

March 2020

SUNDAY

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

Open 1pm-7 pm

- 3:00-4:15 pm **Back/Hip Yoga w. Restorative** w/Katherine- All Level
 4:30-5:15 pm **Self Myofascial Release** w/Katherine – All Level
 5:30-6:30 pm **Intro to Kundalini Yoga** w/Katherine - All Level

MONDAY

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

Open 5:30 am- 9 pm

**OPEN 5:30AM-1PM
SEWARD'S DAY
MONDAY, MAR. 30**

- 6:30-7:30 am **SpinFlex** 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 **Yin Yoga** w/Katherine –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!)
 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**

TUESDAY

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

Open 5:30 am- 9 pm

- 8:30-9:15 am **Spinning** w/Holley
 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 **Hatha Flow/Roll** w/Jeanne Level 1-2
 7:00-9:00 pm **Basketball for Adults**

WEDNESDAY

CARDIO/WEIGHT ROOM/ ROCK WALL OPEN ALL DAY SHOWERS CLOSED 12:30-2 PM

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.
 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

- 8:30-9:15 am **Spinning** w/Holley
 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
 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

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

34th Buckwheat International Ski Classic- March 7, 2020

SEE NEWSLETTER FOR DETAILS. WWW.SKAGWAYRECREATION.ORG

RACE REGISTRATION: WWW.BUCKWHEATSKICLASSIC.COM