

FITNESS CLASSES MAY 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 - 7:45 AM	Kettlebell Class 7:00 - 7:45 AM		Bosu Ball Class 7:00 - 7:45 AM		Dumbbell Class 7:00 - 7:45 AM
11:00 - 12:00 PM	Full Body 11:00 - 12:00 PM	12:00 - 12:45 PM Super Strong 12:00 - 12:45 PM	11:00 - 12:00 PM Surprise Class 11:00 - 12:00 PM	11:00 - 12:00 PM Circuit Training 11:00 - 12:00 PM	12:15 - 12:45 PM Pilates Core 12:15 - 12:45 PM
12:15 - 12:45 PM	Pilates Core 12:15 - 12:45 PM	3:30 - 4:15 PM Elders Fitness 3:30 - 4:15 PM	12:15 - 12:45 PM Pilates Core 12:15 - 12:45 PM	3:30 - 4:15 PM Elders Fitness 3:30 - 4:15 PM	3:30 - 4:00 PM Circuit HIIT 3:30 - 4:00 PM
4:00 - 4:30 PM	Circuit HIIT 4:00 - 4:30 PM	5:15 - 6:00 PM Les Mills Video Workouts Body Pump 5:15 - 6:00 PM	4:00 - 4:45 PM Les Mills Video Workouts Spin 4:00 - 4:45 PM	5:15 - 6:00 PM Les Mills Video Workouts Body Pump 5:15 - 6:00 PM	4:30 - 5:00 PM Les Mills Video Workouts Trainer Pick 4:30 - 5:00 PM

Super Strong

Total body workout for superior strength

Elders Fitness

This 45-minute class is safe and effective to increase strength, stability, and endurance using chair and standing exercises.

Bosu Ball Training

Bosu ball — which looks like an exercise ball cut in half — is inflated on one side with a flat platform on the other. It's a balance trainer, providing the user with an unstable surface on which to perform exercises that engage a variety of muscles.

Circuit HIIT

Feel the burn in this high energy session using cardio weights in a circuit style for a high calorie burn.

Circuit Training

Exercises performed in a circuit, great for endurance training

Pilates CORE

Concentrates on strengthening the muscles around the core with an emphasis on core strength and stability, providing the vital ingredient for a stronger body.

Les Mills Video Workouts BODY PUMP

This is a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit. *ONLY four spots available

Les Mills Video Workouts SPIN

A cycling workout that's fun and low impact and you can burn up to 500 calories a session. *ONLY 2 spots available

Special Notice

Our Personal Trainers will be attending a training from May 18-31. Classes and personal training will not be available during this time.

The gym will still be open from 6:30 a.m.-6:30 p.m., and Les Mills video workouts are available anytime!

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





Cut seals along edge to open.



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