

February 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
 4:45-5:30 pm **Group Cycling** w/Cindy
 5:30-7:00 pm **Pickleball for Adults**
 5:45-7:00 pm **Yoga** w/Therese- All Level
 7:00-9:00 pm **Soccer for Adults**

OPEN PRESIDENT'S DAY MONDAY, FEB. 18 7am-3pm

PRESIDENT'S DAY CLASS SCHEDULE
 7:30-8:30: SpinFLEX
 10-11:15: Restorative Yin Yoga
 12-12:45 Group Cycling

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**

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

WEDNESDAY: **CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY**
 Open 5:30 am- 9 pm 7:00-9:00 am **Aerial Fabric-Open Hang** \$10 for members /\$10 + \$8 guest pass for non-members. Teacher approval only.
 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
 4:45-5:30 pm **Group Cycling** w/Cindy
 5:30-6:30 pm **Mat Pilates** w/Therese
 7:00-9:00 pm **Pickleball for Adults**

NEW FOR FEBRUARY

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 **CANCELLED THURSDAY, FEB. 14**
 7:00-9:00 pm **Basketball for Adults**

SIMPLE AND FUN ADULT ART CLASSES SEE NEWSLETTER FOR DETAILS

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 10:00-12:00 pm **Aerial Fabric-Open Hang** \$10 for members /\$10 + \$8 guest pass for non-members. Teacher approval only.

PICKLEBALL TOURNAMENT FUNDRAISER SATURDAY, FEBRUARY 16TH 10AM-1PM (OPEN HANG CANCELLED FOR TOURNAMENT FEB.16)

SELF CARE SATURDAY- FEBRUARY 9 & 23 -TIME: 11am-1pm **TO KEEP COSTS LOW:**
 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
\$20
 *Participants must bring the following:
 3 Hand Towels
 1 Bath Towel
 Bag for soiled towels
 Extra layers for warmth

SELF CARE SATURDAY IS LIMITED TO 8 PAYMENT IS DUE AT REGISTRATION