

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 2023

SUNDAY: <u>Open 1pm-7pm</u>	3:00-3:45	pm	Karate Skills Practice
	3:00-7:00	pm	Open Gym
	4:00-5:15	pm	Gentle Yoga/Roll AL w. Jeanne
MONDAY: <u>Open 5:30 am- 8:30pm</u>	8:00-10:00	am	Open Gym
	8:15-9:00	am	Spinning w. Johanna CXL D 1.2 & 1.16
	10:00-12:00	pm	TODDLER TIME IN MAIN GYM
	10:30-11:45	am	Yin Yoga AL w. Jeanne CXL D 1.2
	12:00-2:30	pm	Open Gym
	12:15-1:15	pm	LINE DANCING W. VOLUNTEER BECKY
	4:45-5:25	pm	Spinning w. Cindy
	5:00-6:00	pm	4 th & 5 th Grade Open Gym w. volunteer supervisor Kendra Guilliams
	5:30-6:00	pm	Stretch & Roll w. Courtney
	6:00-8:30	pm	Open Gym
	6:15-7:15	pm	Dance Fitness w. Charity
TUESDAY: <u>Open 5:30am- 8:30pm</u>	8:00-10:00	am	TODDLER TIME IN MAIN GYM
	9:30-10:15	am	Spinning w. Johanna CXL D 1.17
	10:30-11:15	am	Chair-Based Fitness w. Johanna 1.17 SUB Jeanne
	10:30-11:45	am	Hatha Flow Yoga L2 w. Jeanne CXL D 1.17
	5:15-7:15	pm	ADULT PICKLEBALL
	5:45-6:30	pm	Spinning w. Kendra
	5:45-7:00	pm	Gentle Yoga/Roll AL w. Jeanne
	7:15-8:30	pm	Open Gym
	WEDNESDAY: <u>Open 5:30am-8:30pm</u>	8:00-10:00	am
8:15-9:00		am	Spinning w. Johanna CXL D 1.18
10:00-12:00		pm	Playgroup (onsite babysitting)
10:30-11:45		am	Back/Hip/Roll Yoga AL w. Jeanne
12:00-2:30		pm	Open Gym
4:45-5:25		pm	Spinning w. Cindy
5:00-6:00		pm	4 th & 5 th Grade Open Gym w. volunteer supervisor Kendra Guilliams
5:30-6:00		pm	Stretch & Roll w. Courtney (CXL D JAN 11 TH)
6:00-8:30		pm	Open Gym
6:15-7:15	pm	Dance Fitness w. Charity	
THURSDAY: <u>Open 5:30am-8:30pm</u>	8:00-10:00	am	TODDLER TIME IN MAIN GYM
	9:30-10:15	am	Spinning w. Johanna CXL D 1.19
	10:30-11:15	am	Chair-Based Fitness w. Johanna 1.19 SUB Jeanne
	10:30-11:45	am	Hatha Flow Yoga L2 w. Jeanne CXL D 1.19
	5:15-7:15	pm	ADULT PICKLEBALL
	5:45-6:30	pm	Spinning w. Kendra
	5:45-7:00	pm	Restorative Yoga AL w. Jeanne
7:15-8:30	pm	Basketball Night in the Main Gym	
FRIDAY: <u>Open 5:30 am- 7pm</u>	8:00-10:00	am	Open Gym
	10:00-12:00	am	Playgroup (onsite babysitting) CXL D 1.6
	12:15-1:15	pm	LINE DANCING W. VOLUNTEER BECKY
	12:00-2:30	pm	Open Gym
SATURDAY <u>Open 9am-3pm</u>	5:15-6:30	pm	Karate Skills Practice
	9:00-11:00	am	Open Gym
	11:00-1:00	pm	ADULT PICKLEBALL IN MAIN GYM

REDUCED HOURS/CLOSURES
Closed Jan 1st – New Year’s Day
Open
Jan 2nd | 9am – 3pm
Jan 16th | 8am – 3:30pm

JANUARY 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!