

JUNE 2018

SUNDAY: Open 10 am-8 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 <i>SUB. Katherine 6/17-Gillian 6/24</i> 5:30-6:30 pm Aerial Level 1- Beginners w/Tiffany \$15 members. \$15 + \$8 day fee non-members. 6:45-7:45 pm Aerial Advanced Practice w/Tiffany Permission from Teacher Needed 5:30-6:45 pm Hatha Flow w/Gillian Level 2 <i>SUB. Katherine 6/17</i>
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 All Level 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 Vollevball 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 2 10:30-11:15 am SENIOR CHAIR BASED WEIGHT TRAINING w/Dena <i>SUB. Katherine 6/5</i> 6:30-7:45 pm Let it Roll Yoga (Hatha Flow Level 2 w/Foam Roller and Balls) w/Jeanne <i>SUB. Gillian 6/19 & 6/26</i> 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- All Level 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 8:30-9:45 am Vinyasa w/Katherine – Level 2 10:30-11:15 am SENIOR CHAIR BASED WEIGHT TRAINING w/Dena <i>SUB. Katherine 6/7</i> 6:30-7:45 pm Restorative Yoga w/Jeanne All Level <i>SUB. Gillian 6/14 & 6/21</i> 7:00-9:00 pm Basketball for Adults
FRIDAY: Open 5:30 am- 8 pm	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY 5:30-6:30 pm Aerial Level 2 w/Tiffany \$15 members. \$15 + \$8 day fee non-members. Permission from Teacher Needed 6:30-7:30 pm Zumba w/Megan 6:45-7:45 pm Aerial Level 2/3 w/Tiffany \$15 members. \$15 + \$8 day fee non-members. Permission from Teacher Needed
SATURDAY Open 10 am-8 pm	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY 10:30-11:30 am Hip Hop w/Maci 3:00-4:15 pm Undo and Renew: Gentle Yoga w/Restorative Poses w/Gillian- All Level 5:30-7:30 pm Volleyball for Adults

SKAGWAY RECREATION CENTER TRAIL PROGRAM

DATES & LOCATIONS:

- ** SATURDAY JUNE 2ND –YAKUTANIA PT & SMUGGLERS COVE
- ** SATURDAY JUNE 30TH—LOWER DEWEY OPTION ONTO STURGILLS
- ** SATURDAY AUGUST 4TH –LOST LAKE
- ** SATURDAY AUGUST 25TH –DENVER GLACIER
- ** SATURDAY SEPTEMBER 22ND –UPPER DEWEY LAKE OPTIONAL OVERNIGHT

SEE NEWSLETTER FOR DETAILS!

**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 BELAYERS MUST RECERTIFY ANNUALLY.
 FEE: \$10.00 (NO EXCEPTIONS)**