

September 2018

SUNDAY:	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 10 am -8 pm</u>	11:00-3:00 pm	CREW MEMBER BASKETBALL GAMES
<i>Open 1-7 beginning Sept. 16</i>	3:00-4:15 pm	Gentle Yoga w. Restorative Poses w/Jeanne- ALL Level
	5:30-6:45 pm	Hatha Yoga w/Gillian-Level 2
	5:30-7:30 pm	BASKETBALL COURT RESERVED BY AERIAL GROUP
MONDAY:	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 5:30 am- 9 pm</u>	6:30-7:30 am	SpinFLEX w/Katherine -30min. of cycling followed by 25 min. of resistance training using weights & tubing.
	10:00-11:15 am	Restorative Yin Yoga w/Katherine- ALL Level
	11:00-3:00 pm	CREW MEMBER BASKETBALL GAMES
	6:30-7:45 pm	Hatha Yoga w/Gillian-Level 1
	6:30-8:30 pm	Belay Instruction and Certification w/Jeanne (6:30-8pm-Instruction/8-8:30pm Certification Checks)
	7:00-9:00 pm	Volleyball for Adults
TUESDAY:	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 5:30 am- 9 pm</u>	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
	11:00-3:00 pm	CREW MEMBER BASKETBALL GAMES
	6:30-7:45 pm	Let it Roll Yoga w/ Jeanne- Level 2- Hatha Flow followed by foam roller and therapy balls.
	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>	6:30-7:30 am	SpinFLEX w/Katherine -30min. of cycling followed by 25 min. of resistance training using weights & tubing.
	10:00-11:15 am	Back/Hip Yoga w/Katherine- ALL Level
	11:00-3:00 pm	CREW MEMBER BASKETBALL GAMES
	6:30-8:00 pm	AcroJam
	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>	7:00-7:45 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
	11:00-2:00 pm	CREW MEMBER BASKETBALL GAMES
	6:30-7:45 pm	Restorative Yoga w/Jeanne-ALL Level
	7:00-9:00 pm	Basketball for Adults
FRIDAY:	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 5:30 am- 8 pm</u>	11:00-3:00 pm	CREW MEMBER BASKETBALL GAMES
<i>Open 5:30-7 pm beg. Sept. 21st</i>	5:30-6:30 pm	Aerial Fabric-Level 3 w/Tiffany- Approval from Instructor and \$15 members or \$15 plus \$8 for guests
	6:45-7:45 pm	Aerial Fabric- Level 4 w/Tiffany-Approval from Instructor and \$15 members or \$15 plus \$8 for guests
SATURDAY	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 10 am-8 pm</u>	11:00-3:00 pm	CREW MEMBER BASKETBALL GAMES
<i>Open 10-5 beginning Sept. 22nd</i>	3:00-4:15 pm	Gentle Yoga w. Restorative Poses w/Gillian- ALL Level
	7:00-9:00 pm	Volleyball for Adults

Please see separate Afterschool Program and Kids Schedule for child programming.



Come Sell or Shop! Rummage Sale



Saturday, September 29th from 10am-2pm
 Table Rental: \$20 w. 4x4 sq. ft. of floor space
 Call 907-983-2679 to rent your space!
 Vendors must remove all unsold items by 5pm

Cirque du Skagway

Aerial & AcroYoga Performance
 SATURDAY, SEPT. 22 & SUNDAY, SEPT. 23
SHOWTIME: 6:30 PM
COST: \$10 PER PERSON