

|                        |
|------------------------|
| Schedule Color Key:    |
| Group Fitness Room     |
| Main Gym               |
| Cardio Floor           |
| Children's Programming |

**HOLIDAY HOURS:**  
 Wednesday  
 October 18th  
 Alaska Day  
 7:00am - 7:00pm

**\*Altered Classes & Special Notes\***  
 • No After School Program Friday October 20th  
 • Birthday Parties are available on weekends, \$50 for 2-hours includes the gym and multipurpose room.

**After School Program!**  
 • Registration is required, registration packets available online or by stopping by the office.  
 • After School Program runs Monday - Friday 3:30-5:00pm in the Main Gym.

**\*Rock Climbing Area\***  
 • Belay Certification Classes are held at the request of patrons during winter months, please contact [j.tyson@skagway.org](mailto:j.tyson@skagway.org) to set up a class time  
 • Must be belay certified (\$10/annually)  
 • Follow all rules posted in the rockwall area.  
 • Before using the auto belay for the first time please see a staff member for orientation.

| SRC October Schedule          |  |   |  |  | October Facility Hours:<br>Monday-Thursday 5:00am - 9:00pm<br>Friday 5:00am - 7:00pm<br>Saturday & Sunday 10:00am - 5:30pm  |                             |
|-------------------------------|--|---|--|--|---|-----------------------------|
| Sunday<br>10:00AM-5:30PM      | Monday<br>5:00 AM-9:00 PM                    | Tuesday<br>5:00 AM- 9:00 PM                                       | Wednesday<br>5:00 AM- 9:00 PM                | Thursday<br>5:00 AM- 9:00 PM   | Friday<br>5:00 AM- 7:00 PM  | Saturday<br>10:00AM- 5:30PM |
|                               | Open Gym<br>7:00am-10:00am /<br>12:00-3:30pm | Open Gym<br>7:00am-12:00pm  | Open Gym<br>7:00am-12:00pm                   | Open Gym<br>7:00am-12:00pm   | Open Gym<br>7:00am-10:00am  |                             |
| Pickleball<br>10:30am-12:30pm | Toddler Time<br>10:00am-12:00pm              | Chair-Based Fitness<br>10:30am-11:15am                            | Back & Hip Yoga<br>w/Jeanne<br>10:15-11:30am | Chair-Based Fitness<br>10:30am-11:15am   | Toddler Time<br>10:00am-12:00pm   | Open Gym<br>10:00am-5:30pm  |
| Open Gym<br>12:30-5:30pm      | Gentle Yoga<br>w/Jeanne<br>10:15-11:30am     | Open Gym<br>12:00-3:30pm  | Open Gym<br>12:00-3:30pm                     | Open Gym<br>12:00-3:30pm   | Open Gym<br>12:00-3:30pm  |                             |
|                               | After School<br>Program<br>3:30-5:00pm       | After School<br>Program<br>3:30-5:00pm                            | After School<br>Program<br>3:30-5:00pm       | After School<br>Program<br>3:30-5:00pm<br><small>(2:30-4:30pm on early release days)</small> | After School<br>Program<br>3:30-5:00pm  |                             |
|                               | Spinning<br>w/Kendra<br>4:15-5:00pm          | Adult Pickleball<br>5:15pm-7:00pm                                 | Spinning<br>w/Kendra<br>4:15-5:00pm          | Adult Pickleball<br>5:15pm-7:00pm  | Spinning<br>w/Kendra<br>4:15-5:00pm   |                             |
|                               | Power Yoga<br>w/Jeanne<br>5:15-6:30pm        | Spin & Stretch<br>w/Johanna<br>6:15-7:00pm<br>7:00-7:15pm Stretch | Open Gym<br>5:00-6:30pm                      | Restorative Yoga<br>w/Jeanne<br>5:15-6:30pm  | Open Gym<br>5:00-7:00pm   |                             |
| Open Gym<br>5:00-8:30pm       |  | Basketball<br>7:00pm-8:30pm                                       | Dance Fitness<br>w/Charity<br>6:00pm -7:00pm | Basketball<br>7:00pm-8:30pm  | Roll Into Spooky Season with a<br>Halloween Skate!<br>Friday October 6th • 7:00-9:00pm<br>• All ages welcome! Under 10 must be accompanied by an adult.<br>• \$5 entry with your own skates, \$10 entry with skates included. |                             |
|                               |  |   | Volleyball<br>6:30pm-8:30pm                  |  |   |                             |