

FITNESS CLASSES DECEMBER 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 - 7:45 AM	Upper Body Build 7:00 - 7:45 AM		Lower Body Build 7:00 - 7:45 AM		Total Body Build 7:00 - 7:45 AM
10:30 - 11:30 AM	Full Body Build 10:30 - 11:30 AM	12:00 - 12:45 PM Super Strong 12:00 - 12:45 PM	10:30 - 11:30 AM Step Up Class 10:30 - 11:30 AM	Circuit Training 10:30 - 11:30 AM	
12:15 - 12:45 PM	Lunch Crunch 12:15 - 12:45 PM	3:30 - 4:30 PM Elders Fitness 3:30 - 4:30 PM	12:15 - 12:45 PM Lunch Crunch 12:15 - 12:45 PM	3:30 - 4:30 PM Elders Fitness 3:30 - 4:30 PM	Lunch Crunch 12:15 - 12:45 PM
5:15 - 6:15 PM	Video Workout 5:15 - 6:15 PM	H.I.I.T. 5:15 - 6:15 PM	Video Workout 5:15 - 6:15 PM	H.I.I.T. 5:15 - 6:15 PM	Video Workout 5:15 - 6:15 PM

Cycle the world on our Fitness on Demand System

Super Strong

Total body workout for superior strength.

Build Classes

Classes specifically tailored for these muscle groups.

Step Up Class

Workout with us using the risers to workout legs and glute muscles.

Lunch Crunch

Exercising muscles around the core, providing the vital ingredient for a stronger body.

Video Grit

30-minute-high-intensity interval training workout. Includes 3 varieties; cardio, strength, and athletic.

H.I.I.T. (High Intensity Interval Training)

Feel the burn in this high energy session using cardio weights.

Circuit Training

Exercises performed in a circuit, great for endurance training.

Monthly Challenge

12 Days of Fit-mas

- The 12 Days of Fit-mas begins Dec. 6 in the Dena'ina Wellness Center gym
- Complete the Workout of the Day, along with the workouts from all days prior
- Receive a ticket each day you participate
- Earn an extra ticket by wearing festive gear such as a holiday T-shirt or elf hat
- Drawing to be held Dec. 30



We are open
Monday - Friday
from 6:30 AM - 6:30 PM



Cut seals along edge to open.



KENAITZE INDIAN TRIBE

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