

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

1200 Main Street PO Box 868 Skagway, AK 99840, email: [reccenter@skagway.org](mailto:reccenter@skagway.org) Phone: 983-2679 [www.skagwayrecreation.org](http://www.skagwayrecreation.org)

# November 2022

<u>SUNDAY:</u> <u>Open 1pm-7pm</u>	3:00-3:45	pm	<b>Karate Skills Practice</b>
	3:00-7:00	pm	Open Gym
	4:00-5:15	pm	<b>Gentle Yoga/Roll AL</b> w. Jeanne
<u>MONDAY:</u> <u>Open 5:30 am- 8:30pm</u>	8:00-10:00	am	Open Gym
	8:15-9:00	am	<b>Spinning</b> w. Nicholle
	9:00-9:45	am	<b>Pump</b> w. Nicholle
	10:00-12:00	pm	<b>TODDLER TIME IN MAIN GYM</b>
	10:30-11:45	am	<b>Yin Yoga AL</b> w/Jeanne
	4:45-5:25	pm	<b>Spinning</b> w. Cindy
	5:30-6:00	pm	<b>Stretch &amp; Roll</b> w. Courtney
<u>TUESDAY:</u> <u>Open 5:30am- 8:30pm</u>	7:15-8:30	pm	Open Gym
	8:00-10:00	am	<b>TODDLER TIME IN MAIN GYM</b>
	9:30-10:15	am	<b>Spinning</b> w. Johanna
	10:30-11:15	am	<b>Chair-Based Fitness</b> w. Johanna
	10:30-11:45	am	<b>Hatha Flow Yoga L2</b> w. Jeanne
	5:15-7:15	pm	<b>ADULT PICKLE BALL IN MAIN GYM</b>
	5:45-6:30	pm	<b>Spinning</b> w. Kendra
<u>WEDNESDAY:</u> <u>Open 5:30am-8:30pm</u>	6:15-7:30	pm	<b>Gentle Yoga/Roll AL</b> w. Jeanne
	7:15-8:30	pm	Open Gym
	8:00-10:00	am	Open Gym
	8:15-9:00	am	<b>Spinning</b> w. Nicholle
	9:00-9:45	am	<b>Pump</b> w. Nicholle
	10:00-12:00	pm	<b>Playgroup</b> starts Nov 16th
	10:30-11:45	am	<b>Back/Hip/Roll Yoga AL</b> w.Jeanne
<u>THURSDAY:</u> <u>Open 5:30am-8:30pm</u>	4:45-5:25	pm	<b>Spinning</b> w. Cindy
	5:00-6:00	pm	<b>4<sup>th</sup> &amp; 5<sup>th</sup> Grade Open Gym</b> w.volunteer supervisor Kendra Guilliams
	5:30-6:00	pm	<b>Stretch &amp; Roll</b> w. Courtney <b>NO CLASS 11.2</b>
	8:00-10:00	am	<b>TODDLER TIME IN MAIN GYM</b>
	9:30-10:15	am	<b>Spinning</b> w. Johanna
	10:30-11:15	am	<b>Chair-Based Fitness</b> w. Johanna
	10:30-11:45	am	<b>Hatha Flow Yoga L2</b> w. Jeanne
<u>FRIDAY:</u> <u>Open 5:30 am- 7pm</u>	5:15-7:15	pm	<b>ADULT PICKLE BALL IN MAIN GYM</b>
	5:45-6:30	pm	<b>Spinning</b> w. Kendra
	6:15-7:30	pm	<b>Restorative Yoga AL</b> w. Jeanne
	7:00-8:30	pm	Basketball Night in the Main Gym
	8:00-10:00	am	Open Gym
	8:15-9:00	am	<b>Spinning</b> w. Kendra
	10:00-12:00	am	<b>Playgroup</b> starts Nov 18th
<u>SATURDAY</u> <u>Open 9am-3pm</u>	5:00-6:00	pm	<b>4<sup>th</sup> &amp; 5<sup>th</sup> Grade Open Gym</b> w.volunteer supervisor Kendra Guilliams
	9:00-11:00	am	<b>FAMILY PICKLE BALL IN MAIN GYM</b>
	11:00-1:00	pm	<b>ADULT PICKLE BALL IN MAIN GYM</b>
	9:30-10:15	am	<b>Spinning</b> w. Kendra
	10:15-11:30	am	<b>Yoga AL</b> w. Gillian

SRC is **CLOSED** on **November 11<sup>th</sup>** in observance of **Veteran's Day & 24<sup>th</sup>** for **Thanksgiving Day**  
Open Nov 25<sup>th</sup> 8am-3:30pm

**NOVEMBER HOURS**  
**Mon – Thurs**  
**5:30am – 8:30pm**  
**Friday**  
**5:30am – 7:00pm**  
**Saturday**  
**9am – 3pm**  
**Sunday**  
**1pm – 7pm**

**Birthday Party rentals are available on Saturdays & Sundays, 1pm – 3pm!**