

December 2017

MONDAY:

Open 5:30 am- 9 pm 8:00-9:00 am
 10:00-11:15 am
 12:05-12:45 pm
 4:30-5:15 pm
 5:30-6:25 pm
 6:30-8:00 pm
 7:00-9:00 pm

Closed
 CHRISTMAS DAY

Open
 NEW YEARS DAY
 10 AM-4 PM

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

SpinFLEX w/Katherine
Restorative Yin Yoga w/Katherine
Spinning NOON XPRESS w/Dena
Spinning w/Cindy (cancelled Dec. 4)
Mat Pilates w/Therese
Acro Jam w/Jeanne & Sherry No experience necessary, No partner needed, Open mind required.
Soccer for Adults

Please see separate
 AFTER SCHOOL
 PROGRAM/KIDS SCHEDULE
 for child and family
 programming.

TUESDAY:

Open 5:30 am- 9 pm 8:00-9:00 am
 10:30-11:15 am
 12:05-12:45 pm
 5:45-7:00 pm
 7:00-9:00 pm

Open
 DAY AFTER CHRISTMAS
 1-5 PM

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

Pilates w. MVe Chair® w/ Katherine
SENIOR WEIGHT TRAINING w/Dena
TRX - HITT NOON XPRESS w/Katherine
Let it Roll Yoga- Hatha Flow w/Foam Roller and Balls w/Jeanne- Level 2
Basketball for Adults

WEDNESDAY:

Open 5:30 am- 9 pm 8:00-9:00 am
 10:00-11:15 am
 12:05-12:45 pm
 4:30-5:15 pm
 5:30-6:25 pm
 5:30-6:30 pm
 6:30-7:45 pm
 6:45-7:45 pm



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

SpinFLEX w/Katherine
Back & Hip Yoga w/Katherine
Spinning NOON XPRESS w/Dena
Spinning w/Cindy (cancelled Dec. 6)
Mat Pilates w/Therese
Aerial Fabric w/Tiffany & Richelle *REGISTRATION AND FEE REQUIRED- DEC. 6 & 13*
Hatha Yoga w/Sherry Level 1
Aerial Fabric w/Tiffany & Richelle *REGISTRATION AND FEE REQUIRED- DEC. 6 & 13*

THURSDAY:

Open 5:30 am- 9 pm 8:00-8:45 am
 10:30-11:15 am
 12:05-12:45 pm
 5:45-7:00 pm
 7:00-9:00 pm



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

Mat Pilates w. Pilatesstick® w/Katherine
SENIOR WEIGHT TRAINING w/Dena
TRX - HITT NOON XPRESS w/Katherine
Easy Does it-Restorative Yoga w/Jeanne- ALL Level
Basketball for Adults

FRIDAY:

Open 5:30 am- 7 pm 8:00-9:15 am
 10:00-11:15 am
 12:05-12:45 pm
 5:30-6:30 pm
 6:45-7:45 pm



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

SpinYOGA w/Katherine
Vinyasa Yoga w/Katherine
Spinning NOON XPRESS w/Dena
Aerial Fabric w/Tiffany & Richelle *REGISTRATION AND FEE REQUIRED- DEC. 8 & 15*
Aerial Fabric w/Tiffany & Richelle *REGISTRATION AND FEE REQUIRED- DEC. 8 & 15*

SATURDAY

Open 10 am-5 pm 10:00-11:00 am
 11:00-NOON pm

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

Spinning w/Cindy (cancelled Dec. 2 & 16)
Mat Pilates w/Therese

SUNDAY:

Open 1 pm -7pm 3:00-4:15 pm

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

Undo and Renew- Gentle Yoga ending in Restorative Poses w/Jeanne

Open
 CHRISTMAS EVE 1-5 PM

CHECK OUT THE DECEMBER 2017 HOLIDAY EVENT CALENDAR AT WWW.SKAGWAYRECREATION.ORG
 FOR ALL THE SPECIAL REC CENTER CLASSES AVAILABLE THROUGHOUT THE MONTH OF DECEMBER!



The Ugly Sweater Family Xmas Dance
 Saturday, December 16th 5-8pm

