



March 2019

SUNDAY:	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 1 pm-7 pm</u>	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	
<u>Open 5:30 am- 9 pm</u>	7:00-8:00 am SpinFlex w/Katherine (30min. cycling- 25min. resistance training-must be able to lunge & squat)	
 OPEN Seward's Day MONDAY, March, 26 6:30am-1pm	10:00-11:15 am Restorative Yin Yoga w/Katherine	 Seward's Day CLASS SCHEDULE OPEN 6:30am-1pm 7:00-8:00: SpinFLEX 10-11:15: Restorative Yin Yoga 12-12:45: Group Cycling
	12:00-12:45 pm Group Cycling w/Therese	
	4:45-5:30 pm Group Cycling w/Cindy-Cancelled March 25	
	5:30-7:00 pm Pickleball for Adults	
	5:30-6:30 pm Mat Pilates w/Therese	
	6:30-8:00 pm ACRO JAM (Open space to practice Acro Yoga skills)	
	7:00-9:00 pm Soccer for Adults	
TUESDAY	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 5:30 am- 9 pm</u>	7:00-8:00 am Mat Pilates w/Katherine	Please see separate AFTER SCHOOL PROGRAM and Kids Schedule for child AND FAMILY programming
	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 Hath Flow w. Foam Roller & Pinky Balls w/Jeanne (L2 Strength building practice ending with myofascial work)	
	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>	7:00-8:00 am SpinFlex w/Katherine (30min. cycling- 25min. resistance training-must be able to lunge & squat)	
	8:00-9:00 am Aerial Fabric-Beginners \$15 for members /\$15 + \$8 guest pass for non-members. Must Register	
	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-Cancelled March 27	
	5:30-6:30 pm Mat Pilates w/Therese	
	7:00-8:15 pm Yoga w/Therese- All Level	
	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>	7:00-8:00 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	
<u>Open 5:30 am- 7 pm</u>	9:00-10:30 am SpinYOGA w/Katherine (40min. cycling followed by 45 min. back/hip yoga) –Last class March 15	
	5:00-7:00 pm Aerial Fabric-Open Hang \$10 for members /\$10 + \$8 guest pass for non-members. Teacher approval only	
	5:30-6:30 pm Mat Pilates w/Therese - Cancelled March 22	Open Hang is Cancelled Friday, March 22 & Saturday, March 23
SATURDAY	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 10 am-5 pm</u>	10:00-12:00 pm Aerial Fabric-Open Hang \$5 for members /\$5 + \$8 guest pass for non-members. Teacher approval only.	
	10:30-11:45 pm Yoga w/Gillian	
	11:00-11:45 am Group Cycling w/Emily- Begins March 9. Cancelled March 23.	

Buckwheat International Ski Classic Awards Banquet

Alice in Winterland

Date: Saturday, March 23 **Time:** 5-9pm **Location:** Rec Center **Cost:** \$15

Volunteers needed! Please contact Katherine at k.nelson@skagway.org or sign up in front lobby to work the banquet March 22-24!

