

# SRC NEWSLETTER

VOLUME 15 ISSUE 7

JULY 2021

SKAGWAY RECREATION CENTER (SRC)

## AKInverted Workshops in August



AKInverted is coming to Skagway to perform in the Skagway Expose August 12-14! They are extending their expertise to the Skagway community with four sensual dance workshops including two Beginner Pole Fitness Workshops and two Liquid Motion Workshops.

### Beginner Pole Fitness Workshop

**Friday , August 13: 3:30pm**

**Saturday. August 14: 2pm**

This class welcomes a maximum of 6 students, so get your spot as soon as possible! The Beginner Pole Fitness Workshop will introduce core components of Pole Fitness including flow and dance movement as well as conditioning and strength based movement. Suitable for any level of fitness and no experience necessary. Shorts are mandatory, no jewelry.

### Liquid Motion Workshop

**Friday , August 13: 5pm**

**Saturday. August 14: 3:30pm**

Learn the fundamentals of sensual floorwork. Liquid Motion focuses on movement that begins with tilting and tucking of the pelvis to expand sensual movement throughout the body in an artistic and self-exploratory way. Suitable for beginners and all fitness levels.

Please visit [www.akinverted.com/classes](http://www.akinverted.com/classes) to register for your spot today!

## THE REC CENTER IS LOOKING FOR NEW SPINNING INSTRUCTORS!

### LIVE TEACHER TRAINING FROM MADDOG ATHLETICS COMING IN SEPTEMBER!

Location:

Skagway Recreation Center  
1200 Main Street.  
Skagway, AK 99840

### Teacher Training

#### Spinning® Instructor Certification

Thursday, September 23rd, 2021  
8:00am to 5:00pm

#### SPINPower® Instructor Certification

Friday, September 24th, 2021  
8:00am to 5:00pm

#### Rockstar Spinning® Instructor Certification

Saturday, September 25th, 2021  
8:00am to 5:00pm

### Continuing Education

#### Personal Spinning® Threshold

Sunday, September 26th, 2021  
8:00am to 12:00pm

#### Loops and Ladders

Sunday, September 26th, 2021  
12:30pm to 2:30pm

#### The Art of Recovery

Sunday, September 26th, 2021  
3:00pm to 5:00pm

**REGISTRATION LINKS UNDER SPECIAL EVENTS  
AT [WWW.SKAGWAYRECREATION.ORG](http://WWW.SKAGWAYRECREATION.ORG)**