



Alaska Powerful

w/ Rafael

M-W-F from 9:30 to 10:30 am

A class based on training for the Alaskan lifestyle, using non-orthodox exercise techniques (sandbags, kettlebells and your own body) you will develop the neuromuscular skills (that's fancy name for functional strength) that prevent injuries when you hit the ice, chop some wood at the cabin or pull a net with some fish on it. Whatever your lifestyle throws at you, you will be trained to beat it.

All fitness levels are welcome

Beginners Welcome!



**Master
Instructor**

**Experienced
Discerning**

**Kind
Enthusiastic**