

MARCH 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
 5:30-6:30 pm **Aerial Fabric Conditioning** w/ Tiffany -Prerequisite- Aerial Fabric Class

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) canceled March 5
 10:00-11:15 am **Restorative Yin Yoga** w/Katherine- All Level – sub. Richelle March 5
NOON Xpress! **Spinning** w/Katherine - 12:05-12:45pm sub. Therese March 5
 4:30-5:15 pm **Spinning** w/Cindy
 5:30-6:30 pm **Aerial Fabric Conditioning** w/ Tiffany -Prerequisite- Aerial Fabric Class
 5:30-6:30 pm **Mat Pilates** w/Therese
 7:00-9:00 pm **Soccer for Adults**

Closed
March 26

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 **Mat Pilates** w/Katherine- sub. Therese March 6
 10:30-11:15 am **SENIOR CHAIR BASED WEIGHT TRAINING** w/Dena
 5:45-7:00 pm **Let it Roll Yoga** (Hatha Flow w/Foam Roller and Balls) w/Jeanne
 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) canceled March 7
 10:00-11:15 am **Back/Hip Yoga** w/Katherine- Level 1-2 – sub. Richelle March 7
NOON Xpress! **Spinning** w/Katherine - 12:05-12:45pm sub. Therese March 7
 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 **Pickleball for Adults**

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/Katherine- sub. Therese March 1 & 8
 10:30-11:15 am **SENIOR CHAIR BASED WEIGHT TRAINING** w/Dena
 5:45-7:00 pm **Restorative Yoga** w/Jeanne- All Level
 7:00-9:00 pm **Basketball for Adults**

BB Court and Rock Wall as well as all activities scheduled in the BB Court area are canceled March 23 and 24 for the Buckwheat Banquet Awards Dinner

FRIDAY:

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY BB COURT & ROCK WALL CLOSED MARCH 23

Open 5:30 am- 7pm

8:00-9:30 am **SpinYOGA** w/Katherine (40min. cycling- 45min. Restorative Yin Yoga) canceled March 2 & 9
 10:00-11:15 am **Vinyasa Yoga** w/Katherine- Level 1-2- sub. Richelle March 2 & 9
NOON Xpress! **Spinning** w/Therese - 12:05-12:45pm
 4:30-5:30 pm **Spin STRETCH & ROLL** w/Courtney (35-40min. cycling-15-20min. stretch and foam roller work)

SATURDAY

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY- BB COURT & ROCK WALL CLOSED MARCH 24

Open 10 am-5 pm

10:00-11:00 am **Spinning** w/Cindy
 11:00-12:00 pm **Mat Pilates** w/Therese

Join the fun at the Buckwheat Ski Classic Awards Ceremony! For only \$15 enjoy dinner by Skagway Brewing Co., an Aerial Fabrics performance, the announcement of Miss Buckwheat 2018 and all of this year's race winners! Price includes Aerial Fabrics show featuring this year's Ski Classic theme: James Bond: **Live and Let Ski**. Location: Skagway Rec Center

