

October 2018

SUNDAY:		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 1 pm-7 pm</u>	3:00-4:15 pm	Undo and Renew:	Gentle Yoga w/Restorative Poses w/Jeanne
	5:00-7:00 pm	Aerial Fabric- Open Hang	\$10 for members /\$10 + \$8 guest pass for non-members.
MONDAY:		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 5:30 am- 9 pm</u>	7:30-8:30 am	SpinFLEX	w/Katherine (30min. cycling- 25min. resistance training using barbells and tubing) CXLD 10-1
	10:00-11:30 am	Restorative Yin Yoga	w/Katherine All Level -sub. Gillian 10-1
	12:00-12:50 pm	Group Cycling	w/Katherine BEG. 10-8
	4:30-5:20 pm	TRX	w/Ashlei
	5:45-7:00 pm	Hatha Yoga	w/Gillian- All Level
	7:00-9:00 pm	Soccer for Adults	
TUESDAY		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 5:30 am- 9 pm</u>	7:30-8:20 am	Mat Pilates	w/Katherine CXLD 10-2
	9:00-10:15 am	Vinyasa Yoga	w/Katherine – Level 2-3 sub. Gillian 10-2
	10:30-11:15 am	SENIOR CHAIR BASED WEIGHT TRAINING	w/Katherine/Therese- sub. Senior Video 10-2
	5:45-6:30 pm	Group Cycling	w/Therese
	5:45-7:00 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	
<u>Open 5:30 am- 9 pm</u>	7:30-8:30 am	SpinFLEX	w/Katherine (30min. cycling- 25min. resistance training using barbells and tubing) CXLD 10-3
	10:00-11:30 am	Back/Hip Yoga	w/Katherine- All Level-sub. Gillian 10-3
	12:00-12:50 pm	Group Cycling	w/Therese
	4:30-5:20 pm	TRX	w/Ashlei
	5:30-6:20 pm	Mat Pilates	w/Therese
	6:30-8:00 pm	Acro Jam	(Open space to practice your Acro Yoga skills! Prerequisite: Acro Series w. Jeanne & Sherry)
	7:00-9:00 pm	Pickleball for Adults	
THURSDAY:		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 5:30 am- 9 pm</u>	7:30-8:20 am	Mat Pilates	w/Katherine CXLD 10-4
	9:00-10:15 am	Vinyasa Yoga	w/Katherine – Level 2-3 Level 2 sub. Gillian 10-4
	10:30-11:15 am	SENIOR CHAIR BASED WEIGHT TRAINING	w/Katherine/Therese sub. Senior Video 10-4
	5:45-6:30 pm	Group Cycling	w/Therese
	5:45-7:00 pm	Restorative Yoga	w/Jeanne All Level sub. Katherine 10-18
	7:00-9:00 pm	Basketball for Adults	
FRIDAY:		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 5:30 am- 7 pm</u>	9:00-10:15 am	SpinYOGA	w/Katherine (40min. cycling followed by 30 min. Level 1- back/hip yoga) BEG. 10-12
	12:00-12:50 pm	Group Cycling	w/Therese
	5:00-6:00 pm	Aerial Fabric- BEGINNERS	\$15 for members /\$15 + \$8 guest pass for non-members.
	6:00-7:00 pm	Aerial Fabric- Open Hang	\$10 for members /\$10 + \$8 guest pass for non-members.
	5:30-6:20 pm	Mat Pilates	w/Therese
SATURDAY		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 10 am-5 pm</u>	10:30-11:20 am	Mat Pilates	w/Therese sub. Katherine 10-20 CXLD 10-27 FOR HALLOWEEN CARNIVAL
	3:00-4:15 pm	Hatha Yoga	w/Therese- All Level - sub. Katherine 10-20 CXLD 10-27 FOR HALLOWEEN CARNIVAL



HALLOWEEN CARNIVAL
SATURDAY, OCTOBER 27
2PM-4PM
VOLUNTEERS NEEDED
SEE NEWSLETTER FOR DETAILS

OPEN
OCTOBER 18
ALASKA DAY



Please see separate AFTER SCHOOL PROGRAM and Kids Schedule for child AND FAMILY programming details!

BELAY CERTIFICATION
 Rock Climbing Belay Certification Classes are available on an as need basis. Contact Jeanne at 983-2679/ j.tyson@skagway.org