

**Schedule Color Key:**

Group Fitness Room

Main Gym

Cardio Floor

**\*Cancelled Classes & Special Notes\***

- No Spinning June 16th.
- If there is no reservation for Crew Basketball the gym reverts to Open Gym.
- Summer Youth Program runs Mon-Thurs 12:00-5:00pm and the main gym may be closed during camp activities.

**Rockwall Area:**

- Must be belay certified (\$10/annually)
- Sign-up for belay classes at the front desk.
- Follow all rules posted in the rockwall area.

**\*\*KARATE\*\***

Karate Classes are in partnership with Ian Hays & classes are priced separately from SRC fees. To inquire about schedules & sign-up please email: [traditionalkarateskagway@gmail.com](mailto:traditionalkarateskagway@gmail.com)

# SRC June Schedule

**June Facility Hours:**

Monday-Thursday 5:00am - 9:00pm  
 Friday 5:00am - 7:00pm  
 Saturday & Sunday 10:00am - 6:00pm

Sunday 10:00AM-6:00PM	Monday 5:00 AM-9:00 PM	Tuesday 5:00 AM- 9:00 PM	Wednesday 5:00 AM- 9:00 PM	Thursday 5:00 AM- 9:00 PM	Friday 5:00 AM- 7:00 PM	Saturday 10:00AM- 6:00PM
	Core Fit 9:00-10:00am	Open Gym 7:00am-12:00pm	Open Gym 7:00am-10:00am / 2:00pm-6:30pm	Open Gym 7:00am-12:00pm	Core Fit 9:00-10:00am	
Adult Pickleball 10:30am-12:30pm	Open Gym 7:00am-9:00pm	Chair-Based Fitness 10:30am-11:15am		Chair-Based Fitness 10:30am-11:15am	Open Gym 7:00am-10:00am	Yoga w/Gillian 10:15am-11:30am
Crew Basketball 1:00-4:00pm		Crew Basketball 12:00-2:00pm	Crew Basketball 10:00-2:00pm	Crew Basketball 12:00-2:00pm	Crew Basketball 10:00am-2:00pm	Crew Basketball 10:00am-2:00pm
Belay Certification (sign-up in advance) 4:00-6:00pm		Open Gym 2:00pm-5:00pm	Belay Certification (sign-up in advance) 5:30pm-7:30pm	Open Gym 2:00pm-5:00pm	Open Gym 2:00-7:00pm	Open Gym 2:00-3:00pm
Strength Training Circuit 5:00-6:00pm		Adult Pickleball 5:00pm-7:30pm	Strength Training Circuit 5:00-6:00pm	Adult Pickleball 5:00pm-7:00pm		Volleyball 3:00pm-5:00pm
Open Gym 4:00-6:00pm		Gentle Yoga w/Jeanne 6:15pm-7:30pm	Spinning w/Johanna 6:00-6:45pm	Dance Fitness w/Charity 6:15pm -7:30pm	Hatha Flow Yoga w/Jeanne 6:15pm-7:30pm	Spinning w/Johanna 6:00-6:45pm
		Open Gym 7:30pm-9:00pm	Volleyball 6:30pm-8:30pm	Basketball 7:00pm-8:30pm		

## CLASS & ACTIVITY DESCRIPTIONS

**Basketball:** Drop in - first come, first serve.

**Chair-Based Fitness:** Chair based resistance training program for the entire body using a chair, hand weights, pilates ring, and resist-a-band. This class is for anyone that needs modifications to traditional weight lifting workouts.

**Core Fit:** Your core is the powerhouse of your body and essential for daily activities, so make sure it's strong and toned. This fitness class has a strong focus on hip flexors, abs, & lower back, with a combination of interval training and balance work. It's easily modified for both beginners and those that are more seasoned. It is up to you how hard you make it. You get what you give in this class!

**Dance-Fitness:** This class is a full body interval training disguised as dance. A wide mx of dance styles are utilized for easy-to-follow movement. All levels welcome.

**Gentle Yoga/Roll:** Gentle style yoga with passive stretching to reduce stress and tension and improve flexibility. Myofascial release with foam roller and balls.

**Hatha Flow/Roll:** Basic and challenging yoga postures held longer and linked through Vinyasa movement; balancing poses emphasized. Myofascial release with foam roller and balls.

**Pickleball:** Drop in. Must wear non scuffing indoor gym shoes. First come, first serve.

**Spinning:** A fun low impact group cycling workout with great music that uses endurance, intervals, hills, drills and rhythm to burn fat. New to spin? Come 10 minutes early to get set up and consult with your instructor.

**Volleyball:** Drop in - first come, first serve.

**Yoga:** Postures (asanas), breathing techniques (pranayama), and meditation (dyana) with the goal of bringing about a sound, healthy body and a clear, peaceful mind.

**OPEN GYM:** Main gym open for first come/first serve use. No sign up required.

### 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 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.

**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.