

The Skagway Community Health, Fitness and Family Recreation Center (SRC)

455 13th Avenue PO Box 868 Skagway, AK 99840, email: recenter@skagway.org Phone: 983-2679 www.skagwayrecreation.org

January 2019

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

7:30-8:30 am **SpinFLEX** w/Katherine (30min. cycling- 25min. resistance training-must be able to lunge & squat)

10:00-11:15 am **Restorative Yin Yoga** w/Katherine All Level

12:00-12:45 pm **Group Cycling** w/Katherine

5:30-7:00 pm **Pickleball for Adults**

5:45-7:00 pm **Flow Yoga** w/Melissa- All Level

7:00-9:00 pm **Soccer for Adults**

OPEN 9AM-4PM MLK DAY: MONDAY, JANUARY 21.
SPECIAL CLASS SCHEDULE FOR MLK DAY:
10-11:15: Restorative Yoga- ALL LEVEL- w. Jeanne

OPEN
MLK Day (Jan. 21)
9am-4pm
SEE SPECIAL
CLASS SCHEDULE

NEW YEAR'S DAY
TUESDAY, JANUARY 1ST
SPECIAL CLASS SCHEDULE

Slow Flow w. Restorative (All Level):
10-11:30 am w. Katherine
Group Cycling (All Level):
12-12:45 w. Katherine
Main Gym. Rock Wall
Cardio & Wt. Room OPEN

TUESDAY

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

Open 5:30 am- 9 pm

7:30-8:30 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

5:45-6:30 pm **Group Cycling** w/Therese

6:00-7:15 pm **Let it Roll Yoga** (Hatha Flow Level 2 w/Foam Roller and Balls) w/Jeanne

7:00-9:00 pm **Basketball for Adults**

OPEN
New Year's Day
10am-3pm
SEE SPECIAL
CLASS SCHEDULE

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-must be able to lunge & squat)

10:00-11:15 am **Back & Hip Yoga** w/Katherine- All Level

12:00-12:45 pm **Group Cycling** w/Therese

5:30-6:30 pm **Mat Pilates** w/Therese

5:30-7:00 pm **Pickleball for Adults**

7:00-9:00 pm **Soccer for Adults**

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

THURSDAY:

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

Open 5:30 am- 9 pm

7:30-8:30 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/Therese

5:45-6:30 pm **Group Cycling** w/Therese

6:00-7:15 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

9:00-10:30 am **SpinYOGA** w/Katherine (40min. cycling followed by 45 min. back/hip yoga)

12:00-12:45 pm **Group Cycling** w/Therese

5:00-6:00 pm **Aerial Fabric - Open Hang** \$5 for members /\$5 + \$8 guest pass for non-members. Teacher approval only.

5:30-6:30 pm **Mat Pilates** w/Therese

6:00-7:00 pm **Aerial Fabric - BEGINNERS** \$15 for members /\$15 + \$8 guest pass for non-members.

SATURDAY

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

Open 10 am-5 pm

SELF CARE SATURDAY- 1ST & 3RD Saturday of January! JANUARY 5TH & 19TH TIME: 11am-1pm

SELF CARE
SATURDAY IS
LIMITED TO 8
MUST SIGN UP
IN ADVANCE



30min. All Level Pilates
30min. All Level Yoga
25min. Organic Face Mask w. Restorative Pose
10min. Gua Sha Face Massage w. Jade Stones
25min. Organic Sugar Scrub for Hands & Feet w. Restorative Pose
Refreshing Smoothie (non- dairy- i.e. yogurt diet restrictions must be indicated at sign up)

\$20

ANNUAL FITNESS CHALLENGE SIGN UP RUNS JANUARY 1-15. PLEASE PICK UP YOUR REGISTRATION PACKET AT FRONT DESK. INITIAL FITNESS TESTING AVAILABLE BY APPOINTMENT JAN. 2-15 ONLY. PLEASE CONTACT JEANNE AT J.TYSON@SKAGWAY.ORG OR THERESE AT T.MASELLIS@SKAGWAY.ORG TO SET UP A TESTING TIME.

ANNUAL FITNESS CHALLENGE HAS A NEW TWIST THIS YEAR WITH A STRONGER FOCUS ON HEALTH AND WELLNESS. OF COURSE, WE WANT YOU LOOKING GOOD.... BUT MORE IMPORTANTLY WE WANT YOU TO FEEL GOOD.

It's a New Year. Make it your best!