



WELLNESS CENTER CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
TRX® Strength 11:30 a.m.-noon	Spin Class 7:15-8 a.m.	Piyo 11:30 a.m.-noon	Spin Class 11:30 a.m.-noon	Total Body: Strength 11:30 a.m.-noon
TRX® Strength Noon-12:45 p.m.	Circuit Training 11:30 a.m.-noon	Piyo Noon-12:45 p.m.	Spin Class Noon-12:45 p.m.	Total Body: Strength Noon-12:45 p.m.
	Circuit Training Noon-12:45 p.m.			
	Toddler Time 10:30 a.m.-noon *Registration required			



Circuit Training

Challenge yourself in this high-energy class which blends strength, cardio, and endurance to maximize your results. Get pumped as you move from one station to the next, taking your body through multiple planes of motion.

Piyo

Small movements, big impact. Stretch and strengthen your body while improving your balance and coordination in this low-impact workout which combines yoga and contemporary Pilates.

Spin Class

Experience a high-intensity aerobic workout that simulates outdoor cycling with a focus on motivation and mind-body connection. You may begin to sweat within three to five minutes, accompanied by deep and rapid breathing.

Toddler Time

This weekly toddler playgroup offers parents and toddlers to explore, move, and enjoy activities in a safe environment. Open to children of customer-owners from walking age to kindergarten. Registration is required, call 907-631-7630.

Total Body: Strength

Shape, tone, and condition the entire body in this strength training class. Using varied tempos, repetitions, and rest recovery periods to get your heart pumping and leave feeling challenged and invigorated for the rest of the day.

TRX® Strength

This class provides a full body workout using multiple planes of motion and your body weight to build power, strength, flexibility, balance, and mobility. You can customize the intensity to suit your fitness level.

