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SKAGWAY RECREATION CENTER (SRC)

MAY 2021 GROUP FITNESS -YOGA -OPEN GYM SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:15 AM		Mat Pilates (Katherine)		Mat Pilates (Katherine)		
8:00 AM -NOON						OPEN GYM
8:15-9:00 AM		Spinning (Katherine)		Spinning (Katherine)		
8:30-9:30 AM			Vinyasa Yoga Level 2-3 (Katherine)		Vinyasa Yoga Level 2-3 (Katherine)	
9:00-9:45 AM		FLEX- TOTAL BODY (Katherine)		FLEX- TOTAL BODY (Katherine)		
10:00-NOON		OPEN GYM		OPEN GYM		
10:00-10:45 AM			Senior Fitness (Katherine)		Senior Fitness (Katherine)	
1:00-4:00 PM	OPEN GYM					
4:00-5:00 PM		OPEN GYM		OPEN GYM		
4:00-6:00 PM			OPEN GYM		OPEN GYM	
4:30-5:45 PM	Back/Hip/Roll Yoga All Level (Katherine)				HOURS OF OPERATION MONDAY-FRIDAY: 5:30 AM -NOON MONDAY-THURSDAY: 4-8 PM SUNDAY: 1 -7 PM	
5:30-6:45 PM		Yoga & Roll All Level (Jeanne)		Gentle Yoga All Level (Jeanne)		
6:00-8:30 PM			GYM RESERVED FOR KARATE		GYM RESERVED FOR KARATE	

CLASS DESCRIPTIONS

Back / Hip / Roll Yoga: Therapeutic style asana practice to support a healthy back and hip region ending with foam roller work.

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!

Spinning: Group Cycling class with a mix of rides that focus on strength, endurance or intervals.

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.