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SKAGWAY RECREATION CENTER (SRC)

JANUARY 2021 GROUP FITNESS AND YOGA SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
8:15-9:00 AM	CLOSED January 1 NEW YEAR'S DAY	Spinning (Katherine)		Spinning (Katherine)		<p>HOURS OF OPERATION</p> <p>MONDAY-FRIDAY: 5:30 AM -8 PM</p> <p>FRIDAY: 5:30 AM -2 PM</p> <p>SATURDAY: 10 AM-4 PM</p> <p>SUNDAY: 1 -7 PM</p> <p>FOR INFORMATION ON PANDEMIC RULES AND REGULATIONS PLEASE VISIT WWW.SKAGWAYRECREATION.ORG</p>			
8:45-9:45 AM			Mat Pilates (Katherine)		Mat Pilates (Katherine)				
9:00-9:45 AM	OPEN January 18 MLK DAY	FLEX- TOTAL BODY (Katherine)		FLEX- TOTAL BODY (Katherine)					
10:00-10:45 AM			Senior Fitness (Katherine)		Senior Fitness (Katherine)				
10:30-11:45 AM		Vinyasa Yoga Level 2-3 (Katherine)		Back/Hip Yoga All Level (Katherine)					
3:00-4:15 PM	Gentle Yoga All Level (Jeanne) Cancelled Jan. 24							<p>Intro to Asana: The Physical Practice of Yoga with Katherine Nelson, E-RYT® 500, YACEP</p> <p>4 WEEK SERIES SATURDAY'S AT 4 PM</p> <p>January 2: The Basics January 9: Therapeutic-Back/Hip January 16: Yin vs. Restorative January 23: Vinyasa/Hatha Flow</p>	
4:30-5:15 PM			Spinning (Alex)		Spinning (Alex)				
4:45-5:25 PM		Spinning (Cindy)		Spinning (Cindy)					
5:30-6:15 PM		Stretch & Roll (Courtney) w. Jeanne Jan. 4		Stretch & Roll (Courtney) w. Jeanne Jan. 6					
5:30-6:45 PM			Yoga & Roll Level 1-2 (Jeanne)		Gentle Yoga All Level (Jeanne) Cancelled Jan. 21				

CLASS DESCRIPTIONS

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

FLEX: Resistance training using barbells, dumbbells, and stability balls.

Gentle Yoga: Appropriate for those who want a gentle 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!

Stretch & Roll: Mindful stretching followed by foam roller and pinky balls to release tight muscles.

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

Yoga & Roll: Hatha yoga practice followed by foam roller and pinky balls to release tight muscles.

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 individual needs accordingly.