

SRC NEWSLETTER

SKAGWAY RECREATION CENTER (SRC)

VOLUME 12 ISSUE 1

JANUARY 2018

SRC FITNESS CHALLENGE

Make this YOUR YEAR

Become the person you've been wishing for.....

Our 15th annual 10-week fitness challenge begins Monday January 1, 2018. Whether you have been putting it off for a while or just recently seemed to slip out of your regular exercise routine, now is your opportunity to get back on track. Make a commitment to a healthier lifestyle and welcome the chance to win a Fitbit!



Registration for the Fitness Challenge ends on Monday January 15th with the 10-week time period beginning the day indicated on your registration. Challengers will be provided with a total of three optional fitness assessments (one at the beginning, middle, and end of the 10 week period), an optional personalized resistance and cardio program, and weekly motivational handouts offering information on health and fitness. Participants will need to come to the SRC *at least* 3 times a week for 10-weeks in order to be eligible for the drawing. Winner will be announced on Tuesday, March 27th.. Registration packets for this event are available in the schedule holder located in the front lobby of the SRC.

In an effort to help you get started on the right track we are offering a variety of introductory classes throughout the month:

Intro to Spinning

Monday, January 1st @ 1 p.m.

Learn bike set up, what to expect in class, modifications, and use of heart rate monitors followed by 30 min. beginner ride w/Katherine



Senior Weights: it's not just for old folks!

Tuesday, January 2nd @ 10:30 a.m.

Join Dena May for an incredibly well rounded resistance training workout that is perfect for beginners and senior citizens alike!



Intro to TRX

Tuesday, January 2nd @ 11:30 p.m.

Join Katherine for an simplified introductory course on using the TRX Suspension System to build muscular strength and endurance. Learn proper biomechanics and the correct way to adjust the straps and control the amount of resistance being used based on vector. Followed by a very basic TRX- HIIT (High Intensity Interval Training) NOON Xpress Class with low impact modifications for beginners.



Pilates Fundamentals

Saturday, January 6th @ 10:00am

Join Therese in this special workshop designed for beginners as well as experienced students looking to review and refine their understanding of this dynamic practice. You'll gain knowledge of the fundamentals and proper techniques with a personalized focus on body connections, breathing, alignment and awareness. Experience how Pilates can help you increase flexibility, muscular and neuromuscular strength as well as improve your posture.



Intro to Yoga—for total beginners!

Sunday, January 7th @ 5:00pm

Join Jeanne in an introductory yoga class to learn basic philosophy, class etiquette, and modifications. Discover the health benefits yoga can bring into your life. Followed by a 45 minute gentle beginner practice.



Intro to Climbing

Sunday, January 14th @ 5:00 p.m.

Join Jeanne on the rockwall and take the steps necessary to become belay certified, use the auto belay system and climb on the rock wall for fun and fitness combined!



**SIGN UP REQUIRED FOR ALL CLASSES LISTED ABOVE.
MINIMUM OF 4 PARTICIPANTS IS
NECESSARY FOR CLASS TO RUN.**

Skagway Recreation Center (SRC) Winter Ski/Snowshoe Challenge

Start Date: January 1, 2018

End Date: April 1, 2018



Registration forms are available at the Skagway Recreation located on the corner of 13th Avenue and Main Street **a n d o n l i n e** at www.skagwayrecreation.org. We would love to see your photos so please send them to us at reccenter@skagway.org. Please drop

off your completed registration form to the Skagway Recreation Center no later than April 1 2018. All participants completing the Explorer, Advanced, or Expert Adventure will have the chance to win a one night stay at Log Cabin. Winner will be announced Monday, April 2nd. Participation in this event is at your own risk! Please be responsible and always carry extra food, water, layers for warmth, a shovel, probe, beacon, and use the buddy system by telling someone where you are going and when you will be back. Enjoy!

TRAIL/AREA

Snowshoe Trails

ICY LAKE

LOWER DEWEY LAKE

SKYLINE TRAIL TO AB MOUNTAIN

SMUGGLER'S COVE

STURGILL'S LANDING

THE SUMMIT AREA

UPPER DEWEY LAKE

WEST CREEK

Cross Country Ski Trails

BLONDE TRIANGLE

BOORMAN LOOP

BOURCY BACK SIDE

CAPOSEY CUT OUT

KORSMO CORKSCREW

SALDI IN AND OUT

THE FATHER MOUCHET

THE SUMMIT AREA

TOM AND JERRY MEADOW

TRACKS AT LOG CABIN

TRACKS TO DENVER CABOOSE

WEST CREEK

Back Country Ski Areas

FRASER MEADOWS

HALCYON

MINE MOUNTAIN

SUMMIT CREEK

THE BOWLING ALLEY

30 DAY JUMP START CHALLENGE



Mindset

Make up your mind that for 30 days you are adhering to a meal and exercise plan and during this time you will follow this plan and only this plan. It is **ONLY 30** days. After 30 days you can begin introducing foods you have eliminated (wheat, dairy, alcohol, gluten, sugar) back into your diet in moderation. You may not want to though!

