

Happy New Year

**WE have got more classes rolling out for YOU in January beginning Monday –
January 10 and 11th 2022**

**NEW!! AN Early Morning Class—5 days a week –Monday through Friday
6 to 7 am in Racquetball Court 2**

New Class ~‘Alaska Powerful’

Timely –and thoughtfully designed workout system /class designed for those who want to improve their ‘functional fitness’ and for those who depend on their bodies in their line of work. (CNAs – Fishermen—Lineman –Pilots –Care providers –Charter boat Crew and Captains –Farmers –Welders –Gardeners –Estheticians...,Shovel Snow? Chop Wood? Pick Fish?

Max size is 9 for social distancing —call or stop by the front desk to sign-up —commit to yourself and choose 3 days per week.

‘Alaska Powerful’ Class Description

Alaskan Powerful, is a training system based on teaching your body to use all your muscles and develop power, under conditions that resemble real life. We will train with sand balls, kettlebells, jumping, challenging our balance and working with the whole body at the same time. Some days we will work against time, other days we count the repetitions and other days we will try movements so difficult that we will only be able to do very few repetitions.

Each class will be a mix of chaos and repeatability, just like in real life. All your physical systems will benefit from this training system, your cardiovascular system, the mobility of all your joints will increase dramatically, you will get “real life” stronger and ultimately will get more powerful. This is a workout you can do almost every day, because it is not designed to make you tired or get you in pain. This is a training system to give you useful athletic tools, instead of taking away from you.

Alaskan Powerful is not a class for beginners, or people with great physical illness (check out ‘The Hundreds’ for that) it is important that you can support the weight of your body on one leg, or jump or can lift a sandbag from the ground, but it’s not a class focused on people that are athletes, everybody that can move freely and can sustain some physical effort would benefit from this workout, and I will always give you a variation of the exercise that adapt to your physical level.

Alaskan Powerful is a class for everybody that wants to break the gap between fitness and health.

Come, Train with us, and be ready for anything! Alaska throws at you !