

FEBRUARY 2018

SUNDAY:

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

Open 1 pm-7 pm 3:00-4:15 pm **Undo and Renew: Gentle Yoga w/Restorative Poses** w/Jeanne- All Level – sub. Katherine on February 4

MONDAY:

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

Open 5:30 am- 9 pm 8:00-9:00 am **SpinFLEX** w/Katherine (30min. cycling- 25min. resistance training) self-led February 26

Canceled Feb. 19 → 10:00-11:15 am **Restorative Yin Yoga** w/Katherine- All Level – sub. Richelle on February 26

CLOSED
February 19

NOON Xpress! **Spinning** w/Katherine- 12:05-12:45pm w. Therese February 26

4:30-5:15 pm **Spinning** w/Cindy

5:30-6:30 pm **Mat Pilates** w/Therese

6:30-8:00 pm **Acro Jam** – Designated time and space to practice Acro Yoga

7:00-9:00 pm **Soccer for Adults**

PLEASE SEE SEPARATE AFTER SCHOOL PROGRAM AND KIDS SCHEDULE FOR CHILD AND FAMILY PROGRAMMING

TUESDAY:

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

Open 5:30 am- 9 pm 8:00-9:00 am **Pilates w. MVE Chair®** w/Katherine- sub. Therese on February 20 & 27

10:30-11:15 am **SENIOR CHAIR BASED WEIGHT TRAINING** w/Dena

Canceled Feb. 20/27 → **NOON Xpress!** **TRX** - HIIT w/Katherine- 12:05-12:45pm- **High Intensity Interval Training**

4:30-5:15 pm **TRX** w/Ashlei

5:45-7:00 pm **Let it Roll Yoga (Hatha Flow w/Foam Roller and Balls)** w/Jeanne sub. Richelle on February 6

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 8:00-9:00 am **SpinFLEX** w/Katherine (30min. cycling- 25min. resistance training) self-led February 21 & 28

10:00-11:15 am **Back/Hip Yoga** w/Katherine- Level 1-2 – sub. Richelle on Feb. 21 & 28

NOON Xpress! **Spinning** w/Katherine- 12:05-12:45pm w. Therese February 21 & 28

4:30-5:15 pm **Spinning** w/Cindy

5:30-6:30 pm **Mat Pilates** w/Therese

5:30-6:30 pm **Aerial Fabric** w/ Tiffany and Richelle FEBRUARY 21 & 28- REGISTRATION AND FEE REQUIRED

6:45-7:45 pm **Aerial Fabric** w/ Tiffany and Richelle FEBRUARY 21 & 28- REGISTRATION AND FEE REQUIRED

THURSDAY:

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

Open 5:30 am- 9 pm 8:00-9:00 am **Mat Pilates w. Pilatesstick®** w/Katherine- sub. Therese on February 22

10:30-11:15 am **SENIOR CHAIR BASED WEIGHT TRAINING** w/Dena

Canceled Feb. 22 → **NOON Xpress!** **TRX** - HIIT w/Katherine- 12:05-12:45pm- **High Intensity Interval Training**

4:30-5:15 pm **TRX** w/Ashlei

5:45-7:00 pm **Restorative Yoga** w/Jeanne- All Level – sub. Katherine on February 1

7:00-9:00 pm **Basketball for Adults**

FRIDAY:

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

Open 5:30 am- 7pm 8:00-9:30 am **SpinYOGA** w/Katherine (40min. cycling- 45min. Restorative Yin Yoga) self-led February 23

10:00-11:15 am **Vinyasa Yoga** w/Katherine- Level 1-2- sub. Richelle on February 23

Canceled Feb. 16 → **NOON Xpress!** **Spinning** w/Katherine- 12:05-12:45pm w. Therese February 23

4:30-5:30 pm **Spin STRETCH & ROLL** w/Courtney (35-40min. cycling-15-20min. stretch and foam roller work)

5:30-6:30 pm **Aerial Fabric** w/ Tiffany and Richelle FEBRUARY 23 & MARCH 2- REGISTRATION AND FEE REQUIRED

6:45-7:45 pm **Aerial Fabric** w/ Tiffany and Richelle FEBRUARY 23 & MARCH 2- REGISTRATION AND FEE REQUIRED

SATURDAY

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

Open 10 am-5 pm 10:00-11:00 am **Spinning** w/Cindy

11:00-12:00 pm **Mat Pilates** w/Therese

PILATES INTRODUCTORY WORKSHOP w. THERESE
SATURDAY, FEBRUARY 3RD ~ NOON-1PM

PILATES ADVANCED WORKSHOP w. THERESE
SATURDAY, FEBRUARY 10TH ~ NOON-1PM



PARTNER YOGA WORKSHOP w. SHERRY & JEANNE
SUNDAY, FEBRUARY 18TH ~ 5-7 PM

PLEASE REGISTER FOR ALL WORKSHOPS AT FRONT DESK