



2017

# July

WASILLA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				8am <b>Simply Fit</b> Kathi	8am <b>PiYo</b> Kathi
9am <b>PiYo</b> Kathi	9am <b>Circuit Training</b> Deno	9am <b>Yoga</b> Kathi	9am <b>Circuit Training</b> Deno	9am <b>PiYo</b> Kathi	9am <b>Yoga</b> Kathi
10:15am <b>*BR Zone</b> Brady	10am <b>Pulse</b> Deno	10:15am <b>*BR Zone</b> Brady	10am <b>Pulse</b> Heidi	10:15am <b>*BR Zone</b> Brady	10am <b>Pulse</b> Deno
					11:15am <b>*BR Zone</b> Brady
	4:15pm <b>PiYo Strength Interval</b> Deno		4:15pm <b>PiYo Strength Interval</b> Deno		
5pm <b>Pound</b> Kathi	5pm <b>Burn</b> Heidi	5pm <b>Pound</b> Kathi	5pm <b>Burn</b> Heidi	5:30pm <b>Cardio Blast</b> Deno	
	6pm <b>Zumba</b> Brittany	6pm <b>Boot Camp</b> Brittany	6pm <b>Zumba</b> Brittany		
	6:30pm <b>PiYo</b> Brittany <i>30 minutes</i>		6:30pm <b>PiYo</b> Brittany <i>30 minutes</i>		
7:15pm <b>*BR Zone</b> Brady		7:15pm <b>*BR Zone</b> Brady		7:15pm <b>*BR Zone</b> Brady	

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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**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.

**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!

**Cardio Blast - 60 minutes:** This is a cardio focused class that uses choreographed kickboxing and step routines to strengthen your heart and muscles.

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

**PiYo - 30/60 minutes:** A fun, challenging class that fuses Yoga and Pilates with non-stop movement. This is all set to upbeat music!

**Simply Fit- 60 minutes:** This is a low impact class geared towards seniors, beginners and members who could benefit from Exercise Therapy basics. This class will incorporate Range of Motion training, cardio, balance, agility, and sculpting core strength.

**Boot Camp - 60 minutes:** This adrenaline pumping cardio & strength session incorporates plyometrics coupled with resistance training to boost metabolism, endurance, and overall fitness. Great for any fitness level!

**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.

**Pulse - 60 minutes:** Get cardio, core, strength and more! We'll start with foundational work then progress to agility and muscle integration. All fitness levels welcome.

**PiYo Strength Interval - 45 minutes:** This class incorporates cardiovascular segments with PiYo strength segments. No experience needed.

**Burn - 60 minutes:** Burn is designed to accelerate fat burning with the ABCs of fitness: ACTIVATE muscle, BUILD strength, and CONDITION the body. Prepare to feel your whole body burn!

**Pound - 60 minutes:** Pound is the world's first cardio jam session, inspired by the infectious, energizing, and sweat-dripping fun of playing drums!