

# July 2017

## MONDAY:

<b>CARDIO/WEIGHT ROOM/ SHOWER ROOMS &amp; ROCK WALL OPEN ALL DAY</b>		
Open 5:30 am- 9 pm	5:30-6:15 am	TRX w/Emily
	7:00-8:00 am	SpinFLEX w/Katherine/Dena
	9:00-10:15 am	Restorative Yin Yoga w/Katherine/Gillian- ALL Level
Sign-up required! →	6:00-8:00 pm	*Belay Instruction and Certification w/Jeanne (6-7:30pm-Instruction/7:30-8pm Certification Checks)
	6:15-7:30 pm	Hatha Yoga w/Sherry-Level 1
	7:45-8:45 pm	Hip Hop w/Jarek
	7:00-9:00 pm	Roller Hockey for Adults

## TUESDAY:

<b>CARDIO/WEIGHT ROOM/ SHOWER ROOMS &amp; ROCK WALL OPEN ALL DAY</b>		
Open 5:30 am- 9 pm	5:30-6:15 am	Spinning- w/Katherine/Dena
	6:00-7:00 am	Vinyasa Yoga w/Brian- Level 2
	7:15-8:00 am	Mat Pilates w. Pilatesstick® w/Katherine (CANCELLED JULY 18)
	10:30-11:15 am	SENIOR CHAIR BASED WEIGHT TRAINING w/Dena
	5:15-6:15 pm	ZUMBA w/Kaera
	6:30-7:45 pm	Let it Roll Yoga (Hatha Flow w/Foam Roller and Balls) w/Jeanne- Level 2
	8:00-8:45 pm	TRX w/Ashlei
	7:00-9:00 pm	Basketball for Adults

## WEDNESDAY:

<b>CARDIO/WEIGHT ROOM/ SHOWER ROOMS &amp; ROCK WALL OPEN ALL DAY</b>		
Open 5:30 am- 9 pm	5:30-6:15 am	TRX w/Emily
	7:00-8:00 am	SpinFLEX w/Katherine/Dena
	6:15-7:30 pm	Hatha Yoga w/Richelle/Gillian-Level 1-2
	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

## THURSDAY:

<b>CARDIO/WEIGHT ROOM/ SHOWER ROOMS &amp; ROCK WALL OPEN ALL DAY</b>		
Open 5:30 am- 9 pm	5:30-6:15 am	Spinning w/Katherine/Dena
	6:00-7:00 am	Vinyasa Yoga w/Brian- Level 2
	7:15-8:00 am	Mat Pilates w. Pilatesstick® w/Katherine (CANCELLED JULY 20)
	10:30-11:15 am	SENIOR CHAIR BASED WEIGHT TRAINING w/Dena
	5:15-6:15 pm	ZUMBA w/Kaera
	6:30-7:45 pm	Easy Does it-Restorative Yoga w/Jeanne- ALL Level (CANCELLED JULY 27 FOR WORKSHOPS)
	8:00-8:45 pm	TRX w/Ashlei
	7:00-9:00 pm	Basketball for Adults

## FRIDAY:

<b>CARDIO/WEIGHT ROOM/ SHOWER ROOMS &amp; ROCK WALL OPEN ALL DAY</b>		
Open 5:30 am- 7 pm	5:30-6:30 am	Body Pumping w/Rosemary
	7:00-7:45 am	Spinning w/Dena
	8:00-10:00 am	Main Gym Reserved by Skagway Aerial Tissu Co.
	6:15-7:30 pm	Gentle Flow w/Christina/Gillian All Level (CANCELLED JULY 28 FOR WORKSHOPS)
	6:00-8:00 pm	Volleyball for Adults

## SATURDAY

Open 10 am-8 pm	6:30-7:45 pm	Flow + Restore w/MacKenzie Level 2
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## SUNDAY:

<b>CARDIO/WEIGHT ROOM/ SHOWER ROOMS &amp; ROCK WALL OPEN ALL DAY</b>		
Open 10 am -8pm	3:00-4:15 pm	Undo and Renew- Gentle Yoga ending in Restorative Poses w/Jeanne/Gillian- ALL Level
	4:30-5:00 pm	Meditation w/Jeanne- ALL Level (CANCELLED JULY 16 AND JULY 30)
	5:30-6:45 pm	Vinyasa Yoga w/Brian- Level 2
	7:00-8:00 pm	Jazz Funk w/Jarek
	5:00-7:00 pm	Main Gym Reserved by Skagway Aerial Tissu Co.

9:00-11:00 am M-F: BASKET BALL COURT IS RESERVED FOR SUMMER CAMP KIDS  
 11:00-3:00 pm DAILY: BASKET BALL COURT IS RESERVED FOR CREW MEMBER BASKETBALL GAMES

