

GROUP FITNESS SCHEDULE



SUMMER 2010 June 1–September 5, 2010

www.thealaskaclub.com

THE ALASKA CLUB

JUNEAU VALLEY

2841 Riverside Drive • 789-2181

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30–6:30am	Group Cycling Lindy/Terry	GROUP POWER Lindy	Group Cycling Ira	GROUP POWER Lindy	Group Cycling Stephanie	8:15–9:30am Cycle Crunch Donna	
8:45–9:45am		Group Cycling Marjorie		Group Cycling Marjorie		9:15–10:15am GROUP POWER Staff	8:45–10am Cycle Plus Becky/Terry
9–10:15am	Super Strength Heidi		Super Strength Heidi		Super Strength Heidi		9–10am Yogalatte Mandy
10–11am	10:30–11:15am Yoga Flow Heidi	CENTERGY Jamie P.		CENTERGY Jamie P.	10:30–11:30am CENTERGY Becky	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	Yoga Flow Heidi		
12:15–1:15pm	Group Cycling Marian		Group Cycling Leeann		Group Cycling Marian		
4:30–5:30pm		4:30–5:05pm Body Blast Shelly					KEY
5:15–6:20pm	Super Strength Heather	5:10–5:40pm Awesome Abs Shelly	5:15–6:15pm GROUP POWER Jamie M./Jamie P.				Resistance/Strength Training:* Group Fitness Studio
5:45–6:45pm	5:15–6:15pm Group Cycling Jamie M.	Group Cycling Jamie M.	5:15–6:15pm Group Cycling Lindy/Terry	Group Cycling Heidi			Group Fitness Studio
6:30–7:30pm		5:45–6:45pm Yoga Heather	CENTERGY Stephanie	5:45–6:45pm Yoga Heather			Cycling Studio

* Resistance/strength training classes should only be done on non-consecutive days.

JUNEAU DOWNTOWN

641 W. Willoughby, Suite 210 • 586-5773

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6–7am		Yoga Flow Kristin		Yoga Tammy		9–10:30am Yoga	10–11:15am Gentle YogaFit Nancy
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		
1:05–2:05pm		GROUP POWER Julia	Power Yoga Molly	Super Strength Julia	Yoga Core Molly		KEY
5:30–6:30pm	GROUP POWER T. Calvin	CENTERGY Sarah	GROUP POWER Kristin	CENTERGY Sarah	4:45–5:45pm GROUP POWER T. Calvin		Resistance/Strength Training:* Group Fitness Studio
6:45–8pm	Yoga I, II Tammy	7–8pm Cardio Dance					Group Fitness Studio

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CLASS DESCRIPTIONS

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!

Cardio Dance 1-4
Trade in your dancing shoes for tennis shoes and come experience the funnest workout of your whole week. Easy to follow dance moves to latin, hip hop, and popular rhythms. Don't miss this awesome cardio and core workout set to music that will keep you dancing all week. NO EXPERIENCE REQUIRED

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-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)



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.

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
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!

YOGA

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



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.

Yogalates 1-3
Fusion of yoga practice and Pilates mat exercise.

CYCLE

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.

Key	
1	Beginner-friendly all fitness levels
2	All fitness levels
3	Intermediate/Advanced high intensity and/or more choreography
4	Advanced advanced fitness levels and/or advanced choreography

CLASS POLICIES

Please abide by the following policies to insure all members receive safe, effective, enjoyable workouts:

- Be on time. If new to class, arrive 15 minutes before class begins to get help setting up your bike or equipment. Please do not enter any class if you are late.
- Do not enter the studio before the current class is finished.
- Notify your instructor if you have any health issues, are new to class, or sustain an injury during class.
- Be considerate of other members' exercise space. Keep conversation to a minimum. Please wash off perfumes/colognes.
- Please put equipment away and wipe down bikes after class.

Please note: Instructors and classes are subject to change. If a class average falls below 6 participants for 4 consecutive weeks, JRC/TAC reserves the right to cancel that class.

💰 Tuition or fee based programs