



# November 2022 Fitness Schedule

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**\*We will be closed 11/24/22 for Thanksgiving, Have a great holiday!\***

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	Aquacise#1 9:00-10:00	<b>Open 8-4</b>
Aquacise#2 10:00-11:00		Aquacise#2 10:00-11:00		Basic Resistance Training	
Alaska Powerful 9:30-10:30 Rafael		Alaska Powerful 9:30-10:30 Rafael	9:30-10:30 Josh	Alaska Powerful 9:30-10:30 Rafael	
Aquacise#3 11:00-12:00		Aquacise#3 11:00-12:00		Aquacise#3 11:00-12:00	
Strength and Endurance 4:30 - 5:45pm Katie	Restorative 'Polarfleece' Yoga 4:30-6:00pm Joolee	Strength and Endurance 4:30 - 5:45pm Katie	Vinyasa Flow Yoga 4:30-6:00pm Maggie		Closed
Aqua Fit & Fun 6:00-7:00pm		Aqua Fit & Fun 6:00-7:00pm	Healthy Back 6:00-7:00pm Josh	Aqua Fit & Fun 6:00-7:00pm	Sundays
			Adult Climbing 6:00-8:00pm		