

# August 2019

<b>SUNDAY:</b>		<b>CARDIO/WEIGHT ROOM/ SHOWER ROOMS &amp; ROCK WALL OPEN ALL DAY</b>	
<u>Open 10 am-8 pm</u>	3:00-4:15 pm	<b>Undo and Renew:</b> Gentle Yoga w/Restorative Poses w/Jeanne	
	6:00-8:00 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 <b>CANCELLED AUGUST 26</b>	
	10:00-11:15 am	<b>Yin Yoga</b> w/Katherine <b>CANCELLED AUGUST 26</b>	
	5:30-6:30 pm	<b>Nia</b> w/Janet	
	6:30-8:00 pm	<b>ACRO JAM</b> Self Led- Space reserved to practice Acro Yoga skills.	
	7:00-9:00 pm	<b>Volleball 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>	8:30-9:45 am	<b>Vinyasa Yoga</b> w/Katherine – Level 2-3 <b>CANCELLED AUGUST 27</b>	
	10:30-11:15 am	<b>SENIOR CHAIR BASED WEIGHT TRAINING</b> w/Katherine <b>CANCELLED AUGUST 27</b>	
	6:30-7:45 pm	<b>Hatha Flow</b> w. Foam Roller & Pinky Balls w/Jeanne	
	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>	6:30-8:30 am	<b>Aerial Fabric-Open Hng</b> \$10 for members /\$10 + \$8 guest pass for non-members. Teacher approval only.	
	6:30-7:30 am	<b>SpinFlex</b> w/Katherine <b>CANCELLED AUGUST 28</b>	
	10:00-11:15 am	<b>Back &amp; Hip Yoga</b> w/Katherine- All Level <b>CANCELLED AUGUST 28</b>	
	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	
	7:00-8:15 pm	<b>Yoga</b> w/Gillian	
	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	
	7:00-9:00 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>	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/Katherine	
	6:30-7:45 pm	<b>Restorative Yoga</b> w/Jeanne All Level	
	7:00-9:00 pm	<b>Basketball for Adults</b>	
<b>FRIDAY:</b>		<b>CARDIO/WEIGHT ROOM/ SHOWER ROOMS &amp; ROCK WALL OPEN ALL DAY</b>	
<u>Open 5:30 am- 8 pm</u>	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!) (Spin is 8:30-9:10am and Yoga is 9:15-10am- take 1 or both!) <b>CANCELLED AUGUST 23</b>	
	5:30-6:45 pm	<b>Yoga</b> w/Gillian <b>CANCELLED AUGUST 2</b>	
	6:00-8:00 pm	<b>Volleyball for Adults</b>	
<b>SATURDAY</b>		<b>CARDIO/WEIGHT ROOM/ SHOWER ROOMS &amp; ROCK WALL OPEN ALL DAY</b>	
<u>Open 10 am-8 pm</u>	10:30-11:45 pm	<b>Yoga</b> w/Gillian <b>CANCELLED AUGUST 3</b>	
	4:00-6:00 pm	<b>Volleyball for Adults</b>	
	6:00-7:30 pm	<b>Pickleball for Adults</b>	

SPECIAL GYMNASTICS CLINIC WITH NIKKI BARAN  
 TUESDAY, AUGUST 6<sup>TH</sup> – MUST REGISTER AT FRONT DESK  
 4-6 yr. olds: 5:00-5:45pm- \$10/child-  
 7-11 yr. olds: 6:00- 7:00pm- \$15/child

BASKETBALL COURT  
 IS RESERVED  
 FOR CREW MEMBERS  
 11AM-3/4PM DAILY