



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
East	6:30pm	12:10pm	6:30pm	12:10pm		9am	
West	9:30am 5:45pm	6:35am 12:10pm	9:30am 5:45pm	6:35am 12:10pm	9:30am 5:45pm	11:30am	
South	4pm 6pm	5:30am 10:30am 5pm	4pm 6pm	5:30am 10:30am 5pm		11:30am	
Midtown	12:10pm		12:10pm 6pm		12:10pm		11:30am
Eagle River	9:30am 6pm		Noon	9:30am 6pm		10:20am	
Valley	9:30am 6:40pm	4:30pm	9:30am 6:40pm	4:30pm	9:30am		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
East	5:45am 12:10pm	9am 5:30pm	12:10pm	5:30pm			Noon
West		9:30am 5:45pm		9:30am		12:45pm	
South	5pm	9:15am		9:15am 4pm	9:15am	9:10am	
Eagle River		6pm				11:30am	
Valley		9:30am	5:30pm			9:30am	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
East		6:30pm				10am	
West	6:35am 4:45pm		6:35am 12:10pm		6:35am 4:45pm		
South		6pm		6pm		12:35pm	
Eagle River	4:15pm		6pm			9:15pm	
Valley	4:30pm	9:30am 6:40pm	4:30pm	9:30am 5:35pm	10:35am	9:30am	1pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
East		1:15pm		1:15pm			
West	6:50pm				10:45am 6:50pm		
South	9:15am	4:15pm	5:35am 9:15am	4:15pm		8:05am	
Eagle River	7:05pm			10:40am		8:10am	
Valley		8:15am	Noon	6:40pm		8:15am	

Add some POWER to your workouts!

An excellent, fun and very effective way to supplement your cardio training.

Appropriate for All Fitness Levels

**Your Hour of Power
– Let's Move!**

Increase cardio, build strength and improve balance and flexibility in just one hour.

**Get more out of life --
get active!**

Strengthens and shapes your lower body, one step at a time.

**Step this way...
Group Step!**

A music-driven class which fuses yoga, Pilates and tai chi. An uplifting way to increase strength, flexibility and relaxation...

all in one hour!

Check the Group Fitness Schedule at the front desk or online at www.thealaskaclub.com