

June 2019

SUNDAY:		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 10 am-8 pm</u>	3:00-4:15 pm	Undo and Renew: Gentle Yoga w/Restorative Poses	w/Jeanne
June 16, 23, 30 ONLY	6:00-7:00 pm	Aerial Fabric-Beginners	\$15 for members /\$15 + \$8 guest pass for non-members. Must Register
June 16, 23, 30 ONLY	7:00-8:00 pm	Aerial Fabric-Open Hand	\$5 for members /\$5 + \$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)
	10:00-11:15 am	Restorative Yin Yoga	w/Katherine – All Level
	5:30-6:30 pm	Nia	w/Janet
	6:30-8:00 pm	ACRO JAM	(Open space to practice AcroYoga skills)
	7:00-9:00 pm	Hockey 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
	8:30-9:45 am	Vinyasa Yoga	w/Katherine – Level 2-3
	10:30-11:15 am	SENIOR CHAIR BASED WEIGHT TRAINING	w/Therese SUB. KATHERINE JUNE 18 & 25
	6:30-7:45 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)
	10:00-11:15 am	Back & Hip Yoga	w/Katherine- All Level
	5:30-6:30 pm	Nia	w/Janet
	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 SUB. GILLIAN JUNE 19 & 26
	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
	8:30-9:45 am	Vinyasa Yoga	w/Katherine – Level 2-3
	10:30-11:15 am	SENIOR CHAIR BASED WEIGHT TRAINING	w/Therese SUB. KATHERINE JUNE 20 & 27
	6:30-7:45 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- 8 pm</u>	8:30-10:00 am	SpinYOGA	w/Katherine (40min. cycling followed by 45 min. back/hip focused yoga) (Spin is 8:30-9:10am and Yoga is 9:15-10am- take 1 or both!) CANCELLED JUNE 7
	4:00-6:00 pm	Pickleball for Adults	
	5:30-6:45 pm	Yoga	w/Therese- All Level SUB. GILLIAN JUNE 21& 28
	6:00-8:00 pm	Volleyball for Adults	
SATURDAY		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 10 am-8 pm</u>	10:30-11:45 pm	Yoga	w/Gillian
	4:00-6:00 pm	Volleyball for Adults	
	6:00-7:30 pm	Pickleball for Adults	

Wishing you a safe and happy Summer!