



# July 2019



SUNDAY:		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
Open 10 am-8 pm	3:00-4:15 pm	<b>Undo and Renew: Gentle Yoga w/Restorative Poses</b> w/Jeanne	CANCELLED July 28
	6:00-8:00 pm	<b>Aerial Fabric-Open Hang</b>	\$10 for members /\$10 + \$8 guest pass for non-members. Teacher approval only.
MONDAY:		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
Open 5:30 am- 9 pm	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>Yin Yoga</b> w/Katherine	
JULY 1 & 8 ONLY →	5:30-6:30 pm	<b>Nia</b> 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	
	6:30-8:00 pm	<b>ACRO JAM</b> Self Led- Space reserved to practice Acro Yoga skills.	
	7:00-9:00 pm	<b>Vollevball for Adults</b>	
TUESDAY		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
Open 5:30 am- 9 pm	8:30-9:45 am	<b>Vinyasa Yoga</b> w/Katherine – Level 2-3	
	10:30-11:15 am	SENIOR CHAIR BASED WEIGHT TRAINING w/Katherine/Therese	
	6:30-7:45 pm	<b>Hatha Flow w. Foam Roller &amp; Pinky Balls</b> w/Jeanne	CANCELLED July 23
	7:00-9:00 pm	<b>Basketball for Adults</b>	
WEDNESDAY:		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
Open 5:30 am- 9 pm	6:30-8:30 am	<b>Aerial Fabric-Open Hang</b>	\$10 for members /\$10 + \$8 guest pass for non-members. Teacher approval only.
	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>Back &amp; Hip Yoga</b> w/Katherine- All Level	
	5:30-6:30 pm	<b>Nia</b> 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	<b>Yoga</b> w/Therese- All Level	CANCELLED July 3
7:00-9:00 pm	<b>Pickleball for Adults</b>		
THURSDAY:		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
Open 5:30 am- 9 pm	8:30-9:45 am	<b>Vinyasa Yoga</b> w/Katherine – Level 2-3	
	10:30-11:15 am	SENIOR CHAIR BASED WEIGHT TRAINING w/Katherine/Therese	
	6:30-7:45 pm	<b>Restorative Yoga</b> w/Jeanne All Level	CANCELLED July 11 & 25
	7:00-9:00 pm	<b>Basketball for Adults</b>	
CLOSED Independence Day Thursday, July 4			
FRIDAY:		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
Open 5:30 am- 8 pm	6:30-8:30 am	<b>Aerial Fabric-Open Hang</b>	\$10 for members /\$10 + \$8 guest pass for non-members. Teacher approval only.
	8:30-10:00 am	<b>SpinYOGA</b> 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	<b>Aerial Fabric-Open Hang</b>	\$10 for members /\$10 + \$8 guest pass for non-members. Teacher approval only.
	5:30-6:45 pm	<b>Yoga</b> w/Therese- All Level	CANCELLED July 5
SATURDAY		CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY	
Open 10 am-8 pm	10:30-11:45 pm	<b>Yoga</b> w/Therese- All Level	CANCELLED July 6
	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	<b>Volleyball for Adults</b>	
	6:00-7:30 pm	<b>Pickleball for Adults</b>	

**SUMMER CAMP FAIR DAY: TUESDAY, JULY 16<sup>th</sup> 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**