

September 2017

MONDAY:

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

Open 5:30 am- 9 pm

7:00-8:00 am *SpinFLEX* w/Katherine
 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

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
 7:00-7:50 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

Open 5:30 am- 9 pm

5:30-6:15 am **TRX** w/Emily
 7:00-8:00 am *SpinFLEX* w/Katherine
 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

Open 5:30 am- 9 pm

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**



Please see separate ASP and Kids Schedule for child programming details!

FRIDAY:

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

Open 5:30 am- 7 pm

5:30-6:15 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 **CANCELLED SEPT. 1**
 6:00-8:00 pm **Volleyball for Adults**

SATURDAY

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

Open 10 am-8 pm See Newsletter for Special Kids Classes, Trainings and Workshops! SR Classes and Yoga resumes in October!

SUNDAY:

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

Open 10 am -8pm

3:00-4:15 pm **Undo and Renew-** Gentle Yoga ending in Restorative Poses w/Jeanne- ALL Level **CANCELLED SEPT. 3**
 4:30-5:00 pm **Meditation** w/Jeanne- ALL Level **CANCELLED SEPT. 3**
 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 T/TH/F
 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

September Hours of Operation
PLEASE NOTE IMPORTANT CHANGES FOR SEPTEMBER 1-3
 September 1: 9am-6pm MEMBERS ONLY*
 September 2: 10am-6pm MEMBERS ONLY*
 September 3: 10am-6pm MEMBERS ONLY*
 September 4: CLOSED
 *MEMBERS ONLY HAVE ACCESS TO FACILITY. BUSINESS OFFICE IS CLOSED FOR STAFF TRAINING.

WINTER HOURS BEGIN SUNDAY, SEPTEMBER 17
 SUNDAY: 1-7 PM
 SATURDAY: 10-5 PM
 MONDAY-THURSDAY: 5:30 AM-9 PM
 FRIDAY: 5:30 AM-7 PM