



# Updated March 2023 Fitness Schedule

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\*Please call day of to reserve your Climb/Spin class seat\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aquacise#1 9:00-10:00	Morning Sweat 6:15 - 7:00 Maggie	Aquacise#1 9:00-10:00	Morning Sweat 6:15 - 7:00 Maggie		<b>Open 8-4</b>
Aquacise#2 10:00-11:00				Aquacise#1 9:00-10:00	*Beginning Movement 10:30 - 11:30am Josh*
Alaska Powerful 9:30-10:30 Rafael		Alaska Powerful 9:30-10:30 Rafael		Aquacise#2 10:00-11:00	*New Class with Josh designed for beginning training following NASM guidelines* - Starts March 8th, 2023
Aquacise#3 11:00-12:00	Kids Climbing 3:30-5:30pm	Aquacise#3 11:00-12:00	Kids Climbing 3:30-5:30pm	Alaska Powerful 9:30-10:30 Rafael	
Group Spin 5:30 - 6:15pm Katie*	Restorative 'Polarfleece' Yoga 4:30-6:00pm Joolee	Beginning Movement 1:00 - 2:00pm Josh *	Vinyasa Flow Yoga 4:30-6:00pm Maggie	Aquacise#3 11:00-12:00	
Aqua Fit & Fun 6:00-7:00pm		Aqua Fit & Fun 6:00-7:00pm	*Happy Sweat 5:40-6:30pm	Aqua Fit & Fun 6:00-7:00pm	
	Adult Climbing 6:00-8:00pm		Adult Climbing 6:00-8:00pm		Closed
					Sundays