

April 2018

SUNDAY: Open 1 pm-7 pm	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY 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 Beginner Class (APRIL 1, 8, & 15 ONLY)
MONDAY: Open 5:30 am- 9 pm	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY 6:30-7:30 am SpinFLEX w/Katherine (30min. cycling- 25min. resistance training) 10:00-11:15 am Restorative Yin Yoga w/Katherine NOON Xpress! Spinning w/Katherine - 12:05-12:45pm 5:30-6:20 pm Mat Pilates w/Therese (APRIL 2 ONLY) 6:30-7:45 pm Hatha w/Gillian 7:00-9:00 pm Soccer for Adults
TUESDAY: Open 5:30 am- 9 pm	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY 7:00-7:45 am Mat Pilates w/Katherine 8:30-9:45 am Vinyasa w/Katherine – Level 1-2 10:30-11:15 am SENIOR CHAIR BASED WEIGHT TRAINING w/Dena 6:30-7:45 pm Let it Roll Yoga (Hatha Flow w/Foam Roller and Balls) w/Jeanne 7:00-9:00 pm Basketball for Adults
WEDNESDAY: Open 5:30 am- 9 pm	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY 6:30-7:30 am SpinFLEX w/Katherine (30min. cycling- 25min. resistance training) 10:00-11:15 am Back/Hip Yoga w/Katherine- Level 1-2 NOON Xpress! Spinning w/Katherine- 12:05-12:45pm 6:30-8:00 pm Acro Jam – Designated time and space to practice Acro Yoga 7:00-9:00 pm Pickleball for Adults
THURSDAY: Open 5:30 am- 9 pm	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY 7:00-7:45 am Mat Pilates w/Katherine 8:30-9:45 am Vinyasa w/Katherine – Level 1-2 10:30-11:15 am SENIOR CHAIR BASED WEIGHT TRAINING w/Dena 5:30-6:20 pm Mat Pilates w/Therese (APRIL 5 ONLY) 6:30-7:45 pm Restorative Yoga w/Jeanne- All Level 7:00-9:00 pm Basketball for Adults
FRIDAY: Open 5:30 am- 7pm	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY 5:30-6:30 pm Aerial Fabric Conditioning w/ Tiffany -Prerequisite- Aerial Fabric Beginner Class (APRIL 6 & 13 ONLY) 6:45-7:45 pm Aerial Fabric Class -Beginners w/ Tiffany (APRIL 6 & 13 ONLY) \$15 members. \$15 and \$8 day fee non-members.
SATURDAY Open 10 am-5 pm	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY- 11:00-12:00 pm Mat Pilates w/Therese (APRIL 7 ONLY)

BB Court and Rock Wall as well as all activities scheduled in the BB Court area are canceled April 25-29 for the Spring Community Sale

Annual Spring Community Sale

Saturday, April 28: 10am-5pm & Sunday, April 29: 1pm-3pm

Donations for the sale will be accepted starting at 5pm on Sunday, April 22. We will stop taking donations at NOON on Friday, April 27. We are only accepting items in good or excellent condition. All donations must be inspected by a staff member. Staff members have the right to turn away any donation not deemed acceptable which includes but is not limited to the following:

- TELEVISION SETS
- STEREO SYSTEMS
- COMPUTERS
- PHONE SYSTEMS
- WIRE HANGERS
- SMELLY (ESPECIALLY CIGARETTE SMOKE) CLOTHING AND LINENS
- STAINED OR TORN CLOTHING AND LINENS
- PURPLE WORNOUT FOOTWARE- ALL FOOTWARE MUST BE IN EXCELLENT CONDITION- BARELY USED OR NEW
- ITEMS WITH MISSING PIECES OR PARTS
- PRINTERS AND INK CARTRIDGES

VOLUNTEERS ARE NEEDED TO HELP SET UP AND TAKE DOWN THE SALE- MUST SIGN UP AT FRONT DESK OR CALL 983-2679
 GET A FREE ONE MONTH MEMBERSHIP FOR HELPING WITH SALE BREAK DOWN ON SUNDAY 3-6 PM