

MAY 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 Multilevel** w/Tiffany (MAY 13, 20 & 27) Prerequisite- Permission from Teacher
 5:30-6:45 pm **Hatha Flow** w/Gillian Level 2

MONDAY:

Open 5:30 am- 9 pm

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

**CLOSED
MEMORIAL DAY
MAY 28**

6:30-7:30 am **SpinFLEX**w/Katherine (30min. cycling- 25min. resistance training) *Cancelled May 7/14*
 10:00-11:15 am **Restorative Yin Yoga** w/Katherine All Level *Sub. Gillian May 7/14*
 6:30-7:45 pm **Hatha Yoga** w/Gillian Level 1
 6:30-8:00 pm **Belay Instruction-** Learn how to belay someone using the climbing wall
 6:30-8:00 pm **Belay Certification-** Test out on belay skills and become eligible to belay on our wall. \$10 Certification Fee- ANNUAL
 7:00-9:00 pm **Volleyball 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- *Cancelled May 8*
 8:30-9:45 am **Vinyasa** w/Katherine – Level 2 *Cancelled May 8*
 10:30-11:15 am SENIOR CHAIR BASED WEIGHT TRAINING w/Dena
 6:30-7:45 pm **Let it Roll Yoga** (Hatha Flow Level 2 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) *Cancelled May 9*
 10:00-11:15 am **Back/Hip Yoga** w/Katherine- Level 1-2 *Sub. Gillian May 9*
 6:30-8:00 pm **Acro Jam** **Prerequisite- **Acro Yoga Intro 4 Class Series** w/Sherry & Jeanne
 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 *Cancelled May 10*
 8:30-9:45 am **Vinyasa** w/Katherine – Level 2 *Cancelled May 10*
 10:30-11:15 am SENIOR CHAIR BASED WEIGHT TRAINING w/Dena
 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

BEGINS MAY 11 →

5:30-6:30 pm **Aerial Fabric Multilevel** w/Tiffany (MAY 11, 18 & 25)*Prerequisite- Permission from Teacher
 6:30-7:30 pm **Zumba** w/Megan
 6:45-7:45 pm **Aerial Fabric -Beginners** w/Tiffany (MAY 11, 18 & 25) \$15 members. \$15 + \$8 day fee non-members.

SATURDAY

Open 10 am-5 pm

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

BEGINS MAY 12 →

3:00-4:15 pm **Undo and Renew:** Gentle Yoga w/Restorative Poses w/Gillian- All Level
 5:00-7:00 pm ***Acro Yoga Intro 4 Class Series** w/Sherry & Jeanne \$60 members. \$60 + \$8 daily fee non-members.
 5:30-7:30 pm **Volleyball for Adults**

Summer Hours Begin

Friday, May 11

Monday-Thursday: 5:30AM-9PM

Friday: 5:30AM-8PM

Saturday & Sunday: 10AM-8PM

**USING THE CLIMBING WALL IS EASY! BELAY
INSTRUCTION AND CERTIFICATION FOR CLIMBING IS
AVAILABLE EVERY MONDAY NIGHT**

Belay Instruction: 6:30—8 pm

Belay Check/Certification: 8- 8:30 pm

MUST SIGN UP AT THE FRONT DESK.

ALL CLIMBERS MUST RECERTIFY ANNUALLY.

FEE: \$10.00 (NO EXCEPTIONS)