

# August 2022 Group Fitness and Yoga Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:00-8:00 AM		Vinyasa Flow L2 w/Sheilah LAST CLASS AUG. 15		Vinyasa Flow L2 w/Sheilah LAST CLASS AUG. 17		Power Yoga L2 w/Sheilah LAST CLASS AUG. 19		
8:00-8:45 AM			TRX w. Kelvin		TRX w. Kelvin			
8:30-9:15 AM		Spinning & ARMS w/Katherine CANCELED AUG. 22		Spinning & ARMS w/Katherine CANCELED AUG. 24		<h2>HOURS</h2> <p>Monday-Thursday: 5:30am-8:30pm</p> <p>Friday: 5:30am-7pm</p> <p>Saturday: 9am-4pm</p> <p>Sunday: 1-7pm</p> <p><b>Facility may close or classes may be canceled at anytime due to staff illness.</b></p>		
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. Katherine w. Jeanne Aug. 25			
1:15-2:00 PM	Guardian and ME Yoga for ages 2-4 w/ Sheilah LAST CLASS AUG. 14							
2:15-3:00 PM	Yoga for ages 5-8 w/ Sheilah LAST CLASS AUG 14	<p>Please contact Ian Hays at  <a href="mailto:traditionalkarateskagway@gmail.com">traditionalkarateskagway@gmail.com</a>                      for Karate offerings</p>						
4:00-5:15 PM	Gentle/Roll AL w/Jeanne							
5:45-6:30 PM	Spinning w/Johanna BEGINS AUG. 14	Spinning w/Kendra		Spinning w/Kendra				
6:00-7:00 PM	Power Yoga L2 w/Sheilah LAST CLASS AUG 14							
6:00-7:15 PM			Gentle/Roll AL w/Jeanne		Restorative Yoga AL w/Jeanne			



7:15-8:15 PM

Yoga AL  
w/Gillian



# 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.

**Spinning & ARMS:** Low impact group cycling with one song dedicated to using free weights to tone arms and shoulders.

**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.

# 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.