



# April Weekly Group Exercise

## Monday

### Tai Chi Open Practice

10 – 10:50 a.m.

### Indoor Cycling

Noon – 12:50 p.m.

### TRX® Strength

Noon – 12:50 p.m.

### \*Pilates/Core

Noon – 12:50 p.m.

### F.I.T. (Functional Integrated Training)

5 – 5:50 p.m.

## Tuesday

### Indoor Cycling

6:45 – 7:30 a.m.

### \*Healthy Back Strong Core

9 – 9:45 a.m.

### Functional Strength/Balance

10 – 10:50 a.m.

### Yoga

11 – 11:50 a.m.

### 3D Circuit Training

Noon – 12:50 p.m.

### Indoor Cycling

12:05 – 12:50 p.m.

### ZUMBA®

5 – 6 p.m.

## Wednesday

### Boot Camp

6:45 – 7:30 a.m.

### \*Tai Chi

10 – 10:50 a.m.

### Boot Camp

Noon – 12:50 p.m.

### \*Pilates/Core

Noon – 12:50 p.m.

### Trail Biking

12:10 – 1 p.m.

### TRX® Strength

1 – 1:50 p.m.

### Boot Camp

5 – 5:50 p.m.

### \*Gentle Yoga

5 – 5:50 p.m.

## Thursday

### Indoor Cycling

6:45 – 7:30 a.m.

### Functional Strength/Balance

10 – 10:50 a.m.

### Yoga

11 – 11:50 a.m.

### Insanity®

Noon – 12:50 p.m.

### \*Self Myofascial Release

4 – 4:50 p.m.

### ZUMBA®

5 – 6 p.m.

## Friday

### Boot Camp

6:45 – 7:30 a.m.

### \*Prenatal Yoga

10 – 10:50 a.m.

### Tai Chi Open Practice

11 – 11:50 a.m.

### Boot Camp

Noon – 12:50 p.m.

### Indoor Cycling

12:05 – 12:50 p.m.

### \*Pilates/Core

Noon – 12:50 p.m.

### Tabata GX™

1 – 1:50 p.m.

### \*Located in Spur Studio

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

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

## Boot Camp

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)

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

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

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

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

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

## Insanity®

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

## Pilates/Core

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.

## Prenatal Yoga

Prenatal yoga is a way to maintain a healthy mind throughout pregnancy. It focuses on strength and flexibility during pregnancy. Prenatal yoga will also go over relaxation poses that can assist in the labor process.

## Self Myofascial Release

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.

## Tabata GX™

A group fitness class that gives participants a dynamic warm up utilizing full range of movement and prepared for a fun and invigorating interval training class. The intervals will include progressive HIITs (High Intensity Interval Training), max interval, and mixed intervals. The class will also include one group or partner game to create camaraderie, community, and connection. Tabata GX™ is not a HIIT program only for the fit to get fitter, it's for everyone.

## Tai Chi

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

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.

## Trail Biking

Meet at Mt. Marathon Building entrance and ride the nearby trails in a safe and friendly group. All skill levels are welcome to join. Bike and helmet required.

## TRX® Strength

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

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

## ZUMBA®

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

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.