



August 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
 5:30-6:30 pm **Aerial Level 1- Beginners** /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:

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) – w/Dena starting August 13
 10:00-11:15 am **Restorative Yin Yoga** w/Katherine All Level –w/Gillian starting August 13
 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 **Volleball 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 August 14, 21, 28
 8:30-9:45 am **Vinyasa Yoga** w/Katherine – Level 2 – w/Melissa starting August 14
 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) – w/Dena starting August 15
 10:00-11:15 am **Back/Hip Yoga** w/Katherine- All Level –w/Gillian starting August 15
 6:30-8:00 pm **Acro Jam**
 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 August 16 & 23
 8:30-9:45 am **Vinyasa Yoga** w/Katherine – Level 2 – w/Gillian August 16 & 23
 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- 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
 9:00-10:00 am **Total Body Conditioning** w/Shawni
 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

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

EMAIL: [K.HOWARD@SKAGWAY.ORG](mailto:k.howard@skagway.org) FOR INFO

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)