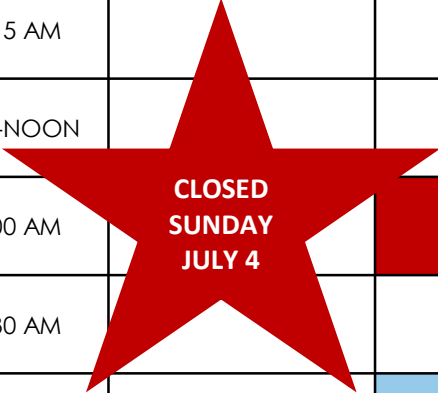
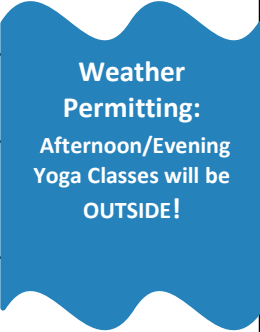


SIGN UP AT signupschedule.com/SRC

MUST SIGN UP FOR CLASSES OR THEY WILL BE CANCELLED

SKAGWAY RECREATION CENTER (SRC)

JULY 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) | | |
| 1:00-3:00 PM | OPEN GYM | HOURS OF OPERATION MONDAY-FRIDAY: 5:30 AM -NOON MONDAY-THURSDAY: 4-8 PM <i>MONDAY-THURSDAY: CLOSED 12 -4 PM - Summer Youth Program</i> SATURDAY: CLOSED (Karate 9:30am- NOON) | | | | | |
| 4:00-5:15 PM | Back/Hip Yoga All Level (Katherine) | | | | | | |
| 4:00-6:00 PM |  | | OPEN GYM | | OPEN GYM | | |
| 6:00-8:00 PM | | | | | BASKETBALL | | |
| 5:30-6:45 PM | | | | | Gentle Yoga All Level (Jeanne) | | |
| 6:30-7:45 PM | | | Gentle Yoga & Roll 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.