

# June 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

**Sign-up required!** → 6:00-8:00 pm  
 6:15-7:30 pm  
 7:45-8:45 pm  
 7:00-9:00 pm

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

TRX w/Emily  
 SpinFLEX w/Katherine  
 Restorative Yin Yoga w/Katherine- ALL Level  
 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  
 Hip Hop w/Jarek  
 Roller Hockey for Adults

## 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  
 5:15-6:15 pm  
 6:30-7:45 pm  
 8:00-8:45 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  
 ZUMBA w/Kaera  
 Let it Roll Yoga (Hatha Flow w/Foam Roller and Balls) w/Jeanne- Level 2  
 TRX w/Ashlei  
 Basketball for Adults



## WEDNESDAY:

Open 5:30 am- 9 pm

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

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

TRX w/Emily  
 SpinFLEX w/Katherine  
 CREW MEMBER BASKETBALL GAMES  
 Hatha Yoga w/Richelle-Level 1-2  
 Acro Jam: No experience necessary, No partner needed, Open mind required.  
 Main Gym Reserved by Skagway Aerial Tissu Co



## 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  
 5:15-6:15 pm  
 6:30-7:45 pm  
 8:00-8:45 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  
 ZUMBA w/Kaera  
 Easy Does it-Restorative Yoga w/Jeanne- ALL Level  
 TRX w/Ashlei  
 Basketball for Adults



## FRIDAY:

Open 5:30 am- 7 pm

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

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

Body Pumping w/Rosemary  
 Spinning w/Dena  
 Main Gym Reserved by Skagway Aerial Tissu Co.  
 CREW MEMBER BASKETBALL GAMES  
 Gentle Flow w/Christina All Level  
 Volleyball for Adults



## SATURDAY

Open 10 am-8 pm

11:00-3:00 pm  
 6:30-7:45 pm

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

CREW MEMBER BASKETBALL GAMES  
 Flow + Restore w/MacKenzie Level 2

## SUNDAY:

Open 10 am -8pm

11:00-3:00 pm  
 3:00-4:15 pm  
 4:30-5:00 pm  
 5:30-6:45 pm  
 7:00-8:00 pm  
 5:00-7:00 pm

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

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

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

