



February 2023 Fitness Schedule

907-235-2582 • Email- office@homerbayclub.com • Website- www.homerbayclub.com • Facebook- @BayClubHomerAK

Please call day of to reserve your Climb/Spin class seat -Please Check for Asterisk, some instructors on Vacation during Feb.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aquacise#1 9:00-10:00	Morning Sweat	Aquacise#1 9:00-10:00	Morning Sweat		Open 8-4
Aquacise#2 10:00-11:00		6:15 - 7:00 Maggie*		Aquacise#2 10:00-11:00	
Alaska Powerful 9:30-10:30 Rafael		Alaska Powerful 9:30-10:30 Rafael		Aquacise#2 10:00-11:00	
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	No Katie 2/6-2/20 Maggies classes cancelled 2/13-2/24
Group Spin 5:30 - 6:15pm Katie*	Restorative 'Polarfleece' Yoga 4:30-6:00pm Joolee		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		Aqua Fit & Fun 6:00-7:00pm	
	Adult Climbing 6:00-8:00pm		Adult Climbing 6:00-8:00pm		Closed
					Sundays