

MARCH 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.**

MONDAY:

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

Open 5:30 am- 9 pm

CLOSED MAR. 27

8:00-9:00 am Spin**FLEX** w/Katherine (30min. cycling- 25min. resistance training) *Spinning w/Dena March 6 & 13*

10:00-11:15 am Restorative/Yin Yoga w/Katherine- All Level *Restorative w/Gillian March 6 & 13*

12:05-12:35pm NOON Xpress! *Spinning w/Dena*

12:05-12:45pm NOON Xpress! **BARRE** w/Katherine *Begins March 20*

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

5:45-7:00 pm Hatha Yoga w/Sherry-Level 1- *w/Gillian March 6, 13, & 20*

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 **Pilates w. MVe Chair®** w/Katherine *Self Led March 7 & 14*

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

4:30-5:15 pm **TRX** Total Body w/Ashlei

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

8:00-9:00 am Spin**FLEX** w/Katherine (30min. cycling- 25min. resistance training) *Spinning w/Dena February 22 -March 15*

10:00-11:15 am Back/Hip Yoga w/Katherine- All Level *w/Gillian March 1, 6, & 15*

12:05-12:35pm NOON Xpress! *Spinning w/Dena*

12:05-12:45pm NOON Xpress! **BARRE** w/Katherine *Begins March 22*

4:30-5:15 pm *Spinning w/Cindy* *Cancelled March 1 & 29*

6:30-8:00 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.**

THURSDAY:

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

Open 5:30 am- 9 pm

8:00-8:50 am **Pilates w. Pilatesstick®** w/Katherine *Self Led March 2, 9, & 16*

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

4:30-5:15 pm **TRX** Total Body w/Ashlei

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—Rock Wall and BB Court closed March 24

Open 5:30 am- 7pm

8:00-8:45 am *Spinning w/Dena*

8:00-10:00 am Main Gym Reserved by **Skagway Aerial Tissu Co.** – cancelled March 24

10:00-11:15 am Mindful Vinyasa Yoga w/Katherine- Level 1-2 *w/Gillian March 3, 10, & 17*

12:05-12:45pm NOON Xpress! **BARRE** w/Katherine *Begins March 24*

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 March 4 & 25*

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

See Afterschool Program/Kids Schedule for Child/Family Programming

Emergency Shelter Training: Monday, March 27
 9am-3pm. FREE. Sign Up at the Rec Center!