



DECEMBER Weekly Group Exercise

Monday	Tuesday	Wednesday	Thursday	Friday
Tai Chi Open Practice 10–10:50 a.m. Cancelled Dec. 18	Indoor Cycling 6:45–7:30 a.m. Cancelled Dec. 26	Tai Chi Open Practice 9–9:50 a.m. Cancelled Dec. 20 and 27	Indoor Cycling 6:45–7:30 a.m. Cancelled Dec. 21	Tai Chi Open Practice 9–9:50 a.m. Cancelled Dec. 29
Indoor Cycling Noon–12:50 p.m.	*Healthy Back Strong Core 9–9:45 a.m.	*Tai Chi 10–10:50 a.m. Cancelled Dec. 20 and 27	Functional Strength/Balance 10–10:50 a.m. Cancelled Dec. 28	ZUMBA® 11–11:50 a.m. Cancelled Dec. 15
TRX® Strength Noon–12:50 p.m.	Functional Strength/Balance 10–10:50 a.m.	Boot Camp Noon–12:50 p.m.	Yoga 11–11:50 a.m. Cancelled Dec. 28	Boot Camp Noon–12:50 p.m. Cancelled Dec. 29
*Pilates/Core Noon–12:50 p.m.	Yoga 11–11:50 a.m. Cancelled Dec. 26	*Pilates/Core Noon–12:50 p.m. Cancelled Dec. 6	Insanity Noon–12:50 p.m.	Indoor Cycling 12:05–12:50 p.m.
F.I.T. (Functional Integrated Training) 5–5:50 p.m.	3D Circuit Training Noon–12:50 p.m. Cancelled Dec. 26	Cross Country Skiing 12:10–1 p.m. Cancelled Dec. 6	*Self Myofascial Release 4–4:50 p.m. Cancelled Dec. 21 and 28	*Located in Spur Studio SCF will be closed Dec. 22 and 25, no classes will be offered those days.
	Indoor Cycling 12:10–12:50 p.m.	TRX® Strength 1–1:50 p.m.	ZUMBA® 5–6 p.m.	
	ZUMBA® 5–6 p.m.	Boot Camp 5–5:50 p.m.		
		*Gentle Yoga 5–5:50 p.m. Cancelled Dec. 20 and 27		

Group Fitness classes are open to SCF and ANTHC employees, customer-owners, and Commission Corps Officers.

SCF Physical Therapy & Exercise | (907) 729-6683 | Mt. Marathon Building | 4201 Tudor Centre Drive | Monday–Friday, 6:15 a.m.–6:30 p.m.

Boot Camp (Cancelled Dec. 6 (5 p.m.) and 29)
Wednesdays, noon–12:50 p.m. and 5–5:50 p.m.
Fridays, noon–12:50 p.m.

Designed to improve strength and endurance with a fun mixture of cardio bursts, plyometrics, core, strength, and body weight trainings. Modifications can be made for any level.

F.I.T. (Functional Intergrated Training)

Mondays, 5–5:50 p.m.

A dynamic workout that utilizes vitality, performance and reconditioning, kettlebell, and TRX® equipment to improve balance, agility, and dynamic strength. Reach goals such as weight management, improved daily functionality, and enhanced sport performance. All movements can be regressed and progressed to meet individual fitness levels and goals.

Functional Strength and Balance (Cancelled Dec. 28)

Tuesdays and Thursdays, 10–10:50 a.m.

Improve movement, decrease pain, and learn how to exercise anywhere without needing equipment. Learn real life movements to increase your flexibility, strength, and balance all at the same time.

Gentle Yoga (Cancelled Dec. 20 and 27)

Wednesdays, 5–5:50 p.m.

Gentle Yoga explores poses in a chair or on a mat. Improve strength, balance, breathing, and flexibility. This practice reviews safety principles of alignment and modifications. Those new to exercise would benefit. This class is operated by the Alaska Women's Recovery Program.

Healthy Back Strong Core

Tuesdays, 9–9:45 a.m.

Learn how to relieve back pain while strengthening vital core muscles. A strong core is necessary for quality, functional movement. Learn basic core strength exercises that will help decrease pain and improve quality of life.

Indoor Cycling (Cancelled Dec. 21 and 26)

Mondays, noon–12:50 p.m., Fridays, 12:05–12:50 p.m.

Tuesdays, 6:45–7:30 a.m. and 12:10–12:50 p.m.

Thursdays, 6:45–7:30 a.m.

A high-intensity aerobic workout that simulates outdoor cycling with motivation and mind/body connection to improve aerobic fitness.

Insanity

Thursdays, noon–12:50 p.m.

A high-intensity interval training of plyometrics, core, and body weight strengthening. A challenge mentally and physically! A higher level of fitness is required.

Passive Stretch

Tuesdays, 1–1:50 p.m.

Passive stretch is a form of static stretching in which an external force is exerted upon a limb to move it into a new position. Passive stretching resistance is achieved through the force of gravity on the limb or on the body weighing it down.

Pilates/Core (Cancelled Dec. 6)

Mondays and Wednesdays, noon–12:50 p.m.

A strong core is essential for proper function, efficient movement, optimal performance, and overall strength and power. Pilates will teach you how to engage your core while challenging your entire body.

Self Myofascial Release (Cancelled Dec. 21 and 28)

Thursdays, 4–4:50 p.m.

Myofascial release is a self-massage technique utilized to help relieve pain and tension due to injury or stress. It involves releasing the fascia (connective tissue) that surrounds each muscle and interconnects all internal parts of the body. Various instruments are utilized to release muscular tension.

Tai Chi (Cancelled Dec. 20 and 27)

Wednesdays, 10–10:50 a.m.

This class features a combination of relaxing exercises and energizing movements. The curriculum includes sessions focused on Tai Chi for diabetes, osteoporosis, and arthritis.

Tai Chi Open Practice
(Cancelled Dec. 18, 20, 22, 25, 27, and 29)

Mondays, 10–10:50 a.m.

Wednesdays and Fridays, 9–9:50 a.m.

Intermediate and advanced students can enjoy the self-directed Tai Chi open practice time reserved for anyone who would like to join. Music and DVDs will be made available.

Cross Country Skiing (Cancelled Dec. 6)

Wednesdays, 12:10–1 p.m.

Meet at Mt. Marathon Building entrance and ski the nearby trails in a safe and friendly group. All skill levels are welcome to join. Bring your own ski's, helmet, and outdoor gear (required).

TRX® Strength

Mondays, noon–12:50 p.m.,

Wednesdays, 1–1:50 p.m.

A complete body workout using multiple planes of motion and your body weight to build power, strength, flexibility, balance, mobility, and to prevent injuries. You choose the intensity.

Yoga (Cancelled Dec. 26 and 28)

Tuesdays and Thursdays, 11–11:50 a.m.

Looking to relieve back pain, strengthen your core, improve your flexibility, relieve stress, or perhaps gain a competitive edge in sports? Join this class, for all levels.

ZUMBA® (Cancelled Dec. 15)

Tuesdays and Thursdays, 5–6 p.m.

Fridays, 11–11:50 a.m.

Dance to fast and slow Latin dance rhythms to tone and sculpt the body using a balance of cardio and muscle-toning in a fun and exciting class.

3D Circuit Training (Cancelled Dec. 26)

Tuesdays, noon - 12:50 p.m.

Move your body through all planes of motion while simultaneously doing strengthening exercises. Your endurance will improve with little to no rest time between exercises.