



2017

October

WASILLA

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

Cardio Strike- 60 minutes: Interval-based cardio kickboxing infused with martial arts stick fighting. This is a low impact, high energy class for all fitness levels! We will be kicking, punching, and using weighted bars to increase strength, flexibility and range of motion.

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.

Kickboxing - 60 minutes: Start your morning with the most efficient way to burn fat and build muscle fast! Kickboxing is a great way to improve fitness, power, flexibility and agility along with torching LOTS of calories. This high energy class challenges both the beginner and athlete alike with combinations of interval and strength training, making for a fun but equally intense workout!

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!

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

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.