

May 2022 Group Fitness and Yoga Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:10AM		Mat Pilates w/Katherine Cancelled May 23		Mat Pilates w/Katherine Cancelled May 25		<h2>HOURS</h2> <p>Monday-Thursday: 5:30am-8:30pm Friday: 5:30am-7pm Saturday: 9am-4pm Sunday: 1-7pm</p> <p>Facility may close at anytime due to staff illness.</p>	
8:00-8:45 AM			TRX HIIT w/Katherine w. Kelvin May 24		TRX HIIT w/Katherine w. Kelvin May 26		
8:15-9:00 AM		Spinning w/Katherine Cancelled May 23		Spinning w/Katherine Cancelled May 25			
9:00-9:45 AM		FLEX w/Katherine w. Kelvin May 23		FLEX w/Katherine w. Kelvin May 25			
9:00-10:00 AM			Vinyasa Yoga w/Katherine L2-3 Cancelled May 24		Vinyasa Yoga w/Katherine L2-3 Cancelled May 26		
10:00-11:00 AM		Yin Yoga AL w/Katherine w. Jeanne May 23		Back/Hip/Roll AL w/Katherine w. Jeanne May 25			
10:30-11:15 AM			SR Weight Training w/Katherine w. Johanna May 24		SR Weight Training w/Katherine w. Johanna May 26	Spinning w/Kendra	
			Spinning w/Kendra		Spinning w/Kendra		
4:00-5:15 PM	Gentle/Roll AL w/Jeanne					<p>Please contact Ian Hays at traditionalkarateskagway@gmail.com for Karate offerings</p>	
5:30-6:16 PM	Spinning w/Johanna						
5:45-6:30 PM		Spinning w/Kendra		Spinning w/Johanna			
6:00-7:15 PM			Gentle Yoga AL w/Jeanne Cancelled May 17		Restorative Yoga AL w/Jeanne		

CLASS DESCRIPTIONS

Back/Hip/Roll: All level practice to support a healthy back and hip region ending with foam roller work.

FLEX: Total body resistance training. Must be able to squat and lunge. Please arrive a few min. early to set up your weights.

Gentle/Roll: Gentle style practice for all levels ending with foam roller work.

Gentle Yoga: A gentle and calming yoga practice for all levels. Especially good for beginners.

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

Restorative Yoga: Find deep relaxation practicing gentle yoga poses using various props to support the body. This class is not about feeling a stretch, it is about reducing stress and restoring mind/body balance. This is Yoga for healing.

Senior Weight Training: Chair based resistance training program for the entire body. Great for beginners too!

Spinning: A fun low impact cardiovascular workout with great music that uses endurance, intervals, hills, drills and rhythm to burn fat.

TRX HIIT: High Intensity Interval Training using the TRX Suspension System. Based on Jillian Michaels SHRED routine using a 3:2:1 approximate ratio of resistance training, cardio, and core.

Vinyasa Yoga: Increase strength, flexibility, and balance while reducing stress and tension with an energizing physical yoga practice that focuses on breath and self-awareness.

Yin Yoga: Rejuvenate physically and mentally with a practice that is restorative in nature yet allows for a deep release of connective tissue and unbalanced holding patterns. This practice is meant to take a normal body and make it optimal. Based on the teachings of Paul Grilley and Bernie Clark.

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 backgrounds.

Level 2 (L2): Intermediate– Practicing at least 1-2 years. Poses are intermediate and held longer. Practitioner is expected to have a fundamental familiarity with basic postures as well as their body alignment and modify as needed. Newer poses introduced.

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.