

HPY
HATCHER PASS YOGA

+

REVEL

PRESENT:

Mountain Fit

**6-WEEK, STRENGTH TRAINING
PROGRAM FOR OUTDOOR LOVERS**

INFO SESSIONS

FEB. 12 & MARCH 1
6PM-7PM

HATCHER
PASS YOGA

- **2 weekly**, strength training workouts
- **1 weekly** short hike
- **3 longer training hikes**
- **End of session, summit climb**

PROGRAM DETAILS

Join Jenni (Hatcher Pass Yoga and Personal Trainer) and Kierre (Revel, local hiking guide) for **a small group, 6-week strength training and hiking program designed to build your confidence in the mountains.** Whether you have your sights set on climbing some of Palmer's surrounding peaks or just want to build strength for your favorite adventures, this program will meet you where you're at with a supportive community along the way.

Who may benefit from this program:

- *New outdoor adventurers who are looking to gain strength, build endurance and boost trail confidence*
- *Intermediately experienced adventurers who are looking to build or maintain strength*
- *Those who enjoy small group, in-person exercise programs*


Instructor bios:


Jenni: Hatcher Pass Yoga Owner, Jenni Bonsall, has been nestled in the Mat-Su valley since before the 2000's! She has had a lengthy fitness career that has evolved from being a Pilates Instructor, to a Personal Trainer, CrossFit Coach, Fitness Coordinator and now Studio Owner & Yoga Therapist. She is also passionate about nature and especially loves to spend time on the trails and in the mountains. She has pursued her Wilderness First Aid Certification as well as spent numerous hours on the trails leading and curating small group, day trips.


Kierre: Revel Treks and Tours owner, Kierre Childers, has been calling Alaska home since 2015. In addition to more than five years guiding in Alaska, she spent a season guiding backpackers on volcanoes in Nicaragua, completed over half of the Great Walks in New Zealand, and summited Mount Rainier. She is a trained EMT, has her Wilderness First Responder certification and volunteers with the local Mat-Su Water Rescue team. Her passion for learning, the outdoors, and bringing people together is rooted in Revel operations.

PROGRAM DETAILS, CONTINUED


Program structure:


 **Build a Strong Foundation:** In the first two weeks, measure & establish a solid fitness base combining cardio, strength and core exercises to grow and build from. Lay the groundwork and talk about our personal expectations for the challenges that lie ahead. We'll do a pre-session assessment to measure our progress at the end of our session.


 **Increase Strength and Endurance:** Weeks 3-4 focus on elevating your strength and endurance levels. Hill training (on real hills!), interval workouts with added weight, and targeted exercises will push you, preparing you for our end-of-session climb.

 **To the Mountains!:** The final phase (Weeks 5-6) we'll hone in on elevation gain, balance exercises and discuss some tools for dealing with last minute fears. The final day of our program is a team hike up a local mountain. Lazy Mountain, the Butte, Blueberry Knoll, etc. are all contenders. We'll set a challenging goal at the beginning of the program, work towards it and adjust as needed.

What to Expect:

 **Consistency:** You'll have access to three (3), in-person training sessions each week and three (3) longer, weekend hikes and one final challenge hike.

 **Personal attention:** Have gear questions? Not sure if you're completing an exercise correctly? Our small group training sessions are designed to leave room for questions.

 **Camaraderie:** Build strength, confidences and make friends along the way. Kierre and Jenni will be there to support you along the journey.

PROGRAM SCHEDULE

WEEK 1

- Saturday, March 23, 2024 - Kick-off hike - 9:30AM at Government Peak Recreation Area (GPRA)
- Monday, March 25, 2024 - 7AM Strength Training at Hatcher Pass Yoga
- Wednesday, March 27, 2024 - 7AM Strength Training at Hatcher Pass Yoga
- Friday, March 29, 2024 - 7AM Field workout at GPRA

WEEK 2

- Monday, April 1, 2024 - 7AM Strength Training at Hatcher Pass Yoga
- Wednesday, April 3, 2024 - 7AM Strength Training at Hatcher Pass Yoga
- Friday, April 5, 2024 - 7AM Field workout at GPRA
- Sunday, April 7, 2024 - 2:30PM Long Afternoon Hike at location TBD

WEEK 3

- Monday, April 8, 2024 - 7AM Strength Training at Hatcher Pass Yoga
- Wednesday, April 10, 2024 - 7AM Strength Training at Hatcher Pass Yoga
- Friday, April 12, 2024 - 7AM Field workout at GPRA

