

JULY 2018

SUNDAY:

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

Open 10 am-8 pm

3:00-4:15 pm **Undo and Renew:** Gentle Yoga w/Restorative Poses w/Jeanne
 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

MONDAY:

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

Open 5:30 am- 9 pm

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

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

Open 5:30 am- 9 pm

7:00-7:45 am **Mat Pilates** w/Katherine
 8:30-9:45 am **Vinyasa Yoga** w/Katherine – Level 2
 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:

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

Open 5:30 am- 9 pm

**OPEN JULY 4
10AM-8PM**

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:

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

Open 5:30 am- 9 pm

7:00-7:45 am **Mat Pilates** w/Katherine
 8:30-9:45 am **Vinyasa Yoga** w/Katherine – Level 2
 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**

All Aerial w/Tiffany
is cancelled
July 6, 8, & 27

FRIDAY:

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

Open 5:30 am- 8 pm

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

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

Open 10 am-8 pm

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
 BEGINS JULY 7 ➔ 5:00-7:00 pm **Acro Yoga Intro 4 Class Series** w/Sherry & Jeanne \$60 members. \$60 + \$8 daily fee non-members.
 BEGINS JULY 7 ➔ 7:15-8:30 pm **Acro Yoga Cont. Skills 4 Class Series** w/Sherry & Jeanne \$60 members. \$60 + \$8 daily fee non-members.
 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)**