

# FITNESS CLASSES NOVEMBER 2019

<b>Monday</b> Open 7 a.m. to 6 p.m.	<b>Tuesday</b> Open 7 a.m. to 7 p.m.	<b>Wednesday</b> Open 7 a.m. to 6 p.m.	<b>Thursday</b> Open 7 a.m. to 7 p.m.	<b>Friday</b> Open 7 a.m. to 6 p.m.
<b>Boot Camp</b> 7:15 to 8 a.m. <i>Fitness Staff</i>	<b>Roll, Restore and Recharge</b> 7:15 a.m. to 7:45 a.m. <i>Katrina</i>	<b>Boot Camp</b> 7:15 to 8 a.m. <i>Fitness Staff</i>	<b>Stretch for Strength</b> 7:15 to 8 a.m. <i>Michael</i>	<b>Boot Camp</b> 7:15 to 8 a.m. <i>Fitness Staff</i>
<b>Core &amp; More</b> 11:30 a.m. to 12 p.m. <i>Michael</i>	<b>Movement &amp; Mobility</b> 11:30 a.m. to 12 p.m. <i>Michael</i>	<b>Rear in Gear</b> 11 to 11:30 a.m. <i>Katrina</i>	<b>Mini Circuit Training</b> 11:30 a.m. to 12 p.m. <i>Katrina</i>	<b>Fit Happens</b> 11:30 a.m. to 12 p.m. <i>Michael</i>
<b>Zumba®</b> 12 to 12:45 p.m. <i>Katrina</i>	<b>Super Strong People</b> 12 to 12:30 p.m. <i>Katrina</i>	<b>Zumba®</b> 12 to 12:45 p.m. <i>Katrina</i>	<b>Super Strong People</b> 12 to 12:30 p.m. <i>Michael</i>	<b>Zumba®</b> 12 to 12:45 p.m. <i>Katrina</i>
<b>Zumba®</b> 5:15 to 5:45 p.m. <i>Katrina</i>	<b>Operation Beach Body</b> 5:15 to 5:45 p.m. <i>Michael</i>	<b>Operation Beach Body</b> 5:15 to 5:45 p.m. <i>Michael</i>	<b>It Takes 2 : Partner Workout</b> 5:15 to 5:45 p.m. <i>Katrina</i>	<b>It Takes 2 : Partner Workout</b> 5:15 to 5:45 p.m. <i>Katrina</i>
Magnesium helps boost your mood. Magnesium rich foods include almonds, spinach and pumpkin seeds	<b>Free Your Fascia Foam Rolling</b> 6 to 6:45 p.m. <i>Michael</i>	<b>Pumpkin Oatmeal</b> Fold in 2 TBL of warmed canned pumpkin, 1 tsp maple syrup and ½ tsp pumpkin pie spice	<b>Roll, Restore and Recharge</b> 6 to 6:45 p.m. <i>Katrina</i>	

**Group Fitness Challenge – Climb Denali on Jacob's Ladder!**

Stop by or call the gym at 335-7588 for more information.

**Gentle yoga- Saturday, November 23rd, 9:30 a.m. – 11:00 a.m.**

*Make sure you stop by to sign up for Gentle yoga, we have limited spots available.*



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**KENAITZE INDIAN TRIBE**

P.O. Box 988

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