

**SKAGWAY RECREATION CENTER (SRC)  
NOVEMBER 2021 GROUP FITNESS & YOGA**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:30-7:15 AM	<b>SIGN UP AT signupschedule.com/SRC</b>		Spinning (Katherine) Nov.2 <small>JUST RIDE BEGINS NOV. 9)</small>		Spinning (Katherine) Nov.4 <small>JUST RIDE BEGINS NOV. 18)</small>	<b>Please see back page for class descriptions, hours of operation, and open gym times!</b>			
8:00-8:45 AM			Mat Pilates (Katherine) Nov. 2 RESUMES DEC. 21		Mat Pilates (Katherine) Nov. 4 RESUMES DEC. 23				
8:15-9:00 AM		Spinning (Katherine/Nicholle)		Spinning (Katherine/Nicholle)					
9:00-10:00 AM			Vinyasa Yoga (L2/3) (Katherine) Nov. 2 RESUMES DEC. 21		Vinyasa Yoga (L2/3) (Katherine) Nov. 4 RESUMES DEC. 23				
9:00-9:45 AM		FLEX-PUMP (Katherine/Nicholle)		FLEX-PUMP (Katherine/Nicholle)					
9:50-10:20 AM		Mindful Stretching (Nicholle) <small>Begins Nov. 8</small>		Mindful Stretching (Nicholle) <small>Begins Nov. 10</small>					
10:00-11:00 AM		Restorative/Yin (AL) (Katherine) Nov. 1 RESUMES DEC. 20		Back/Hip Yoga (AL) (Katherine) Nov. 3 RESUMES DEC. 22					
10:30-11:15 AM			SR Fitness (Katherine/Nicholle)		SR Fitness (Katherine/Nicholle)			Spinning (Kendra)	Spinning (Cindy)
12:30-1:15 PM			Spinning (Johanna/Nicholle)		Spinning (Johanna/Nicholle)				
3:15- 4:00 PM	Spinning (Johanna)								
4:00-5:15 PM	Gentle Flow (AL) (Gillian/Jeanne)								
4:45-5:25 PM		Spinning (Cindy)		Spinning (Cindy)					
5:30-6:00 PM		Stretch & Roll (Courtney)		Stretch & Roll (Courtney) <small>cancelled Nov. 3</small>					
5:45-7:00 PM			Gentle Flow (AL) (Gillian/Jeanne)		Gentle Flow (AL) (Gillian/Jeanne)				



# Class Descriptions

**Back / Hip Yoga:** Therapeutic style asana practice to support a healthy back and hip region.

**FLEX/PUMP:** Resistance training using barbells, dumbbells, and stability balls.

**Gentle Flow:** Appropriate for those who want a gentle slow-paced relaxing practice with focus on breath.

**Mat Pilates:** Beginner to Intermediate core based class using classical Pilates mat exercises to create long, lean muscles.

**Mindful Stretching:** Flexibility training that focuses on mindfulness.

**Restorative / Yin:** Restorative and Yin poses for deep relaxation and release.

**SR 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 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.

## OPEN GYM

### Sunday

1-3pm & 5:30-7pm

### Monday

10-4:30pm & 6-8:30pm

### Tuesday

1:30-3:30pm & 7-8:30pm

### Wednesday

10-4:30pm & 6-8:30pm

### Thursday

1:30-5:30pm & 7-8:30pm

### Friday

9am-3:30pm

### Saturday

NOON-3pm

**MUST SIGN UP AND INVITE ONLY  
YOUR SOCIAL BUBBLE**

[WWW.SIGNUPSCHEDULE.COM/SRC](http://WWW.SIGNUPSCHEDULE.COM/SRC)

### HOURS

Monday-Thursday: 5:30AM-8:30PM

Friday: 5:30AM-7PM

Saturday: 9AM-3PM

Sunday: 1-7PM

**HOLIDAY HOURS:  
CLOSED**

**NOV. 11** (Veteran's Day)

**NOV. 25 & 26** (Thanksgiving)