

Programs and Group Fitness Classes

☺ = Included with H&FC Multi-Class Program

★ = For college credit, tuition applies

💰 = Fees apply

⚙️ = Free with support from United Way and SWAN

Difficulty levels (D1-5) are based on intensity of movement during the training. Higher numbers indicate a more intense workout. Trainers are able to provide modifications per request.

MONDAY 5:00 a.m.—8:45 p.m.	9/6-11/20	8:00-9:15am	Beginning Yoga w/Meg	💰★	D2
	Begins 9/6	9:30-10:20am	Bodies in Tune/Donna	☺	D3
	8/28-10/19	10:30-11:20am	Fit for Life/Judy	⚙️	D1
	10/23-12/15	12:15-12:45pm	Tabata Bootcamp pt 1	💰★	
	9/6-10/18	12:15-12:45pm	Tabata Bootcamp pt 2	💰★	
	9/18-11/15	1:00-1:50pm	Mid-Day Yoga Stretch w Sara G	☺	D1
	9/18-11/15	5:30-6:45pm	Beginning Yoga w/Leigh	💰★	D2
		7:00-8:00pm	Zumba w/Heidi	☺	D3
TUESDAY 5:00 a.m.—8:45 p.m.	Begins 9/26	5:15-5:50am	Spin w/Sara JO	☺	D3
	9/26-11/17	6:00-6:40am	Tabata Bootcamp w/Sarah JO	💰★	
		8:30-9:25am	Bosu Cardio/Core/Sculpt w/ Amber	☺	D4
		9:30-10:25am	Longevity Stick w/Donna	☺	D1
		6:30-7:45pm	Ying Yang Yoga w/Michelle	☺	D3
WEDNESDAY 5:00 a.m.—8:45 p.m.	9/6-11/20	8:00-9:15am	Beginning Yoga w/Meg	💰★	D2
	Begins 9/6	9:30-10:20am	Bodies in Tune/Donna	☺	D3
	8/28-10/19	10:30-11:20am	Fit for Life/Judy	⚙️	D1
	10/23-12/15	12:15-12:45	Tabata Bootcamp pt 1	💰★	
	9/6-10/18	12:15-12:45pm	Tabata Bootcamp pt 2	💰★	
	9/18-11/15	1:00-1:50pm	Mid-Day Yoga Stretch w/Sara G	☺	D1
	9/18-11/15	5:30-6:45pm	Beginning Yoga w/Leigh	💰★	D2
		7:00-8:00pm	Zumba w/Heidi	☺	D3
THURSDAY 5:00 a.m.—8:45 p.m.	Begins 9/26	5:15-5:50am	Spin w/Sara JO	☺	D3
	9/26-11/17	6:00-6:40am	Tabata Bootcamp w/Sarah JO	💰★	
		8:30-9:25am	Bosu Cardio/Core/Sculpt w/Amber	☺	D4
		9:30-10:25am	Longevity Stick w/Donna	☺	D1
	8/28-10/19	12:15-12:45pm	Tabata Bootcamp pt 1	💰★	
	10/23-12/15	12:15-12:45pm	Tabata Bootcamp pt 2	💰★	
		6:30-7:45pm	Ying Yang Yoga w/Michelle	☺	D3
FRIDAY 5:00 a.m.—8:45 p.m.	9/26-11/17	6:00-6:40am	Tabata Bootcamp w/Sarah JO	💰★	
	Begins 9/6	9:30-10:20am	Bodies in Tune/Donna	☺	D3
		10:30-11:20am	Fit for Life/Judy	⚙️	D1
		5:30-6:30pm	Yoga Flow w/Michelle	☺	D3
		7:00-8:00pm	Zumba w/Heidi	☺	D3
SATURDAY 9:00 a.m.—8:45 p.m.			Open for member use		
SUNDAY 9:00 a.m.—8:45 p.m.		11:00-12:00 pm	Sunday Flow Yoga w/Michelle	☺	D3

2017
Fall

The PWSC Health & Fitness Center offers use of the Weight Room, Cardio Floor, Boxing Room, Group Fitness Studio, and Showers all day during normal hours. Use of the Group Fitness Studio between classes is on a first come, first served basis.

