



2017

October

Eagle River

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am HIIT Nikki/Kellie		9:30am Circuit Training Lindsay	9:30am HIIT Nikki/Kellie	9:30am Circuit Training Lindsay	
					10am Yoga Christine
10:30am Power Pump Molly	10:30am HIIT Nikki/Kellie	10:30am Power Pump Molly	10:30am Cross Training Kristin		
2pm *BR Zone Erick				2pm *BR Zone Erick	
5:45pm Mix It Up Lindsay	5:45pm Mix It Up Lindsay		5:45pm Mix It Up Lindsay		
6pm Yoga Christine	6pm Yoga Bethany	6pm Yoga Christine	6pm Yoga Bethany		
6:45pm Zumba- 30 min Elly	6:45pm Zumba- 30 min Elly				
7:15pm Pound Elly	7:15pm Pound Elly		7pm *BR Zone Erick		

Classes are subject to change without prior notice.

* BR7 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!

CLASS DESCRIPTIONS