Diet

You may want to use a plan that has worked for you in the past or you may decide to utilize a plan that has already been developed such as the "Whole 30". If you have any health issues or concerns it is best to discuss any changes with your health care provider. Regardless, look for a plan focused on whole foods, such as fruits, vegetables, whole grains or possibly no grains, proteins and healthy fats. This is **ONLY 30** days. If you would like to use ours, those that are participating in this challenge will be able to purchase the Rec Center Whole Food Meal Plan. This plan offers recipes and tips to make your challenge simple with no extravagant meal prep and is based on what you can get here in Skagway. The cost of the plan is only \$10. Keep in mind that all plans must include no refined or processed food, no wheat, and absolutely no alcohol. If you are serious about reducing inflammation then no dairy either.

Exercise

During the 30 day jump start challenge you must exercise every day. You will be alternating between cardio and resistance based workouts with one long fat burner and one recovery day per week. In addition, you will also need to take three yoga classes per week. Check out our January group fitness and yoga schedule and talk to your boss about a flexible work day to ensure you are hitting your exercise goals. It will benefit them as well!

Self-care

The changes in diet and new demands in physical activity you will be making can feel tremendously depriving. When we take away negative behaviors that comfort us we must replace them with habits and rituals that nourish us in a healthy and positive manner. Yoga three times a week is just one of your self-care rituals for the next 30 days, but you must do more. Weekly massage, nail, skin and hair care, as well as hot baths, herbal teas, meditation, proper sleep habits and fun creative hobbies that have been long forgotten will be a part if this program as well!

Registration

To be a part of the 30 Day Jump Start Challenge you must sign up in the lobby or email Katherine Nelson at k.nelson@skagway.org no later than Sunday, December 31. Challenge materials for plan and program setting will be available on Monday, January 1st 10am-4pm. Challenge runs Tuesday, January 2- Wednesday, January 31.

Pure Pilates 10 - 20 - 30 2018 Challenge

"In 10 sessions you will feel better, in 20 sessions you will look better, and in 30 sessions you have a completely new body." - Joseph Pilates



PICK YOUR CHALLENGE

30 Day "FEEL BETTER" Challenge

60 Day "LOOK BETTER" Challenge

90 Day "COMPLETELY NEW BODY" Challenge

Class Description:

Pilates is a form of exercise, developed by Joseph Pilates, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement, and strong posture. All levels are welcome for the 1 hour class. Instructor will guide you through the dynamic sequencing of exercises with cueing for various levels and needs, to either begin building your foundation of strength or to build on what has already been achieved.

Challenge Dates:

January 2, 2018 through March 31, 2018

30 Day - 10 classes completed by **January 31**

60 Day 20 classes completed by **February 28**

90 Day 30 classes completed by **March 31**

Challenge Benefits: Increased sense of well-being, flexibility, muscular endurance, strength, and balance. Not to mention a positive and supportive environment.

How it works: Show up for class ready and excited to feel and see positive results. Fill out the provided challenge punch card and kick start your health in 2018!

Class Teachers: Therese Masellis & Katherine Nelson

One winner for each challenge category. Everyone completing their selected challenge category will be entered into a drawing. Prizes TBA.

OPEN MONDAY, JANUARY 1ST (NEW YEARS DAY)

10am-4pm

Class Schedule

10:00-11:15am: Restorative Yin Yoga
12:05-12:45pm: Spinning NOON XPRESS
1:00- 1:45pm: Intro to Spinning



Winter Weight-Loss Detox Soup

This is one serving at only 90 calories. Feel free to double, triple or quadruple this recipe for a 24 hour detox.

Ingredients

- 1 large onion, peeled and sliced
- 1 clove of garlic, peeled and crushed
- 1 turnip, peeled and chopped
- 1 medium sweet potato, peeled and chopped
- 2 cups vegetable stock
- 2 large zucchini, trimmed and cut into 1-cm pieces
- 1 bunch of curly kale, rinsed and drained
- Handful of spinach leaves

Directions

1. Saute the onion and garlic in a sauce pan with a little water or stock for 4 minutes. Add the turnip and sweet potato, and saute for a further 3 minutes.
2. Add the rest of the stock, and simmer for 10 minutes.
3. Stir in the zucchini and kale, and simmer for 5 minutes.
4. Add the spinach in at the end, and simmer for another minute.
5. Pour the soup mixture into the blender or food processor, and blend till smooth.
6. Return to the saucepan with heat on low, and add some freshly chopped curly parsley to garnish.

Skagway Recreation Center (SRC)

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FULL TIME STAFF

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