



KODIAK AREA NATIVE ASSOCIATION
WELLNESS CENTER

Group Fitness Class Schedule - JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Pilates Mon, Wed, Fri By Appointment Only					1 Circuit Training Group 6am, 9am, 12pm	2
3	4 Circuit Training Group 6am, 9am, 12pm	5 Total Barre 4:30pm Total Body Circuit 5:30pm	6 Circuit Training Group 6am, 9am, 12pm	7 Total Barre 4:30pm Total Body Circuit 5:30pm	8 Circuit Training Group 6am, 9am, 12pm	9
10	11 Circuit Training Group 6am, 9am, 12pm	12 Total Barre 4:30pm Total Body Circuit 5:30pm	13 Circuit Training Group 6am, 9am, 12pm	14 Total Barre 4:30pm Total Body Circuit 5:30pm	15 Circuit Training Group 6am, 9am, 12pm	16
17	18 Circuit Training Group 6am, 9am, 12pm	19 NO TOTAL BARRE TODAY Total Body Circuit 5:30pm	20 Circuit Training Group 6am, 9am, 12pm	21 Total Barre 4:30pm Total Body Circuit 5:30pm	22 Circuit Training Group 6am, 9am, 12pm	23
24	25 Circuit Training Group 6am, 9am, 12pm	26 Total Barre 4:30pm Total Body Circuit 5:30pm	27 Circuit Training Group 6am, 9am, 12pm	28 Total Barre 4:30pm Total Body Circuit 5:30pm	29	30

Group Fitness Class Descriptions

Morning Circuit



Kick start your morning or lunch time routine by joining our Morning circuit class. Each circuit can be modified to meet your individual needs and fitness levels. Different circuits are taught every two weeks. In no time, you will feel your exercise capacity start to increase.

Total Body Circuit



Get your afternoon kick with this fast paced circuit class! Our Total Body Circuit Class will strengthen your muscles and your heart, increase metabolism, & leave you feeling energized! An optional 15 minute yoga series will be offered following the 45 minute Total Body Circuit Class.

Total Barre™



Total Barre™ is a dynamic, high-energy new group fitness class offered at the KANA Wellness Center, integrating elements of Pilates, dance, cardio & strength training into your workout. The class is expandable and adaptable to any client base, with plenty of modifications available to suit your personalized workout needs.

Pilates



Stott Pilates incorporates modern exercise principles to promote exercises that are designed to restore the natural curves of the spine and rebalance the muscles around the joints. There are preparatory exercises and modifications to cater to many different body types and abilities, making it applicable to everyday life. We recommend you contact the Wellness Center to schedule this one-on-one class if you are new to Pilates. By appointment only.

Mindful Breath & Movement

Mindful Breath & Movement is for individuals who want to learn how to relax, relieve tension, and reduce worry using gentle stretching and movement. Begin your day centered and focused while learning skills that will help you manage anxiety, depression, insomnia, stress and irritability. No prior experience or skills are required to participate in this class.



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