



# SCHEDULE

January 2016  
thealaskaclub.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	RUSH HOUR ULTIMATE Ed		RUSH HOUR ULTIMATE Ed		RUSH HOUR ULTIMATE Ed	
9:30am	RUSH HOUR ULTIMATE Jacob		RUSH HOUR ULTIMATE Matt			8:15-9:45 TRI SPORT TRAINING Heidi
10:30am						RUSH HOUR ULTIMATE Marquis
12pm	RUSH HOUR ULTIMATE Ed	RUSH HOUR ULTIMATE Marquis	RUSH HOUR ULTIMATE Ed	RUSH HOUR ULTIMATE Ed	RUSH HOUR ULTIMATE Marquis	
5:45pm		RUSH HOUR ULTIMATE Marquis		RUSH HOUR ULTIMATE Marquis	Studio Rush is included in Good Life memberships and active Personal Training client session.	
7-8pm		WEIGHT LOSS Jacob		WEIGHT LOSS Jacob		

REGISTRATION REQUIRED      DROP IN

## Rush Hour Ultimate

An interval-based workout with pumped-up music, motivating instructors and a fun group atmosphere. Sessions utilize the Polar heart rate team system to give you a tailored workout with maximum effectiveness.

## Tri Sport Training

A workout focused on utilizing The Big Three: biking, swimming and running, to get strong and fit.

## Weight Loss

Work hard, lose weight in this intense cardio-focused class.

330.0160 | The Alaska Club Midtown | 630 East Tudor Rd. | studiorushalaska.com