The Health & Fitness Center supports students with academic and fitness goals. Our programs and services are also available for all members of the community. Thanks to contributions from United Way and SWAN many activities are free or discounted. We are the hub for fitness activities in the community and it is our desire to help Valdez become the most active and fit community in the world.

Classes for college credit have a no-credit option. Register at the H&FC Front Desk or at www.uaonline.alaska.edu.



PRINCE WILLIAM SOUND COLLEGE
UNIVERSITY of ALASKA ANCHORAGE



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GROUP FITNESS CLASS DESCRIPTIONS

Beginning Yoga w/Meg & Leigh

Introduces yoga physical exercises, breathing, relaxation and concentration techniques as an approach to wellness. Offered two different times on Mondays and Wednesdays.

Bodies in Tune/w Donna

A strength training and toning class for all ages, this class involves weight bearing and core strengthening exercises. Bands, steps, stability balls, and weights are all incorporated into the exercises to make them appropriate for all ability levels. Monday's focus is lower body, Wednesday is upper body, and Friday is "Gut 'n Butt."

Mid-Day Yoga Stretch w/Sara G

This is a gentle stretching class for the "over 50 crowd" or for those needing a middle of the day stretch break. Focus on keeping the body limber and energized with breath and body movement. This gentle workout can take place on a yoga mat or chair. No prior yoga experience is necessary.

Zumba w/ Heidi

Get groovin' at your own pace. The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba® classes provide modified, low-impact moves for active adults.

Longevity Stick w/Donna

This exercise regimen incorporates a series of 12 move-ments designed to improve balance, flexibility, strength, focus, breathing capacity and vitality. Class combines longevity stick exercises with rhythmic breathing to help promote better health and physical movement capabilities.

Spin w/Sarah JO

A mix of endurance, intervals, and strength rides are incorporated to help you push your fitness to the next level. Have no fear-you choose the difficulty level and resistance. Burn 600-1000 calories in a one-hour class!

Tabata Bootcamp

An 8-week comprehensive fitness program designed to help participants gain strength, lose weight, increase agility, & meet their fitness goals. Online support, nutrition, accountability, & more. Register at the H&FC front desk.

Instructors: Meg McKinney, Sarah JO & Sara Hestand

Fitness for Life w/Judy

Gentle exercise for all stages of life. Designed for those desiring to improve their body's function and strength. Gentle movements incorporating self-resistance, exercise bands, breath control, and stretching are used to provide a whole body fitness routine to help improve daily functionality and strength. Exercises can be modified to the fitness level of the individual, including exercising in a seated position

Yoga Flow

Friday is a high energy, fat burning yoga flow class. Sunday is a power Vinyasa flow yoga with light weights. Flow Yoga will improve your strength, stamina, flexibility, and balance. If you looking to tone your body or just have fun- this class is for you!! Suitable for all levels.

Bosu/Cardio/Sculpt w/Amber

Utilizing BOSU (Both Sides Up) equipment, moves from these classes will add balance and stabilization to any fitness routine. BOSU Cardio emphasizes movement and control, BOSU Sculpt focuses on strength and toning, and BOSU Core Cardio hones in on the abdominals and back.

Ying Yang Yoga w/Michelle

A quieter practice consisting of poses being held for 3-5 minutes. Focus is on the opening of connective tissue of the eight key joints, thus rejuvenating and distributing Chi (ener-gy) throughout the body. Most of yin and yang is done seated or laying down on the yoga mat. Tuesday classes focus on spine openers, and Thursday classes focus on hip openers.

OTHER PWSC CLASSES AND EVENTS

Beginning Rock Climbing

Saturday & Sunday

Sept. 9-17

8:30-5:00pm

1 credit class

Register at <http://www.alaska.edu/uonline/>

Winter Yoga Intensive

Teacher Training

Sept. 14-May 19

6:00-8:45pm

Most Thursdays and one weekend per

month.

Register at <http://www.alaska.edu/uonline/>

Ask about how you can receive a discount on an Athletics & Fitness Association of American (AFAA) Personal Training and Group Fitness Instructor certifications.

Email kaechols@alaska.edu to

find out how to register.

