

SIGN UP REQUIRED ONLINE AT signupschedule.com/SRC

SKAGWAY RECREATION CENTER (SRC)

APRIL 2021 GROUP FITNESS AND YOGA SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:15-9:00 AM	Sunday OPEN GYM 1-7pm by RESERVATION SOCIAL BUBBLE GROUPS ONLY	Spinning (Katherine)		Spinning (Katherine)		HOURS OF OPERATION MONDAY-FRIDAY: 5:30 AM -8 PM FRIDAY: 5:30 AM -4 PM SATURDAY: 10 AM-4 PM SUNDAY: 1 -7 PM FOR INFORMATION ON PANDEMIC RULES AND REGULATIONS		
8:45-9:45 AM			Mat Pilates (Katherine)		Mat Pilates (Katherine)			
9:00-9:45 AM		FLEX- TOTAL BODY (Katherine)		FLEX- TOTAL BODY (Katherine)				
10:00-10:45 AM				Senior Fitness (Katherine)		Senior Fitness (Katherine)	Friday & Saturday OPEN GYM 10am-4pm by RESERVATION SOCIAL BUBBLE GROUPS	
10:30-11:45 AM		Vinyasa Yoga Level 2-3 (Katherine)		Back Hip Yoga All Level (Katherine)				
4:45-5:25 PM		Spinning (Cindy)		Spinning (Cindy)				
5:30-6:45 PM			Yoga & Roll All Level (Jeanne)		Gentle Yoga All Level (Jeanne)			

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/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 anyone!

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

Yoga & Roll: Beginner friendly 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.

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 self 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.

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