



KODIAK AREA NATIVE ASSOCIATION
WELLNESS CENTER

Group Fitness Class Schedule—April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Youth Vidyo Fitness 12:45 Circuit Training Group 6am, 9am, 12pm	4 Total body Circuit 5:30pm	5 Circuit Training Group 6am, 9am, 12pm	6 Youth Vidyo Fitness 3:45pm Total body Circuit 5:30pm	7 Circuit Training Group 6am, 9am, 12pm	8
9	10 Youth Vidyo Fitness 12:45 Circuit Training Group 6am, 9am, 12pm	11 Total body Circuit 5:30pm	12 Circuit Training Group 6am, 9am, 12pm	13 Youth Vidyo Fitness 3:45pm Total Body Circuit 5:30pm	14 Circuit Training Group 6am, 9am, 12pm	15
16	17 Youth Vidyo Fitness 12:45 Circuit Training Group 6am, 9am, 12pm	18 Total body Circuit 5:30pm	19 Circuit Training Group 6am, 9am, 12pm	20 Youth Vidyo Fitness 3:45pm Total Body Circuit 5:30pm	21 Circuit Training Group 6am, 9am, 12pm	22
23	24 Youth Vidyo Fitness 12:45 Circuit Training Group 6am, 9am, 12pm	25 Total body Circuit 5:30pm	26 Circuit Training Group 6am, 9am, 12pm	27 Youth Vidyo Fitness 3:45pm Total Body Circuit 5:30pm	28 Circuit Training Group 6am, 9am, 12pm	29

Group Fitness Class Descriptions

Morning Circuit



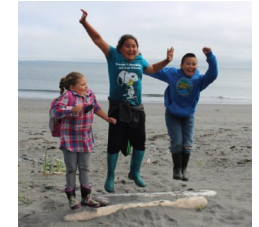
Kickstart your morning or lunch time routine by joining our Morning Circuit class. Each circuit can be modified to meet your individual needs and fitness levels. Different circuits are taught every two weeks. In no time, you will feel your exercise capacity start to increase.



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 and leave you feeling energized!

#iKANAdoFIT Youth Exercise Class



Village youth can join this exercise class through the internet using our Vidyo (VTC) virtual room. The purpose of this class is to introduce youth to different exercises and movement games to keep them healthy. We will also be encouraging them to develop healthy behaviors during the week with special healthy challenges to complete.

If you have any questions about our classes or have suggestions about classes you would like to see offered, please give us a call or drop off a comment card with your contact information.

We're here to help you reach your health and wellness goals!



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