

# May 2018 Group Fitness & Yoga Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30 AM	SpinFLEX w/Katherine <small>Cancelled May 7/14</small>		SpinFLEX w/Katherine <small>Cancelled May 9</small>				
7:00-7:45 AM		Mat Pilates w/Katherine <small>Cancelled May 8</small>		Mat Pilates w/Katherine <small>Cancelled May 10</small>			
8:30-9:45 AM		Vinyasa Yoga L2 w/Katherine <small>Cancelled May 8</small>		Vinyasa Yoga L2 w/Katherine <small>Cancelled May 10</small>			
10:00-11:15 AM	Restorative Yin Yoga w/Katherine AL <small>Sub. May 7</small>		Back & Hip Yoga w/Katherine AL <small>Sub. May 9</small>				
10:30-11:15 AM		SENIOR WEIGHTS w/Dena		SENIOR WEIGHTS w/Dena			
3:00-4:15 PM						Undo & Renew w/ Gillian AL	Undo & Renew w/Jeanne AL
5:00-7:00 PM						ACRO INTRO SERIES May 12-19-26 & June 2 <small>Registration and Fee Required</small>	
5:30-6:30 PM					Aerial Fabric Multilevel w/Tiffany May 11, 18 & 25 <small>Must have teacher approval</small>		Aerial Fabric Multilevel w/Tiffany May 13, 20 & 27 <small>Must have teacher approval</small>
5:30-6:45 PM							Hatha Flow w/Gillian L2
6:30-7:30 PM					ZUMBA w/Megan BEGINS MAY 11		
6:30-7:45 PM	Hatha Yoga w/Gillian L1	Let it Roll w/Jeanne L2		Restorative Yoga w/Jeanne AL			
6:30-8:00 PM			ACRO JAM PREREQUISITE ACRO INTRO SERIES				
6:45-7:45 PM					Aerial Fabric Beginners w/Tiffany May 11, 18 & 25 <small>Registration and Fee Required</small>		

# CLASS DESCRIPTIONS

**Aerial Fabric- Beginners:** Learn the fundamentals of this unique and creative art form. Build strength and have fun! Open class for all levels and abilities. Fee and registration (sign-up) are required.

**Aerial Fabric- Multilevel:** Conditioning based practice session for experienced students that have mastered the fundamentals taught in the beginner class. **Teacher approval required.**

**Acro Intro Series:** 4 class introductory series required for Acro Jam night. No exceptions.

**Acro Jam:** A playful practice incorporating acrobatics & yoga. **Must take the mandatory ACRO INTRO SERIES to be able to join the Jam.** Email j.tyson@skagway.org with any questions.

**Back & Hip Yoga:** Therapeutic style asana practice to support a healthy back and hip region.

**Cycle:** Group cycling class that uses rhythm for a fun low impact cardio workout.

**Gentle Yoga:** A gentle and calming practice for all levels. Especially good for beginners.

**Hatha Flow:** A moderate paced practice that encompasses all types of physical yoga with focus on breath and alignment.

**Hatha Yoga:** A typically slower paced practice that encompasses all types of physical yoga.

**Let it Roll:** Hatha flow and core conditioning followed by foam rolling & pinky balls & deep relaxation.

**Mat Pilates:** Beginner to Intermediate core based class using classical mat exercises to create long, lean muscles.

**Restorative Yin Yoga:** Rejuvenate physically and mentally with a practice that is restorative in nature yet allows for a deep release of connective tissue and unbalanced holding patterns.

**Restorative Yoga:** Find deep relaxation practicing gentle yoga poses using various props to support the body. This class is not about feeling a stretch, it is about reducing stress and restoring mind/body balance.

**Senior Weights:** Chair based resistance training program for the entire body. Great for beginners too!

**SpinFLEX:** 30 minutes of cycling followed by 25 minutes of resistance training using barbells, dumbbells, and resistance tubing. Participants must show up a few minutes early to set up their weights in group fitness room prior to class start time on Spinning Floor.

**Undo and Renew:** Gentle yoga practice followed by Restorative poses.

**Vinyasa Yoga:** Increase strength, flexibility, and balance while reducing stress and tension with an energizing physical yoga practice that focuses on breath and self awareness.

**Zumba:** A fun, joyful Latin inspired fitness class that combines all the rhythms in Latin music. Zumba applies dance moves from Salsa, Cumbia, Merengue, Rumba, Mambo, Belly Dance, Flamenco, Samba, Tango, Reggatone and of course Hip Hop.

## Yoga Class Ratings

**Level 1 (L1): Beginner Friendly**— Practicing less than 1 year or practitioner is looking for a class that offers modifications for different body types. Class strives to embrace all backgrounds.

**Level 2 (L2): Intermediate**— Practicing at least 1-2 years. Poses are intermediate and held longer. Practitioner is expected to have a fundamental familiarity with basic postures as well as their body alignment and modify as needed. Newer poses introduced.

**Level 3 (L3): Advanced**— Practicing more than 2 years with a deep understanding of breath and body alignment. Poses are intermediate to advanced and can be very challenging in nature.

**All Level (AL):** Great for beginners through advanced practitioners.