



January 2023 Fitness Schedule

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Closed Dec 31st and Jan 1st - Kids Climbing Starts January 10th, 2023!- Must call to reserve a spot day of

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	Group Spin 6:15-7:00 Katie	Open 8-4
Aquacise#2 10:00-11:00		Aquacise#2 10:00-11:00		Aquacise#1 9:00-10:00	
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	We will be closed on New Years Eve and New Years Day! Have a great Holiday!
Group Spin 5:00 - 5:45pm Katie	Restorative 'Polarfleece' Yoga 4:30-6:00pm Joolee	Total Body Strength 5:00 - 6:15pm Katie	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