



# September 2023 Fitness Schedule

907-235-2582 •Email- office@homerbayclub.com •Website- www.homerbayclub.com  
 •Facebook- @BayClubHomerAK •Instagram- @homerbayclub907 **CLOSED LABOR DAY 9/4**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
Aquacise#1		Aquacise#1			<b>Open 8-4</b>			
8:30-9:30		8:30-9:30			*Beginning Movement			
Aquacise#2		Aquacise#2			10:30 - 11:30am Josh*			
9:30-10:30		9:30-10:30			Beginning Movement			
Alaska Powerful		Alaska Powerful			10:30-11:30 *Josh			
9:00-10:00 Rafael		9:00-10:00 Rafael						
Aquacise#3		Aquacise#3		Alaska Powerful	!!Kids Climbing starts Monday -Wednesday 4-6PM!!			
10:30-11:30		10:30-11:30		9:00-10:00 Rafael				
Kids Climbing		Restorative 'Polarfleece' Yoga		Kids Climbing		Vinyasa Flow Yoga	Aquacise#3	!!Beginning Movement with Josh is Moved to Thursdays 10:30- 11:30!!
4:00-6:00pm		4:30-6:00pm *Joolee		4:00-6:00pm		4:30-5:30pm *Maggie	10:30-11:30	
				Group Spin		Happy Sweat		CLOSED LABOR DAY
						5:30-6:15pm *Katie		
	Adult Climbing			Adult Climbing				
	6:00-8:00pm		6:00-8:00pm		Closed			
					Sundays			