

August 2017

MONDAY:

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

<u>Open 5:30 am- 9 pm</u>	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
	6:30-7:45 pm	Hatha Yoga w/Sherry-Level 1
	7:00-9:00 pm	Roller Hockey for Adults

TUESDAY:

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

<u>Open 5:30 am- 9 pm</u>	5:30-6:15 am	Spinning w/Katherine/Dena
	6:00-7:00 am	Vinyasa Yoga w/Brian- Level 2
	7:00-7:50 am	Mat Pilates w/Therese
	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:

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

<u>Open 5:30 am- 9 pm</u>	5:30-6:15 am	TRX w/Emily
	7:00-8:00 am	SpinFLEX w/Katherine/Dena
	6:30-7:45 pm	Hatha Yoga w/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 for Aerial Tissu Practice

THURSDAY:

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

<u>Open 5:30 am- 9 pm</u>	5:30-6:15 am	Spinning w/Katherine/Dena
	6:00-7:00 am	Vinyasa Yoga w/Brian- Level 2
	7:00-7:50 am	Mat Pilates w/Therese
	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
	8:00-8:45 pm	TRX w/Ashlei
	7:00-9:00 pm	Basketball for Adults



After School Program (ASP) begins Wednesday, August 16th. Please see separate ASP and Kids Schedule for details!

FRIDAY:

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

<u>Open 5:30 am- 7 pm</u>	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 for Aerial Tissu Practice
	6:30-7:45 pm	Gentle Flow w/ Gillian All Level
	6:00-8:00 pm	Volleyball for Adults

SATURDAY

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

<u>Open 10 am-8 pm</u>	3:00-4:15 pm	Undo and Renew- Gentle Yoga ending in Restorative Poses w/ Gillian- ALL Level
	6:30-7:45 pm	Flow + Restore w/MacKenzie Level 2

SUNDAY:

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

<u>Open 10 am -8pm</u>	3:00-4:15 pm	Undo and Renew- Gentle Yoga ending in Restorative Poses w/Jeanne- ALL Level
	4:30-5:00 pm	Meditation w/Jeanne- ALL Level
	5:30-6:45 pm	Vinyasa Yoga w/Brian- Level 2
	5:00-7:00 pm	Main Gym Reserved for Aerial Tissu Practice



11:00-3:00 pm DAILY
 3:00-5:00 pm M-F

BASKET BALL COURT IS RESERVED FOR CREW MEMBER BASKETBALL GAMES
 BASKET BALL COURT IS RESERVED FOR AFTER SCHOOL PROGRAM

Girl Scout Day Camp: July 31-August 4th