

MAY 2017

MONDAY:

Open 5:30 am- 9 pm
 5:30-6:15 am
 7:00-8:00 am
 9:00-10:15 am
 11:00-3:00 pm
 6:00-8:00 pm
 6:00-7:15 pm
 7:30-8:30 pm
 7:00-9:00 pm

Open 5:30am-9pm Memorial Day (May 29)

Sign-up required

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

TRX w/Emily **CANCELLED MAY 29**
 SpinFLEX w/Katherine -SPIN ONLY w/Dena MAY 1ST
 Restorative Yin Yoga w/Katherine- ALL Level w/Gillian MAY 1ST
 CREW MEMBER BASKETBALL GAMES
 *Belay Instruction and Certification w/Jeanne (6-7:30pm-Instruction/7:30-8pm Certification Checks)
 Hatha Yoga w/Sherry-Level 1 *BELAY INSTRUCTION/CERTIFICATION IS CANCELLED MAY 29
 Hip Hop w/Jarek **CANCELLED MAY 29**

Memorial Day Classes:
 7am SpinFLEX
 9am Restorative Yin
 6pm Hatha Yoga

TUESDAY:

Open 5:30 am- 9 pm
 5:30-6:15 am
 6:00-7:00 am
 7:15-8:00 am
 10:30-11:15 am
 11:00-3:00 pm
 12:05-12:45pm NOON Xpress!
 5:15-6:15 pm
 6:30-7:45 pm
 7:00-9:00 pm

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

Spinning- w/Katherine
 Vinyasa Yoga w/Brian- Level 2
 Mat Pilates w/Katherine
 SENIOR CHAIR BASED WEIGHT TRAINING w/Dena
 CREW MEMBER BASKETBALL GAMES
 BARRE w/Katherine- All Level
 ZUMBA w/Kaera
 Let it Roll Yoga (Hatha Flow w/Foam Roller and Balls) w/Jeanne- Level 2
 Basketball for Adults

Please see ASP/Kids schedule for child and family programming!

WEDNESDAY:

Open 5:30 am- 9 pm
 5:30-6:15 am
 7:00-8:00 am
 9:00-10:15 am
 11:00-3:00 pm
 6:00-7:15 pm
 7:30-8:30 pm
 7:00-8:30 pm
 7:00-9:00 pm

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY **ROCK WALL CLOSED MAY 3**

TRX w/Emily
 SpinFLEX w/Katherine
 Back/Hip Yoga w/Katherine- ALL Level
 CREW MEMBER BASKETBALL GAMES **CANCELLED MAY 3**
 Hatha Yoga w/Gillian-Level 1
 Jazz Funk w/Jarek **CANCELLED MAY 31**
 Acro Jam: No experience necessary, No partner needed, Open mind required. **CANCELLED MAY 3**
 Main Gym Reserved by Skagway Aerial Tissu Co. **CANCELLED MAY 3**

THURSDAY:

Open 5:30 am- 9 pm
 5:30-6:15 am
 6:00-7:00 am
 7:15-8:00 am
 10:30-11:15 am
 11:00-3:00 pm
 12:05-12:45pm NOON Xpress!
 5:15-6:15 pm
 6:30-7:45 pm
 7:00-9:00 pm

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY **ROCK WALL CLOSED MAY 4**

Spinning w/Katherine
 Vinyasa Yoga w/Brian- Level 2
 Mat Pilates w/Katherine
 SENIOR CHAIR BASED WEIGHT TRAINING w/Dena
 CREW MEMBER BASKETBALL GAMES **CANCELLED MAY 4**
 BARRE w/Katherine- All Level
 ZUMBA w/Kaera
 Easy Does it-Restorative Yoga w/Jeanne- ALL Level
 Basketball for Adults **CANCELLED MAY 4**

Accepting Donations for our Community Sale May 1 until NOON on May 5
 Sale Days:
 May 6: 10-5 & May 7: 1-4



FRIDAY:

Open 5:30 am- 7 pm
 5:30-6:15 am
 8:00-10:00 am
 9:00-10:15 am
 11:00-3:00 pm
 5:30-6:45 pm
 6:00-8:00 pm

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY **ROCK WALL CLOSED MAY 5**

Spinning w/Dena
 Main Gym Reserved by Skagway Aerial Tissu Co. **CANCELLED MAY 5**
 Vinyasa Yoga w/Katherine Level 1-2
 CREW MEMBER BASKETBALL GAMES **CANCELLED MAY 5**
 Undo and Renew- Gentle Yoga ending in Restorative Poses w/Gillian- ALL Level
 Volleyball for Adults- **CANCELLED MAY 5**

SATURDAY

Open 10 am-5 pm
 10:30-11:15 am
 11:00-3:00 pm
 3:00-4:15 pm
 5:15-6:15 pm

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY **ROCK WALL CLOSED MAY 6**

SENIOR CHAIR BASED WEIGHT TRAINING w/Video
 CREW MEMBER BASKETBALL GAMES **CANCELLED MAY 6**
 Undo and Renew- Gentle Yoga ending in Restorative Poses w/Gillian- ALL Level
 ZUMBA w/Kaera

SUNDAY:

Open 1 -7 pm
 1:00-3:00 pm
 3:00-4:15 pm
 4:30-5:00 pm
 5:30-6:45 pm
 5:00-7:00 pm

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY **ROCK WALL CLOSED MAY 7**

CREW MEMBER BASKETBALL GAMES **CANCELLED MAY 7**
 Undo and Renew- Gentle Yoga ending in Restorative Poses w/Jeanne- ALL Level
 Meditation w/Jeanne- ALL Level
 Vinyasa Yoga w/Brian- Level 2
 Main Gym Reserved by Skagway Aerial Tissu Co. **CANCELLED MAY 7**

USING THE CLIMBING WALL IS EASY! BELAY INSTRUCTION AND CERTIFICATION FOR CLIMBING IS AVAILABLE EVERY MONDAY IN MAY 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

Upcoming Trainings, Workshops, and Yoga Teacher Certification/Continuing Ed Classes
 SEE MAY NEWSLETTER FOR DETAILS
 JUNE 11: SEA KAYAKING 101 WITH ALASKA MOUNTAIN GUIDES
 JULY 27-28: YOGA WORKSHOPS WITH DYLAN BERNSTEIN
 AUGUST 5-9: AERIAL FABRIC TEACHER TRAINING WITH BORN TO FLY
 AUGUST 10-13: AERIAL YOGA TEACHER TRAINING WITH BORN TO FLY
 SEPTEMBER 1-3: KIDS YOGA TEACHER TRAINING WITH DEVEN SISLER
 SEPTEMBER 22-25: ACRO YOGA ELEMENTAL IMMERSION WITH YUKI & KATIE

