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SKAGWAY RECREATION CENTER (SRC)

AUGUST 2021 GROUP FITNESS -YOGA - MAIN GYM SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
7:30-8:15 AM			Mat Pilates (Katherine) <small>Self Led 8/17 & 8/24</small>		Mat Pilates (Katherine) <small>Self Led 8/19 & 8/26</small>		
8:00 AM- NOON						OPEN GYM	
8:15-9:00 AM		Spinning (Katherine) <small>Self Led 8/16 & 8/23</small>		Spinning (Katherine) <small>Self Led 8/18 & 8/25</small>			
8:30-9:30 AM			Vinyasa Yoga Level 2-3 (Katherine) <small>Cancelled 8/17 & 8/24</small>		Vinyasa Yoga Level 2-3 (Katherine) <small>Cancelled 8/19 & 8/26</small>		
9:00-9:45 AM		FLEX- TOTAL BODY (Katherine) <small>Self Led 8/16 & 8/23</small>		FLEX- TOTAL BODY (Katherine) <small>Self Led 8/18 & 8/25</small>			
10:00-NOON		OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
10:00-10:45 AM			Senior Fitness (Katherine) <small>Cancelled 8/17 & 8/24</small>		Senior Fitness (Katherine) <small>Cancelled 8/19 & 8/26</small>		
1:00-3:30 PM	OPEN GYM	HOURS OF OPERATION MONDAY-FRIDAY: 5:30 AM -NOON MONDAY-THURSDAY: 4-8:30 PM SUNDAY: 1 -7 PM				BEGINNING AUGUST 16 MONDAY-THURSDAY: 5:30AM-8:30PM FRIDAY: 5:30AM-7PM & SUNDAY: 1-7PM	
4:00-5:15 PM	Back/Hip Yoga 8/1 & 8 (Katherine) Gentle Yoga 8/15, 22, 29 (Jeanne)						
3:30-5 PM Afterschool Program BEGINS Wednesday, August 18! SEE NEWSLETTER FOR DETAILS!							
OPEN GYM BEGINS AT 5PM STARTING AUGUST 18!							
4:00-8:00 PM	Weather/BUG Permitting: Afternoon/Evening Yoga Classes will be OUTSIDE!	OPEN GYM	OPEN GYM 4-6 KARATE 6-8	OPEN GYM	OPEN GYM 4-6 BASKET BALL 6-8		
6:30-7:45 PM		Gentle 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 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.

Gentle 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.