

# November 2018

## SUNDAY:

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

OPEN  
NOVEMBER 11 Veteran's Day

3:00-4:15 pm **Undo and Renew:** Gentle Yoga w/Restorative Poses w/Jeanne sub. Katherine 11-11  
 5:00-7:00 pm **Aerial Fabric-Open Hang** \$10 for members/\$10 + \$8 guest pass for non-members. Teacher approval only.

## MONDAY:

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

Open 5:30 am- 9 pm

7:30-8:30 am **SpinFLEX** w/Katherine (30min. cycling- 25min. resistance training using barbells and tubing)  
 10:00-11:15 am **Restorative Yin Yoga** w/Katherine All Level  
 12:00-12:45 pm **Group Cycling** w/Katherine  
 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**

OPEN  
NOVEMBER 12  
Veteran's Day  
Observed

## TUESDAY

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

Open 5:30 am- 9 pm

7:30-8:20 am **Mat Pilates** w/Katherine  
 9:00-10:15 am **Vinyasa Yoga** w/Katherine – Level 2-3  
 10:30-11:15 am **SENIOR CHAIR BASED WEIGHT TRAINING** w/Katherine/Therese  
 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

Open 5:30 am- 9 pm

7:30-8:30 am **SpinFLEX** w/Katherine (30min. cycling- 25min. resistance training using barbells and tubing)  
 10:00-11:15 am **Back/Hip Yoga** w/Katherine- All Level  
 12:00-12:45 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

Open 5:30 am- 9 pm

7:30-8:20 am **Mat Pilates** w/Katherine  
 9:00-10:15 am **Vinyasa Yoga** w/Katherine – Level 2-3  
 10:30-11:15 am **SENIOR CHAIR BASED WEIGHT TRAINING** w/Katherine/Therese  
 5:45-6:30 pm **Group Cycling** w/Therese  
 5:45-7:00 pm **Restorative Yoga** w/Jeanne All Level  
 7:00-9:00 pm **Basketball for Adults**

CLOSED  
NOVEMBER 22  
Thanksgiving Day

## FRIDAY:

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

Open 5:30 am- 7 pm

9:00-10:15 am **SpinYOGA** w/Katherine (40min. cycling followed by 30 min. back/hip yoga)  
 12:00-12:45 pm **Group Cycling** w/Therese sub. Katherine 11-23  
 5:00-6:00 pm **Aerial Fabric-Open Hang** \$5 for members/\$5 + \$8 guest pass for non-members. Teacher approval only.  
 5:30-6:20 pm **Mat Pilates** w/Therese  
 6:00-7:00 pm **Aerial Fabric- BEGINNERS** \$15 for members/\$15 + \$8 guest pass for non-members.

OPEN  
NOVEMBER 23  
9am-2pm  
SpinYOGA: 9-10:30  
Group Cycling: 12-12:45

## SATURDAY

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

Open 10 am-5 pm

10:30-11:20 am **Mat Pilates** w/Therese  
 3:00-4:15 pm **Hatha Yoga** w/Therese- All Level



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](mailto:j.tyson@skagway.org)