



2017

# June

Eagle River

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am <b>HIIT</b> Nikki/Kellie	9:30am <b>Zumba</b> Gina	9:30am <b>Circuit Training</b> Lindsay	9:30am <b>HIIT</b> Nikki/Kellie	9:30am <b>Circuit Training</b> Lindsay	
					10am <b>Yoga</b> Christine
10:30am <b>Power Pump</b> Molly	10:30am <b>HIIT</b> Nikki/Kellie	10:30am <b>Power Pump</b> Molly	10:30am <b>*BR Zone</b> Kristin		
5:45pm <b>Mix It Up</b> Lindsay	5:45pm <b>Mix It Up</b> Lindsay		5:45pm <b>Mix It Up</b> Lindsay		
6pm <b>Yoga</b> Christine	6pm <b>Yoga</b> Bethany	6pm <b>Yoga</b> Christine	6pm <b>Yoga</b> Bethany	6pm <b>Yoga</b> Bethany	
6:45pm <b>Zumba- 30 min</b> Elly	6:45pm <b>Zumba- 30 min</b> Elly	6:30pm <b>HIIT</b> Nikki/Kellie			
7:15pm <b>Pound</b> Elly	7:15pm <b>Pound</b> Elly	7pm <b>*BR Zone</b> Kristin	7pm <b>*BR Zone</b> Kristin		

Classes are subject to change without prior notice.

\* BRZ classes are included in the Denali membership. See front desk for complete details.



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**Circuit Training - 60 minutes:** This challenging class provides a great workout as you move through a series of stations designed to elevate your heart rate and challenge your muscles. Stations may include body weight exercises, weights, bars, stability balls, etc.

**Mix it Up - 60 minutes:** This class will add variety to your regular workout routine. Every week we do a different program, from treadmill work to BOSU balls to body weight circuits. Come "Mix it Up" with us!

**Pound - 30 minutes:** Pound is the world's first cardio jam session, inspired by the infectious, energizing, and sweat-dripping fun of playing drums!

**Zumba - 30/60 minutes:** Come see why Zumba is so popular! This energetic fitness dancing is not only FUN, but also improves cardiorespiratory health. All experience levels can join in on the action.

**Power Pump - 30 minutes:** A group class that will sculpt, tone, and strengthen your entire body. Great option for those looking to incorporate more resistance training.

**Yoga - 60 minutes:** Designed to enhance vitality and a sense of well-being, this workout will help participants gain improved flexibility, balance, strength and posture. The class will incorporate basic poses from various Yoga styles.

**HIIT - 60 minutes:** High Intensity Interval Training combines full-body strength training with intense cardio bursts to tone your body, improve your endurance, and work your heart.

**Cross Training Boot Camp - 60 minutes:** Bored with your workout? Before you throw in the towel, try this high-intensity, full-body workout. Using a variety of equipment and body weight exercises, no two workouts are ever the same!

**BR Zone\* - 60 minutes:** Get in the zone! BRZ is a high tech class that lets you actually see how hard you're exercising. Take the guess work out of your routine to get maximum results. Enjoy zone life in a fun, team environment!