

APRIL 2017

SUNDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Open 1 pm-7 pm

3:00-4:15 pm **Undo and Renew: Gentle Yoga w/Restorative Poses** w/Jeanne- All Level
5:00-7:00 pm Main Gym Reserved by **Skagway Aerial Tissu Co.**

See Afterschool Program/Kids Schedule for Child/Family Programming

MONDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Open 5:30 am- 9 pm

7:00-8:00 am **SpinFLEX** w/Katherine (30min. cycling- 25min. resistance training)
10:00-11:15 am **Restorative-Yin Yoga** w/Katherine- All Level

12:05-12:35pm **NOON Xpress!**

Spinning w/Dena

4:30-5:15 pm **Spinning** w/Cindy

5:45-7:00 pm **Hatha Yoga** w/Sherry-Level 1

Sign-up required →

6:00-8:00 pm **Belay Instruction and Certification** w/Jeanne (6-7:30pm-Instruction/7:30-8pm Certification Checks)

7:00-9:00 pm **Soccer for Adults**

TUESDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Open 5:30 am- 9 pm

8:00-8:50 am **Mat Pilates** w/Katherine

10:30-11:15 am **SENIOR CHAIR BASED WEIGHT TRAINING** w/Dena

12:05-12:45pm **NOON Xpress!**

BARRE w/Katherine

5:45-7:00 pm **Let it Roll Yoga (Hatha Flow w/Foam Roller and Balls)** w/Jeanne- Level 2

7:00-9:00 pm **Basketball for Adults**

WEDNESDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Open 5:30 am- 9 pm

7:00-8:00 am **SpinFLEX** w/Katherine (30min. cycling- 25min. resistance training)

10:00-11:15 am **Back/Hip Yoga** w/Katherine- Level 1- 2

12:05-12:35pm **NOON Xpress!**

Spinning w/Dena

4:30-5:15 pm **Spinning** w/Cindy -Cancelled April 19

5:45-7:00 pm **Hatha Yoga** w/Gillian-Level 1

7:00-8:30 pm **Acro Jam:** No experience necessary, No partner needed, Open mind required.

7:00-9:00 pm Main Gym Reserved by **Skagway Aerial Tissu Co. & Skagway Acro Yoga**

THURSDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Open 5:30 am- 9 pm

8:00-8:50 am **Mat w. Pilatesstick®** w/Katherine

10:30-11:15 am **SENIOR CHAIR BASED WEIGHT TRAINING** w/Dena

12:05-12:45pm **NOON Xpress!**

BARRE w/Katherine

5:45-7:00 pm **Restorative Yoga** w/Jeanne- All Level

7:00-9:00 pm **Basketball for Adults**

FRIDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Open 5:30 am- 7pm

7:00-7:45 am **Spinning** w/Dena

8:00-10:00 am Main Gym Reserved by **Skagway Aerial Tissu Co.**

10:00-11:15 am **Mindful Vinyasa** w/Katherine- Level 2

4:30-5:30 pm **Spin STRETCH & ROLL** w/Courtney (30 min. cycling-25 min. stretch and foam roller work)

SATURDAY

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Open 10 am-5 pm

10:00-11:00 am **Spinning** w/Cindy -Cancelled April 22

10:30-11:15 am **SENIOR CHAIR BASED WEIGHT TRAINING** w/Jessica

3:00-4:30 pm **Gentle Flow: Gentle flow style practice ending w/Restorative Poses** w/Eileen- All Level

USING THE CLIMBING WALL IS EASY! BELAY INSTRUCTION AND CERTIFICATION FOR CLIMBING IS AVAILABLE EVERY MONDAY IN APRIL WITH JEANNE TYSON!

Belay Instruction: 6—7:30 pm

Belay Check/Certification: 7:30—8 PM

MUST SIGN UP AT THE FRONT DESK.

ALL CLIMBERS MUST RECERTIFY ANNUALLY.

FEE: \$5.00



Community Sale

Saturday, May 6: 10-5pm

Sunday, May 7: 1-4pm

Donations accepted the following dates only:
Monday, May 1 until NOON on Friday, May 5

\$5-\$20 to fill a bag with clothing
All other items individually priced.