

# DECEMBER 2018

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

Open 1 pm-7 pm

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. Teacher approval only.

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

Open 5:30 am- 9 pm

8:30-9:30 am

**SpinFLEX** w/Therese (30min. cycling- 25min. resistance training using barbells and tubing)

10:00-11:15 am

**Restorative Yoga** w/Jeanne/Katherine- All Level

12:00-12:45 pm

**Group Cycling** w/Therese/Katherine

4:30-5:20 pm

**TRX** w/Ashlei

5:45-7:00 pm

**Flow Yoga** w/Melissa- All Level

5:30-7:00 pm

**Pickleball for Adults**

7:00-9:00 pm

**Soccer for Adults**

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

Open 5:30 am- 9 pm

8:30-9:30 am

**Mat Pilates** w/Therese

10:30-11:15 am

**SENIOR CHAIR BASED WEIGHT TRAINING** w/Therese

5:45-6:30 pm

**Group Cycling** w/Emily

5:45-7:00 pm

**Let it Roll Yoga** (Flow Yoga w/Foam Roller and Balls) w/Jeanne - Level 2

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

8:30-9:30 am

**SpinFLEX** w/Therese (30min. cycling- 25min. resistance training using barbells and tubing)

10:00-11:15 am

**Back/Hip Yoga** w/Jeanne- 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

5:30-7:00 pm

**Pickleball for Adults**

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

**Soccer for Adults**

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

Open 5:30 am- 9 pm

8:30-9:30 am

**Mat Pilates** w/Therese

10:30-11:15 am

**SENIOR CHAIR BASED WEIGHT TRAINING** w/Therese

5:45-6:30 pm

**Group Cycling** w/Cindy

5:45-7:00 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

Open 5:30 am- 7 pm

12:00-12:45 pm

**Group Cycling** w/Therese

5:00-7:00 pm

**Aerial Fabric-Open Hang** \$10 for members /\$10 + \$8 guest pass for non-members. Teacher approval only.

5:30-6:20 pm

**Mat Pilates** w/Therese

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

Open 10 am-5 pm

**PLEASE SEE DECEMBER HOLIDAY EVENT SCHEDULE FOR SATURDAY PROGRAMMING! HAPPY HOLIDAY'S!**

OPEN NEW YEAR'S DAY 10 AM-3 PM

Special class offerings! ALL LEVELS

Slow Flow Yoga w. Katherine: 10-11:30am

Group Cycling w. Katherine: NOON-12:45pm

### 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)



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



**PLEASE NOTE FOR JANUARY: SpinFLEX and Pilates will go back to 7:30am start time and Tuesday/Thursday 9am Vinyasa Yoga L2-3 and Friday 9am SpinYOGA will be back on the schedule!**