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## SKAGWAY RECREATION CENTER (SRC)

### SEPTEMBER 2021 GROUP FITNESS -YOGA - MAIN GYM SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:15 AM			Spinning (Katherine)		Spinning (Katherine)	
8:00-8:45 AM			Mat Pilates (Katherine)		Mat Pilates (Katherine)	
8:00 AM- NOON	LIVE WORKSHOP Sunday, Sept. 26 Personal Spinning Threshold Test	Live workshop with Sabrina Fairchild from Maddog Athletics! REGISTER ONLINE AT <a href="https://spinning.com/spinpower-personal-spinning-threshold-skagway-ak-september-26-2021/">https://spinning.com/spinpower-personal-spinning-threshold-skagway-ak-september-26-2021/</a>				OPEN GYM
8:15-9:00 AM		Spinning (Katherine)		Spinning (Katherine)		BECOME A SPINNING INSTRUCTOR AND MAKE MONEY DOING WHAT YOU LOVE  Spinning® Instructor Certification Thursday, Sept. 23rd, 8:00am to 5:00pm  SPINPower® Instructor Certification Friday, Sept. 24th 8:00am to 5:00pm  Rockstar Spinning® Instructor Certification Saturday, Sept. 25th 8:00am to 5:00pm  Personal Spinning® Threshold Sunday, Sept. 26th 8:00am to 12:00pm  Loops and Ladders Sunday, Sept. 26th 12:30pm to 2:30pm  The Art of Recovery Sunday, Sept. 26th
9:00-10:15 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	OPEN GYM	OPEN GYM	
10:30-11:15 AM			Senior Fitness (Katherine)		Senior Fitness (Katherine)	
1:00-3:30 PM	OPEN GYM	<b>HOURS OF OPERATION</b> MONDAY-FRIDAY: 5:30 AM -NOON MONDAY-THURSDAY: 4-8:30 PM SUNDAY: 1 -7 PM			REGISTER LINKS ONLINE UNDER SPECIAL EVENTS AT <a href="http://WWW.SKAGWAYRECREATION.ORG">WWW.SKAGWAY RECREATION.ORG</a>	
4:00-5:15 PM	Gentle Yoga All Level (Jeanne) CANCELLED SEPT. 26					
4:00-8:00 PM		OPEN GYM 4-6:15 YOGA 6:30-7:45	OPEN GYM 4-6 KARATE 6-8	OPEN GYM 4-6:15 YOGA 6:30-7:45	OPEN GYM 4-6 BASKET BALL 6-8	
6:30-7:45 PM		Gentle Yoga & Roll All Level (Jeanne)		Gentle Yoga All Level (Jeanne)		

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# CLASS DESCRIPTIONS

**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.