



WELLNESS CENTER CLASS SCHEDULE

Monday

TRX® Strength
Noon-12:50 p.m.

Tuesday

Spin Class
7:15-8:00 a.m.

Wednesday

Beginner Yoga
Noon-12:45 p.m.

Thursday

No Class

Friday

Toddler Time
10:00-11:30 a.m.
*Registration required

Boot Camp
Noon-12:50 p.m.

*Classes are subject to cancellation



Boot Camp

Challenge your body through three fundamentals of training — cardio, strength, and agility. A fun and exciting way to get and stay in shape! This class is high-intensity: you will begin sweating after performing the activity for approximately 3-5 minutes; breathing will become deep and rapid.

Spin Class

A high-intensity aerobic workout that simulates outdoor cycling with motivation and mind/body connection to improve aerobic fitness. This class is high intensity: you will begin sweating after performing the activity for approximately 3-5 minutes; breathing will become deep and rapid.

Beginner Yoga

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

Toddler Time

This weekly toddler playgroup is a great opportunity for parents and toddlers to explore, move, and enjoy fun activities in a safe environment. Toddler Time is available to children of customer-owners from walking age to kindergarten. Registration is required, please call (907) 631-7630.

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.

