

# SOUTH GYM SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
6-8am Pickleball	Open Gym	Open Gym	6-8am Pickleball	7-8:30am Pickleball	Open Gym	Open Gym
Open Gym			Open Gym	Open Gym		
9-10:30am Group Blast		9-10:30am Zumba® Step				
Open Gym		Open Gym				
12:30-2:30pm Pickleball						
Open Gym						
6:15-7:45pm Insanity		5:45-7:15pm P90X				

## Pickleball

This fun sport combines many elements of tennis, badminton and ping-pong. Team up with a partner for doubles, or play one-on-one singles.

## Insanity

Insanity is a total body workout. You exercise using your own body weight for resistance. The program is based on a fitness method called "Max Interval Training."

## Group Blast

This is a great cardio alternative to walking, running, or stair climbing because you will do it while listening to exciting energetic music.

## P90X

P90X is designed to take 90 days, and consists of a training program that uses cross-training and periodization, combined with a nutrition and dietary supplement plan.

## Zumba® Step

Zumba® Step combines the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor.



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