PROGRAM SCHEDULE, CONTINUED

WEEK 4

- Monday, April 15, 2024 - 7AM Strength Training at Hatcher Pass Yoga
- Wednesday, April 17, 2024 - 7AM Strength Training at Hatcher Pass Yoga
- Friday, April 19, 2024 - 7AM Field workout at GPRA
- Saturday, April 20, 2024 - 9:30AM Long Morning Hike at location TBD

WEEK 5

- Monday, April 22, 2024 - 7AM Strength Training at Hatcher Pass Yoga
- Wednesday, April 24, 2024 - 7AM Strength Training at Hatcher Pass Yoga
- Friday, April 26, 2024 - 7AM Field workout at GPRA

WEEK 6

- Monday, April 29, 2024 - 7AM Strength Training at Hatcher Pass Yoga
- Wednesday, May 1, 2024 - 7AM Strength Training at Hatcher Pass Yoga
- Friday, May 3, 2024 - 7AM Field workout at GPRA

CHALLENGE CLIMB (TWO OPTIONAL DATES)

- Saturday May 4, 2024 - Tentative Summit Day
- Sunday May 5, 2024 - Tentative Summit Day

FEE STRUCTURE AND CANCELLATION POLICY

Program fees:

- **Early bird pricing:** \$487 for 6-week session, valid until March 3, 2024 or course fills
 - \$22 per session
- **Adventure club pricing:** \$487 for 6-week session, valid until March 10, 2024 or course fills
 - \$22 per session
 - If you are an Adventure Club member interested in a payment plan, please let us know. We're happy to accommodate this.
- **Standard pricing:** \$562 for 6-week session begins on March 4, 2024, valid until course fills
 - \$25 per session
- **Payment plan option:** \$562 total, with 3 payment installations of \$187 each closes on March 3, 2024

Cancellation policy:

Cancel by March 3: 50% refund of fees paid

- If you've paid the full amount, you will receive a \$248.50 refund
- If you're on the standard payment plan option have made the 1st payment you will receive \$93.50 refund (this will vary slightly for Adventure Club Members on a payment plan)
- If you're on the standard payment plan option and have made the 2nd payment you will receive = \$187 refund (this will vary slightly for Adventure Club Members on a payment plan)

Cancellations on or after March 4th will receive no refund.

FAQ

Q1: Who is this program suitable for?

A: This program is designed for individuals of various fitness levels, from beginners with a passion for adventure to experienced adventurers looking to build their strength and endurance.

Q2: What equipment is required for the program?

A: Most of our exercises will be performed with basic equipment such as comfortable athletic shoes and workout clothes. Any equipment needed during our strength training sessions at Hatcher Pass Yoga will be provided.

For our outdoor sessions we will review recommended layers and gear. Revel will provide ice cleats and trekking poles as needed for participants who may need to borrow gear.

Q3: Can I participate if I have a pre-existing medical condition?

A: We advise consulting with your healthcare professional before starting any new exercise program. We can work with you to modify exercises to suit your individual needs.

Q4: How many days a week is the program?

A: The program consists of three workout days per week, allowing for rest and recovery between sessions. Active recovery days are also included to promote flexibility and reduce muscle soreness.

- We'll meet at Hatcher Pass Yoga on Monday and Wednesday mornings at 7AM
- We'll meet in the field on Friday mornings at 7AM

Q5: What if I miss a session or fall behind in the program?

A: Life happens, and we understand that. While consistency is key for optimal results, our program offers some flexibility. Participants will receive access to all exercises via email. If you miss an in-person class you are encouraged to complete weekly workouts independently. The goal is progress, not perfection.

FAQ

Q6: Will the program help me prepare for specific hiking challenges?

A: The program is crafted to build a foundation of strength, endurance, and skills specifically tailored for hiking and outdoor adventures.

Q7: Is nutritional guidance included in the program?

A: This program focuses primarily on exercise. We recognize physical well-being is a small sliver of your overall wellness. If you're looking for additional resources: nutrition, mental health, etc. we're happy to recommend local resources.

Q8: Is there a community or support system for participants?

A: Yes! We encourage a supportive and inclusive community. You'll have access to a WhatsApp where participants can share experiences, ask questions, and motivate each other throughout the program.

Q9: Is there an online option?

No. While we appreciate the flexibility an online program offers, we want to build strength and support our group in person. We can make some great recommendations if you're looking for an online program.

Q10: What if I need to cancel?

Please read out cancellation policy for full details, but understand no refunds will be distributed after March 3, 2024.

Q11: Will I summit the challenge climb?

We make no guarantees that individuals or our group will summit during the challenge hike. The nature of recreating in Alaska requires flexibility. Weather, wildlife, terrain, injury, etc. can all warrant a shift in plans. Please join our adventures with an open mind.