

September 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/Staff- CANCELLED SEPT. 1	
	5:00-7:00 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	
	10:00-11:15 am	Yin Yoga w/Katherine	
	5:30-6:30 pm	Nia w/Janet	
	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>	6:30-7:15 am	Mat Pilates w. Katherine- Intermediate	
	8:30-9:45 am	Vinyasa Yoga w/Katherine – Level 2-3	
	10:30-11:15 am	SENIOR CHAIR BASED WEIGHT TRAINING w/Katherine	
	6:30-7:45 pm	Hatha Flow w. Foam Roller & Pinky Balls w/Jeanne	
	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>	7:00-9:00 am	Aerial Fabric-Open Hang \$10 for members /\$10 + \$8 guest pass for non-members. Teacher approval only.	
	6:30-7:30 am	SpinTRX w/Katherine	
	10:00-11:15 am	Back & Hip Yoga w/Katherine- All Level	
	5:30-6:30 pm	Nia w/Janet	
	7:00-8:15 pm	Yoga w/Gillian	
	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>	6:30-7:15 am	Mat Pilates w. Katherine- Intermediate	
	8:30-9:45 am	Vinyasa Yoga w/Katherine – Level 2-3	
	10:30-11:15 am	SENIOR CHAIR BASED WEIGHT TRAINING w/Katherine	
	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>	7:00-9:00 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>	
	5:30-6:45 pm	Yoga w/Gillian	
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	

**FALL/WINTER
HOURS BEGIN
SATURDAY
SEPTEMBER 14**

MON-THUR: 5:30AM-9PM
***FRIDAY: 5:30AM-8PM**
***SATURDAY: 10AM-5PM**
***SUNDAY: 1PM-7PM**

**MOM OR DAD AND ME!
TODDLER TIME
MONDAY - FRIDAY
9AM-11AM DAILY
SOCIALIZE AND PLAY!
(ONSITE BABYSITTING
BEGINS IN OCTOBER)**

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

**BECOME A SPINNING INSTRUCTOR!
CERTIFICATION CLASS ON
SATURDAY, SEPTEMBER 28- 9AM-6PM
SEE NEWSLETTER FOR DETAILS!**

**AFTER SCHOOL
PROGRAM FOR K-2
MONDAY - FRIDAY
3:30-5:00 PM DAILY
EARLY RELEASE DAYS
ARE 2:30-4:30 PM**