



# WELLNESS CENTER CLASS SCHEDULE

## Monday

**TRX® Strength**  
Noon-12:45 p.m.

## Tuesday

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

**Circuit Training**  
Noon-12:45 p.m.

**Toddler Time**  
10:30 a.m.-noon  
\*Registration required

## Wednesday

**Yoga**  
Noon-12:45 p.m.

## Thursday

**Boot Camp**  
Noon-12:45 p.m.

## Friday

**Spin Class**  
Noon-12:45 p.m.

\*Classes are subject to cancellation



### **TRX® Strength**

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

### **Spin Class**

Spin class is a high-intensity aerobic workout that simulates outdoor cycling with motivation and mind/body connection to improve aerobic fitness. This class is high intensity and you may begin sweating after performing the activity for approximately three to five minutes and breathing will become deep and rapid.

### **Circuit Training**

Move your body through all three planes of motion while doing strengthening exercises and improving your endurance. This class is high intensity: you will begin sweating after performing the activity for approximately 3–5 minutes; breathing will become deep and rapid.

### **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.

### **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.

### **Boot Camp**

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

