



# April 2023 Fitness Schedule

**907-235-2582 • Email- [office@homerbayclub.com](mailto:office@homerbayclub.com) • Website- [www.homerbayclub.com](http://www.homerbayclub.com) • Facebook- [@BayClubHomerAK](https://www.facebook.com/BayClubHomerAK)**

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

| MONDAY               | TUESDAY                        | WEDNESDAY            | THURSDAY           | FRIDAY            | SATURDAY   |
|----------------------|--------------------------------|----------------------|--------------------|-------------------|--|
| Aquacise#1           | Morning Sweat                  | Aquacise#1           | Morning Sweat      |                   | <b>Open 8-4</b>  |
| 9:00-10:00           |                                | 9:00-10:00           |                    |                   | *Beginning Movement  |
| Aquacise#2           | 6:15 - 7:00 Maggie             | Aquacise#2           | 6:15 - 7:00 Maggie | Aquacise#1        | 10:30 - 11:30am<br>Josh*   |
| 10:00-11:00          |                                | 10:00-11:00          | *Morning Spin      | 9:00-10:00        | *New Class with Josh designed for beginning training following NASM guidelines* Saturday Mornings! |
| Alaska Powerful      |                                | Alaska Powerful      | with Katie         | Aquacise#2        |  |
| 9:30-10:30 Rafael    |                                | 9:30-10:30 Rafael    | 9:30-10:30am       | 10:00-11:00       |  |
| Aquacise#3           | Kids Climbing                  | Aquacise#3           | Kids Climbing      | Alaska Powerful   |  |
| 11:00-12:30          | 3:30-5:30pm                    | 11:00-12:30          | 3:30-5:30pm        | 9:30-10:30 Rafael |  |
| Group Spin           | Restorative 'Polarfleece' Yoga | Beginning Movement   | Vinyasa Flow Yoga  | Aquacise#3        | *New Class Happy Sweat With Maggie Thursday Afternoons!!   |
| 5:30 - 6:15pm Katie* | 4:30-6:00pm Joolee             | 1:00 - 2:00pm Josh * | 4:30-6:00pm Maggie | 11:00-12:30       | * Morning Spin with Katie Thursdays 9:30-10:30   |
| Aqua Fit & Fun       |                                | Aqua Fit & Fun       | *Happy Sweat       | Aqua Fit & Fun    |  |
| 6:00-7:00pm          |                                | 6:00-7:00pm          | 5:40-6:30pm        | 6:00-7:00pm       |  |
|                      | Adult Climbing                 |                      | Adult Climbing     |                   | Closed   |
|                      | 6:00-8:00pm                    |                      | 6:00-8:00pm        |                   | Sundays  |
|                      |                                |                      |                    |                   |  |