

## May 2019

<b>SUNDAY:</b>		<b>CARDIO/WEIGHT ROOM/ SHOWER ROOMS &amp; ROCK WALL OPEN ALL DAY</b>	
<u>Open 1 pm-7 pm</u>	3:00-4:15 pm	<b>Undo and Renew:</b> Gentle Yoga w/Restorative Poses w/Jeanne	
	5:00-7:00 pm	<b>Aerial Fabric-Open Hang</b> \$10 for members /\$10 + \$8 guest pass for non-members. Teacher approval only.	
<b>MONDAY:</b>		<b>CARDIO/WEIGHT ROOM/ SHOWER ROOMS &amp; ROCK WALL OPEN ALL DAY</b>	
<u>Open 5:30 am- 9 pm</u>	6:30-7:30 am	<b>SpinFlex</b> w/Katherine (30min. cycling- 25min. resistance training-must be able to lunge & squat)	
	10:00-11:15 am	<b>Restorative Yin Yoga</b> w/Katherine – All Level	
	4:45-5:30 pm	<b>Group Cycling</b> w/Therese	
	5:30-6:30 pm	<b>Nia</b> w/Janet	
	6:30-8:00 pm	<b>ACRO JAM</b> (Open space to practice Acro Yoga skills)	
	7:00-9:00 pm	<b>Soccer for Adults</b>	
<b>TUESDAY</b>		<b>CARDIO/WEIGHT ROOM/ SHOWER ROOMS &amp; ROCK WALL OPEN ALL DAY</b>	
<u>Open 5:30 am- 9 pm</u>	6:30-7:30 am	<b>Mat Pilates</b> w/Katherine	
	8:30-9:45 am	<b>Vinyasa Yoga</b> w/Katherine – Level 2-3	
	10:30-11:15 am	<b>SENIOR CHAIR BASED WEIGHT TRAINING</b> w/Therese	
	6:30-7:45 pm	<b>Hatha Flow</b> w. Foam Roller & Pinky Balls w/Jeanne (L2 Strength building practice ending with myofascial work)	
	7:00-9:00 pm	<b>Basketball for Adults</b>	
<b>WEDNESDAY:</b>		<b>CARDIO/WEIGHT ROOM/ SHOWER ROOMS &amp; ROCK WALL OPEN ALL DAY</b>	
<u>Open 5:30 am- 9 pm</u>	6:30-7:30 am	<b>SpinFlex</b> w/Katherine (30min. cycling- 25min. resistance training-must be able to lunge & squat)	
	8:00-9:00 am	<b>Aerial Fabric-Beginners</b> \$15 for members /\$15 + \$8 guest pass for non-members. Must Register	
	10:00-11:15 am	<b>Back &amp; Hip Yoga</b> w/Katherine- All Level	
	4:45-5:30 pm	<b>Group Cycling</b> w/Therese	
	5:30-6:30 pm	<b>Nia</b> w/Janet	
	6:00-7:30 pm	<b>Belay Instruction-</b> Learn how to belay someone using the climbing wall	
	7:30-8:00 pm	<b>Belay Certification Test-</b> Test out on belay skills and become eligible to belay on our wall. \$10 Certification Fee- ANNUAL	
	7:00-8:15 pm	<b>Yoga</b> w/Therese- All Level	
7:00-9:00 pm	<b>Pickleball for Adults</b>		
<b>THURSDAY:</b>		<b>CARDIO/WEIGHT ROOM/ SHOWER ROOMS &amp; ROCK WALL OPEN ALL DAY</b>	
<u>Open 5:30 am- 9 pm</u>	6:30-7:30 am	<b>Mat Pilates</b> w/Katherine	
	8:30-9:45 am	<b>Vinyasa Yoga</b> w/Katherine – Level 2-3	
	10:30-11:15 am	<b>SENIOR CHAIR BASED WEIGHT TRAINING</b> w/Therese	
	6:30-7:45 pm	<b>Restorative Yoga</b> w/Jeanne All Level	
	7:00-9:00 pm	<b>Basketball for Adults</b>	
Please see separate AFTER SCHOOL PROGRAM and Kids Schedule for child AND FAMILY programming details!			
<b>FRIDAY:</b>		<b>CARDIO/WEIGHT ROOM/ SHOWER ROOMS &amp; ROCK WALL OPEN ALL DAY</b>	
<u>Open 5:30 am- 7 pm</u>	8:30-10:00 am	<b>SpinYOGA</b> w/Katherine (40min. cycling followed by 45 min. back/hip focused yoga) Take one or both!	
	5:00-7:00 pm	<b>Aerial Fabric-Open Hang</b> \$10 for members /\$10 + \$8 guest pass for non-members.	
	5:30-6:45 pm	<b>Yoga</b> w/Therese- All Level	
<b>SATURDAY</b>		<b>CARDIO/WEIGHT ROOM/ SHOWER ROOMS &amp; ROCK WALL OPEN ALL DAY</b>	
<u>Open 10 am-5 pm</u>	10:30-11:45 pm	<b>Yoga</b> w/Gillian	

Annual Spring Community Sale

May 4: 10am-5pm & May 5: 1pm-3pm

**We will start taking donations at 1pm on Sunday, April 28.**

SERVICE FEE TO DROP OFF ITEMS AT THE REC CENTER IS 10 DOLLARS. THIS FEE IS USED TOWARD ASSISTING US WITH COST TO REMOVE THE ITEMS FROM SKAGWAY (FINDING A HOME FOR IT OR DISPOSING OF IT)  
 IN RETURN YOU WILL RECEIVE A 10 DOLLAR COUPON TO USE AT THE SALE!

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