



SIGN UP REQUIRED ONLINE AT signupschedule.com/SRC

SKAGWAY RECREATION CENTER (SRC)

OCTOBER 2020 GROUP FITNESS AND YOGA SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15-9:00 AM	OPEN SUNDAY OCTOBER 18 ALASKA DAY MONDAY OCTOBER 19 AK DAY OBSERVED 	Spinning		Spinning		HOURS OF OPERATION MONDAY-FRIDAY: 5:30 AM-NOON MONDAY-THURSDAY: 4-8 PM SATURDAY: 10 AM-4 PM SUNDAY: 1 PM-5 PM FOR INFORMATION ON PANDEMIC RULES AND REGULATIONS PLEASE VISIT WWW.SKAGWAYRECREATION.ORG 	
8:30-9:20 AM			Mat Pilates		Mat Pilates		
9:00-9:30 AM		FLEX- TOTAL BODY		FLEX- TOTAL BODY			
10:00-10:45 AM			Senior Fitness		Senior Fitness		
10:30-11:45 AM		Vinyasa Yoga Level 2-3		Back/Hip Yoga All Level			
3:00-4:15 PM		Gentle Yoga All Level Cancelled 10/18					
4:30-5:15 PM				Spinning			Spinning
4:45-5:25 PM			Spinning		Spinning		
5:30-6:15 PM		Yoga All Level		Yoga All Level			
5:30-6:45 PM			Yoga Level 1-2		Yoga All Level		

CLASS DESCRIPTIONS

Back / Hip Yoga: Therapeutic style asana practice to support a healthy back and hip region.

FLEX: 30 minutes of resistance training using barbells, dumbbells, and resistance tubing. Participants must show up a few minutes early to set up their weights prior to class start time.

Gentle Yoga: Appropriate for those who want a softer and slow-paced relaxing practice.

Mat Pilates: Beginner to Intermediate core based class using classical Pilates mat exercises to create long, lean muscles.

Senior Fitness: Chair based resistance training program for the entire body. Great for beginners too!

Vinyasa Yoga: Flow style heat building yoga practice that links breath with movement.

Yoga: Interdisciplinary style of yoga for a variety of levels. See Yoga Class Ratings below.

Yoga Class Ratings

Level 1 (L1): Beginner Friendly– Practicing less than 1 year or practitioner is looking for a class that offers modifications for different body types. Class strives to embrace all shapes and sizes.

Level 2 (L2): Intermediate– Practicing at least 1-2 years. Poses are intermediate. Practitioner is expected to have a fundamental familiarity with basic postures as well as body alignment and modify as needed.

Level 3 (L3): Advanced– Practicing more than 2 years with a deep understanding of breath and body alignment. Poses are intermediate to advanced and can be very challenging in nature.

All Level (AL): Great for beginners through advanced practitioners. Teacher will offer options for participants individual needs accordingly.