



July 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 CANCELLED July 28	
	6:00-8:00 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)	
	10:00-11:15 am	Yin Yoga w/Katherine	
	5:30-6:30 pm	Nia w/Janet	
	JULY 1 & 8 ONLY → 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	
6:30-8:00 pm	ACRO JAM Self Led- Space reserved to practice Acro Yoga skills.		
7:00-9:00 pm	Volleball for Adults		
TUESDAY		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 5:30 am- 9 pm</u>	8:30-9:45 am	Vinyasa Yoga w/Katherine – Level 2-3	
	10:30-11:15 am	SENIOR CHAIR BASED WEIGHT TRAINING w/Katherine/Therese	
	6:30-7:45 pm	Hatha Flow w. Foam Roller & Pinky Balls w/Jeanne CANCELLED July 23	
	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>	6:30-8:30 am	Aerial Fabric -Open Hang \$10 for members /\$10 + \$8 guest pass for non-members. Teacher approval only.	
	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	
7:00-9:00 pm	Pickleball for Adults		
THURSDAY:		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 5:30 am- 9 pm</u>	8:30-9:45 am	Vinyasa Yoga w/Katherine – Level 2-3	
	10:30-11:15 am	SENIOR CHAIR BASED WEIGHT TRAINING w/Katherine/Therese	
	6:30-7:45 pm	Restorative Yoga w/Jeanne All Level CANCELLED July 11 & 25	
	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>	6:30-8:30 am	Aerial Fabric -Open Hang \$10 for members /\$10 + \$8 guest pass for non-members. Teacher approval only.	
	8:30-10:00 am	SpinYOGA w/Katherine (40min. cycling followed by 45 min. back/hip yoga- take one or both!) <i>(Spin is 8:30-9:10am and Yoga is 9:15-10am- take 1 or both!)</i>	
	5:00-7:00 pm	Aerial Fabric -Open Hang \$10 for members /\$10 + \$8 guest pass for non-members. Teacher approval only.	
SATURDAY		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
<u>Open 10 am-8 pm</u>	2:00-3:30 pm	Belay Instruction - Learn how to belay someone using the climbing wall	
	3:30-4:00 pm	Belay Certification Test - Test out on belay skills and become eligible to belay on our wall. \$10 Certification Fee- ANNUAL	
	4:00-6:00 pm	Volleyball for Adults	
	6:00-7:30 pm	Pickleball for Adults	

CLOSED
Independence Day
Thursday, July 4

SUMMER CAMP FAIR DAY: TUESDAY, JULY 17th 11AM-1PM
HOT DOGS - COTTON CANDY - POPCORN- SALT WATER TAFFY
GAMES – PRIZES – CONTESTS – BOUNCY HOUSES – AND MORE!
FUNDRAISER FOR SUMMER CAMP

BASKETBALL COURT IS RESERVED FOR CREW MEMBERS 11AM-4PM DAILY