



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

Stretch and Strength
Noon-12:45 p.m.

Thursday

Boot Camp
Noon-12:45 p.m.

Friday

Spin Class
Noon-12:45 p.m.



Boot Camp

Challenge your body through cardio, strength, and agility training. This fun, high-intensity class gets you sweating within three to five minutes, with deep and rapid breathing.

Pilates

Small moves, big impact. Strengthen and tone your core while improving balance and coordination. This class is suitable for all levels.

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.

Stretch and Strength

Improve flexibility, relieve stress, and build strength with this low impact class. Combining elements of yoga, Pilates and basic strength training it offers a challenging yet accessible workout for all levels.

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.

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.

Yoga

Relieve back pain, strengthen your core, improve flexibility, relieve stress, or gain a competitive edge in sports. This yoga class is open to participants of all levels.

