

April 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>	6:30-7:30 am	SpinFlex w/Katherine (30min. cycling- 25min. resistance training-must be able to lunge & squat) SELF LED 4/1	
	10:00-11:15 am	Restorative Yin Yoga w/Katherine - w/Gillian 4/1	
	12:00-12:45 pm	Group Cycling w/Therese	
	4:45-5:30 pm	Group Cycling w/Cindy- w/Emily 4/1 & 4/15	
	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>	6:30-7:30 am	Mat Pilates w/Katherine SELF LED 4/2	
	8:30-9:45 am	Vinyasa Yoga w/Katherine – Level 2-3 - w/Gillian 4/2	
	10:30-11:15 am	SENIOR CHAIR BASED WEIGHT TRAINING w/Therese	
	5:45-7:00 pm	Hatha 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>	6:30-7:30 am	SpinFlex w/Katherine (30min. cycling- 25min. resistance training-must be able to lunge & squat) SELF LED 4/3	
	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 - w/Gillian 4/3	
	12:00-12:45 pm	Group Cycling w/Therese	
	4:45-5:30 pm	Group Cycling w/Cindy- w/Emily 4/3	
	5:30-6:30 pm	Mat Pilates w/Therese	
	6:00-7:30 pm	Belay Instruction- Learn how to belay someone using the climbing wall	
	7:30-8:00 pm	Belay Certification Test- Test out on belay skills and become eligible to belay on our wall. \$10 Certification Fee- ANNUAL	
	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>	6:30-7:30 am	Mat Pilates w/Katherine	Please see separate AFTER SCHOOL PROGRAM and Kids Schedule for child AND FAMILY programming details!
	8:30-9:45 am	Vinyasa Yoga w/Katherine – Level 2-3	
	10:30-11:15 am	SENIOR CHAIR BASED WEIGHT TRAINING w/Therese	
	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	
<u>Open 5:30 am- 7 pm</u>	8:30-10:00 am	SpinYOGA w/Katherine (40min. cycling followed by 45 min. back/hip focused yoga) Take one or both!	
	5:00-7:00 pm	Aerial Fabric-Open Hang \$10 for members /\$10 + \$8 guest pass for non-members. Canceled 4/26	
	5:30-6:30 pm	Mat Pilates w/Therese - Canceled 4/26 for HEALTH FAIR SET UP	
SATURDAY		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 10 am-5 pm</u>	10:30-11:45 pm	Yoga w/Gillian Canceled 4/27 for the HEALTH FAIR	
	11:00-11:45 am	Group Cycling w/Emily Canceled 4/27 for the HEALTH FAIR	



Annual Spring Community Sale: May 4: 10am-5pm & May 5: 1pm-3pm

Donations for the sale will be accepted starting at 1pm on Sunday, April 28.

We will stop taking donations at 9pm on Thursday, May 2.