

# January 2022



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Happy New Year!

**ALASKA POWERFUL STARTS JANUARY 10TH AND SENIOR MOBILITY & STRENGTH STARTS JAN 11 ~RESERVE YOUR SPOT TODAY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Alaska Powerful 6:00-7:00am Rafael	Alaska Powerful 6:00-7:00am Rafael	Alaska Powerful 6:00-7:00am Rafael	Alaska Powerful 6:00-7:00am Rafael	Alaska Powerful 6:00-7:00am Rafael	
Aquacise#1 9:00-10:00	Beginning Aqua 9:00-10:00 Kellie	Aquacise#1 9:00-10:00	Beginning Aqua 9:00-10:00 Kellie	Aquacise#1 9:00-10:00	
Hundred's Club 9:30-10:30 Rafael	Senior Mobility & Strength 9:30-10:30 Rafael	Hundred's Club 9:30-10:30 Rafael	Senior Mobility & Strength 9:30-10:30 Rafael	Hundred's Club 9:30-10:30 Rafael	
Aquacise#2 10:30-11:30 Kellie		Aquacise#2 10:30-11:30 Kellie		Aquacise#2 10:30-11:30 Kellie	
	Restorative 'Polarfleece' Yoga 4:30-6:00 pm Joolee	Kids Climbing 4:00-6:00pm	Kids Climbing 4:00-6:00pm	Kids Climbing 4:00-6:00pm	Closed Sundays
Aqua Fit & Fun 6:00-7:00pm Kellie	Hundred's Club 6:00-7:00pm Rafael	Aqua Fit & Fun 6:00-7:00pm Kellie	Hundred's Club 6:00-7:00pm Rafael	Aqua Fit & Fun 6:00-7:00pm Kellie	
Adult Climbing 6:00-8:00pm			Adult Climbing 6:00-8:00pm		