

# SRC NEWSLETTER

VOLUME 11 ISSUE 10

OCTOBER 2017

SKAGWAY RECREATION CENTER (SRC)



## HALLOWEEN CARNIVAL

**Saturday**

**October 28**

**1-3pm**

### Spine-tingling Contests & Really GREAT Prizes:

- Costume Contests for Spookiest, Most Enchanting, Most Heroic, Best Homemade, and Most Original.
- People's Choice Award Coloring Contest (pick up your coloring form at the Rec Center and bring it with you the day of the carnival!)
- Swing at the Piñatas for sweet treats and more prizes!
- Cake Walk Cakes, cupcakes, cookies and candies are needed! Please bring your donation to the Rec Center between 10 am and 12:30 pm Saturday, October 29th

**And much more!**

**Cost: \$5 per child**

**Infants are FREE!**

**Fitness at its Finest and Bootcamps at Their Best!**

## TABATA GX™

- Dynamic and Doable HIIT workouts for all fitness levels
- Tons of Timing Options for 30, 45, & 60 min. workouts
- A Catalyst for Community & Club Retention
- Easy to Learn & Efficient to Teach
- Engaging and Explosive for all of your participants!
- 6.0 AFAA, 0.6 ACE, 0.6 NASM, 6.0 SCW CECS

Embrace the next evolution of Group X!

## Successful BOOTCAMP™ BUSINESS

- Website for effective program management
  - Touch points for the other 23 hours
  - Foundation for strategic business planning
  - Tools to become a successful business owner!
  - 4.0 AFAA, 0.4 ACE, 0.4 NASM, 4.0 SCW CECS
- Get your programming fit for success!



Master Trainer:  
Sarah Hestand

**1 Day**

**2 Unparalleled Programs**

**An Entire Career of Success!**

**Get certified October 7th!**

**Skagway Recreation Center**  
455 13th Ave.  
Skagway, AK. 99840  
**Register at [www.TabataBootcamp.com](http://www.TabataBootcamp.com)**

Closed Wednesday October 18

**Alaska Day**



## The 30 day challenge... getting back to the basics.

At the end of September I always feel a certain amount of relief as the nights grow longer and our town begins to slow down. The energy in the air seems to transform overnight into a comforting pace with the promise of more time to focus on personal development and self-care.

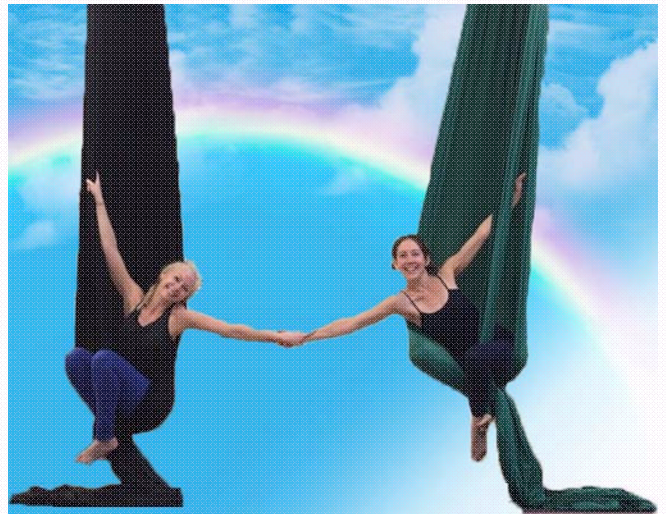
Granted, while we all enjoy the opportunity and abundance the summer season in Skagway brings, after 5 months of erratic work schedules, late nights, early mornings, and rich restaurant food most of us are ready for autumn. For Skagway, this is the time of year when we are able to restore our energy and return to a healthy routine that brings balance back into our lives.

A great way to get started is to take on a 30 day challenge that focuses on doing something healthy for yourself. It does not have to be a big drastic commitment that you begin to dread after doing for only one week. Instead of setting yourself up for failure, set yourself up for success. Make your goal small, attainable, and highly enjoyable. Make it something you look forward to doing daily. Make it something that offers you nourishment on a mental, physical emotional and spiritual level.

You truly have nothing to lose and everything to gain by doing this. It's only 30 days and the options are endless! Whether it involves art, exercise, meditation, food, family, or friends, figure out what you need right now and set your intention for October.

**“Never neglect an opportunity  
for improvement.”**

Sir William Jones



## Beginner Aerial Fabric Series

Join Tiffany Metz and Richelle Lyttge as they guide you through the first series of this beautiful art form.

This is a one hour weekly class over 4 consecutive weeks that begins with the fundamentals to help make Aerial Fabrics more accessible to every body.

Friday's at 5:30pm Begins October 6th

**REGISTRATION AND FEE REQUIRED**

**PLEASE CALL 983-2679 FOR INFORMATION**

**Skagway Recreation Center (SRC)**

**Main and 13th Avenue**

**PO Box 868**

**Skagway, AK 99840**

**907.983.2679 phone**

**[www.skagwayrecreation.org](http://www.skagwayrecreation.org)**

**FULL TIME STAFF**

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**ADVISORY BOARD MEMBERS**

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