

The Skagway Community Health, Fitness and Family Recreation Center (SRC)

1200 Main Street PO Box 868 Skagway, AK 99840, email: reccenter@skagway.org Phone: 983-2679 www.skagwayrecreation.org

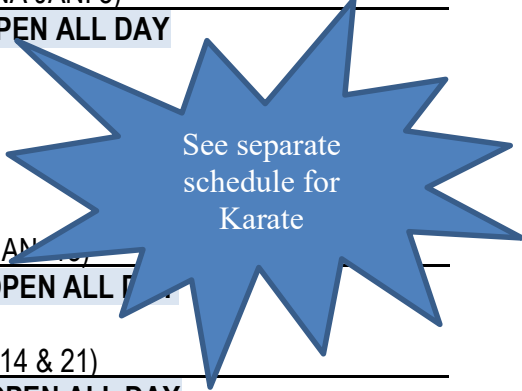
January 2022

Please visit www.signupschedule.com/src for open gym times!

SUNDAY: <u>Open 1pm-7pm</u>	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY 3:00-3:45 pm Spinning w. Johanna 4:00-5:15 pm Back/Hip/Roll Yoga and Myofascial Release w. Katherine
MONDAY: <u>Open 5:30 am- 8pm</u>	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY 8:15-9:00 am Spinning w. Katherine - 9:00-9:45 am FLEX w. Katherine (Total Body Resistance Training -must be able to lunge & squat) 10:00-11:00 am Yin Yoga w. Katherine All Level 10:00-12:00 pm TODDLER TIME IN MAIN GYM 4:30-6:30 pm PICKLE BALL IN MAIN GYM 4:45-5:25 pm Spinning w. Cindy (SUB JOHANNA JAN. 24 & 31) 5:30-6:00 pm Stretch and Roll w. Courtney
TUESDAY: <u>Open 5:30am- 8pm</u>	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY 6:30-7:15 am Spinning w. Katherine 8:00-8:45 am Mat Pilates w. Katherine 9:00-10:00 am Vinyasa Yoga w. Katherine Level 2/3 10:30-11:15 am Senior Fitness w. Katherine/Johanna 6:00-7:15 pm Gentle Yoga w. Jeanne (BEGINS JAN. 11)
WEDNESDAY: <u>Open 5:30am-8pm</u>	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY 8:15-9:00 am Spinning w. Katherine - 9:00-9:45 am FLEX w. Katherine (Total Body Resistance Training -must be able to lunge & squat) 10:00-11:00 am Yin Yoga w. Katherine All Level 10:00-12:00 pm TODDLER TIME IN MAIN GYM 4:45-5:25 pm Spinning w. Cindy (SUB JOHANNA JAN. 26) 5:30-6:00 pm Stretch and Roll w. Courtney (SUB JOHANNA JAN. 5)
THURSDAY: <u>Open 5:30 am- 8pm</u>	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY 6:30-7:15 am Spinning w. Katherine - 8:00-8:45 am Mat Pilates w. Katherine 9:00-10:00 am Vinyasa Yoga w. Katherine Level 2/3 10:30-11:15 am Senior Fitness w. Katherine/Johanna 4:30-6:30 pm PICKLE BALL IN MAIN GYM 6:00-7:15 pm Gentle Yoga w. Jeanne (BEGINS JAN. 11)
FRIDAY: <u>Open 5:30 am- 7pm</u>	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY 10:00-12:00 pm TODDLER TIME IN MAIN GYM 10:30-11:15 am Spinning w. Kendra (SUB JOHANNA JAN. 14 & 21)
SATURDAY <u>Open 9am-3pm</u>	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL OPEN ALL DAY 10:30-11:15 am Spinning w. Cindy (CANCELLED JAN. 22 & 29)

**OPEN
5:30AM-8PM
MLK DAY**

**AFTERSCHOOL PROGRAM FOR K-3 GRADE
BEGINS MONDAY, JANUARY 24!
SEE SEPARATE ASP SCHEDULE FOR DETAILS.**



SIGN UP FOR ANNUAL FITNESS CHALLENGE BEGINS JANUARY 3 AND ENDS JANUARY 14. PLEASE PICK UP YOUR REGISTRATION PACKET AT FRONT DESK. INITIAL FITNESS TESTING AVAILABLE BY APPOINTMENT JAN. 3-14 ONLY. PLEASE CONTACT LISA AT L.FLORIT@SKAGWAY.ORG OR JOHANNA AT J.EVANS@SKAGWAY.ORG TO SET UP A TESTING TIME. ANNUAL FITNESS CHALLENGE HAS A NEW TWIST THIS YEAR WITH A STRONGER FOCUS ON HEALTH AND WELLNESS. OF COURSE, WE WANT YOU LOOKING GOOD.... BUT MORE IMPORTANTLY WE WANT YOU FEELING GOOD.

It's a New Year. Make it your best!

**OPEN GYM IS AVAILABLE FOR SOCIAL BUBBLE GROUPS DAILY.
MUST SIGN UP FOR GYM TIME AT WWW.SIGNUPSCHEDULE.COM/SRC.
PLEASE SIGN UP FOR GROUP FITNESS AND YOGA CLASSES NO LATER THAN ONE HOUR PRIOR TO START TIME. CLASSES WITH ZERO REGISTRATION WILL BE CANCELLED.
PLEASE GO TO SIGNUPSCHEDULE.COM/SRC FOR OPEN GYM TIMES**