

July 2022 Group Fitness and Yoga Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:00-8:00 AM		Vinyasa Flow L2 w/Sheilah BEGINS July 11		Vinyasa Flow L2 w/Sheilah BEGINS July 13		Power Yoga L2 w/Sheilah BEGINS July 15		
8:00-8:45 AM			TRX w. Kelvin		TRX w. Kelvin			
10:00-11:00 AM		Yin Yoga AL w/Jeanne		Back/Hip/Roll AL w/Jeanne				
10:30-11:15 AM			SR Weights w/Jeanne		SR Weights w. Jeanne			
1:15-2:00 PM	Guardian and ME Yoga for ages 2-4 w/ Sheilah BEGINS July 10							
2:15-3:00 PM	Yoga for ages 5-8 w/ Sheilah BEGINS July 10							
4:00-5:15 PM	Gentle/Roll AL w/Jeanne		Please contact Ian Hays at traditionalkarateskagway@gmail.com for Karate offerings					
5:30-6:15 PM								
5:45-6:30 PM		Spinning w/Kendra		Spinning w/Kendra				
6:00-7:00 PM	Power Yoga L2 w/Sheilah BEGINS July 10							
6:00-7:15 PM			Gentle/Roll AL w/Jeanne			Restorative Yoga AL w/Jeanne		
7:15-8:15 PM		Yoga AL w/Gillian						
7:30-8:30 PM			Zumba w/Mariah		Zumba w/Mariah			



HOURS

Monday-Thursday: 5:30am-8:30pm
CLOSED 1-3PM MON-THURS

Friday: 5:30am-7pm

Saturday: 9am-4pm

Sunday: 1-7pm

CLOSED MONDAY, JULY 4

**Facility may close at anytime
due to staff illness.**

Class Descriptions

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

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

Power Yoga: Strength building practice with focus on core and stamina.

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.

SR Weights: Chair based resistance training program for the entire body. Great for beginners too!

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

TRX: Total body workout using TRX Suspension System.

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.

Vinyasa Yoga: Flow practice combining breath with movement.

Zumba: An energizing dance fitness class featuring Latin and International music.

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.