing choreography, core stability, strength exercises and powerful step/BOSU drills 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
Designed to strengthen your core for better function with everyday activities.

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

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.

Super Strength 2-4

This class will prepare you for your sport, such as skiing, basketball, volleyball, tennis, golf or racquetball. Drills for agility, strength and balance are blended with cardio intervals to develop power and you guessed it.....super strength!

Fit Mix 1-4

An exhilarating mix of cardio, strength and flexibility workouts. See monthly schedule posted at the Downtown Club.

YOGA

Gentle YogaFit/Yoga Strength 1-4

Uses gentle warming, strengthening and stretching, focused breathing and relaxation to de-stress and refresh.

POWER Yoga 2-4

Mind-body workout that focuses on breathing, functional strength, flexibility, muscle balancing, and relaxation while letting go of judgment, expectation and competition. Previous yoga experience recommended, but modifications given for all levels.

YOGA, YOGA I & II 1-4

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 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

Methodically and safely opens the body while building inner awareness, strength, flexibility, balance, and agility.