

February 2020

SUNDAY

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Open 1pm-7 pm

3:00-4:15 pm **Gentle Yoga** w/Gillian
 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

Open 5:30 am- 9 pm

6:30-7:30 am **SpinFlex** w/Katherine
 10:00-11:15 am **Yin Yoga** w/Katherine
 4:45-6:15 pm **Spin Yoga** w/Cindy & Courtney (40min. cycling followed by 45 min. yoga- take one or both!)
(Spin is 4:45-5:25pm and Yoga is 5:30-6:15pm take 1 or both!)
 6:30-8:00 pm **ACRO JAM** Self Led- Group Fitness Room Space reserved to practice Acro Yoga skills.
 7:00-9:00 pm **Soccer for Adults**

OPEN 5:30AM-8PM
 PRESIDENT'S DAY
 MONDAY, FEB. 17

TUESDAY

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Open 5:30 am- 9 pm

6:30-7:15 am **Mat Pilates** w/Katherine
 8:30-9:15 am **Spinning** w/Dena May
 8:30-9:45 am **Vinyasa Yoga** w/Katherine – Level 2-3
 10:30-11:15 am **SR. CHAIR BASED WEIGHT TRAINING** w/Dena May
 5:15-6:00 pm **Spinning** w/Alex
 5:45-7:00 pm **Hatha Flow w. Foam Roller & Pinky Balls** w/Jeanne Level 1-2
 7:00-9:00 pm **Basketball for Adults**

WEDNESDAY

CARDIO/WEIGHT ROOM & ROCK WALL OPEN ALL DAY

Open 5:30 am- 9 pm

6:30-7:30 am **SpinTRX** w/Katherine
 7:00-9:00 am **Aerial Fabric-Open Hang** \$10 for members /\$10 + \$8 guest pass for non-members. Teacher approval only.
 10:00-11:15 am **Gentle Yoga** w/Gillian- All Level
 4:45-6:15 pm **Spin Yoga** w/Cindy & Courtney (40min. cycling followed by 45 min. yoga- take one or both!)
(Spin is 4:45-5:25pm and Yoga is 5:30-6:15pm take 1 or both!)
 7:00-9:00 pm **Pickleball for Adults**

THURSDAY

CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY

Open 5:30 am- 9 pm

6:30-7:15 am **Mat Pilates** w/Katherine
 8:30-9:15 am **Spinning** w/Dena May
 8:30-9:45 am **Vinyasa Yoga** w/Katherine – Level 2-3
 10:30-11:15 am **SR. CHAIR BASED WEIGHT TRAINING** w/Dena May
 5:45-7:00 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

Open 5:30 am- 7 pm

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 **Spin Yoga** 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!)
 4:45-5:45 pm **Spin Yoga** w/Cindy & Courtney (25min. cycling followed by 30 min. yoga- take one or both!)
(Spin is 4:45-5:10pm and Yoga is 5:15-5:45pm take 1 or both!)
 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

Open 10 am- 5 pm

3:00-4:15 pm **Restorative Yoga** w/Gillian All Level