

Skagway Recreation Center (SRC)
March 2010 Monthly Schedule

(907) 983-2679
 Corner of 13th and Main St.

www.skagwayrecreation.org
 recenter@skagway.org

MONDAY:

Open 5:45 a.m. - 9 p.m.

Closed
 Monday, March 29
 for
 Seward's Day

5:45-9:00 p.m.	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL
8:30-11:30 a.m.	Infant and Toddler Playgroup: \$2.00/hour-minimum 1 hour. \$1.00/half-hour after first hour. BY APPOINTMENT
8:30-9:15 a.m.	Spinning with Katherine- Stationary cycling at its best- A low-impact aerobic workout that gets results quick!
9:30-10:45 a.m.	Yoga with Kori- Flow style asana class designed to improve strength, flexibility and balance.
2:30-5:00 p.m.	AFTER SCHOOL PROGRAM for KIDS: See separate calendar for details!
4:30-5:15 p.m.	Mat Pilates –Beginner Friendly with Katherine- Basic mat work designed to strengthen the core.
5:45-7:00 p.m.	Restorative Yoga w/ Katherine- A gentle, therapeutic style of yoga that uses props to support the body.
7:00-8:50 p.m.	Basketball for Adults

TUESDAY:

Open 5:45 a.m.-9 p.m.

Toddler Time
 Monday-Friday
 8:00-NOON
 (Parent/Guardian
 Facilitated)

5:45-9:00 p.m.	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL
6:45-7:45 a.m.	Mobility with Karen Briner- Reduce physical limitations through basic posture therapy techniques.
8:30-10:30 a.m.	Infant and Toddler Playgroup: \$2.00/hour-minimum 1 hour. \$1.00/half-hour after first hour. BY APPOINTMENT
8:30-9:30 a.m.	Mat Pilates with Katherine- Series of classical mat Pilates exercises designed to strengthen and lengthen the entire body.
10:15-10:30 a.m.	BREATHING EXERCISES with Donna
10:30-11:15 a.m.	SENIOR CHAIR WEIGHT TRAINING with Donna
2:30-5:00 p.m.	AFTER SCHOOL PROGRAM for KIDS: See separate calendar for details!
4:30-5:30 p.m.	Body Sculpting with Katherine -Resistance training designed to burn calories and tone.
5:30-7:00 p.m.	Infant and Toddler Playgroup: \$2.00/hour-minimum 1 hour. \$1.00/half-hour after first hour BY APPOINTMENT.
5:45-6:30 p.m.	Spinning with Katherine- Stationary cycling at its best- A low-impact aerobic workout that gets results quick!
5:45-6:45 p.m.	Yoga with Courtney Beginner friendly format designed to increase flexibility.
7:00-8:50 p.m.	Basketball for Adults

WEDNESDAY:

Open 5:45 a.m.- 9 p.m.

5:45-9:00 p.m.	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL
6:00-7:10 a.m.	Body Pumping with Rosemary - Group weight lifting to music.
8:30-11:30 a.m.	Infant and Toddler Playgroup: \$2.00/hour-minimum 1 hour. \$1.00/half-hour after first hour BY APPOINTMENT.
8:30-9:15 a.m.	Spinning with Katherine- Stationary cycling at its best- A low-impact aerobic workout that gets results quick!
9:30-10:45 a.m.	Yoga with Katherine- Flow style asana class designed to improve strength, flexibility and balance.
2:30-5:00 p.m.	AFTER SCHOOL PROGRAM for KIDS: See separate calendar for details
4:30-5:15 p.m.	Mat Pilates –Beginner Friendly with Katherine- Basic mat work designed to strengthen the core.
5:45-6:45 p.m.	Yoga for Low Back & Hip Health with Katherine Therapeutic yoga class for back and hip health
7:00-8:00 p.m.	Mobility with Karen Briner- Reduce physical limitations through basic posture therapy techniques
7:00-8:50 p.m.	BELAY CHECK AND CLIMBING INSTRUCTION with Sarah- \$5 belay check fee good for one year.
7:00-8:50 p.m.	Roller Hockey for Adults Skagway vs. the World

THURSDAY:

Open 5:45a.m.- 9 p.m.

5:45-9:00 p.m.	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL
8:30-10:30 a.m.	Infant and Toddler Playgroup: \$2.00/hour-minimum 1 hour. \$1.00/half-hour after first hour BY APPOINTMENT.
8:30-9:30 a.m.	Mat Pilates with Katherine- Series of classical mat Pilates exercises designed to strengthen and lengthen the entire body.
10:15-10:30 a.m.	BREATHING EXERCISES with Donna
10:30-11:15 a.m.	SENIOR CHAIR WEIGHT TRAINING with Donna
11:30-12:30 p.m.	Mobility with Karen Briner- Reduce physical limitations through basic posture therapy techniques
2:30-5:00 p.m.	AFTER SCHOOL PROGRAM for KIDS: See separate calendar for details!
4:30-5:30 p.m.	Body Sculpting with Katherine -Resistance training designed to burn calories and tone.
5:30-7:00 p.m.	Infant and Toddler Playgroup: \$2.00/hour-minimum 1 hour. \$1.00/half-hour after first hour BY APPOINTMENT.
5:45-6:45 p.m.	Mobility with Karen Briner- Reduce physical limitations through basic posture therapy techniques
5:45-6:30 p.m.	Spinning with Katherine- Stationary cycling at its best- A low-impact aerobic workout that gets results quick!
7:00-8:50 p.m.	Basketball for Adults

FRIDAY:

Open 5:45 a.m.- 8 p.m.

5:45-8:00 p.m.	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL
6:00-7:10 a.m.	Body Pumping with Rosemary - Group weight lifting to music.
7:15-8:15 a.m.	Mobility with Karen Briner- Reduce physical limitations through basic posture therapy techniques
8:30-11:30 a.m.	Infant and Toddler Playgroup: \$2.00/hour-minimum 1 hour. \$1.00/half-hour after first hour. BY APPOINTMENT
8:30-9:15 a.m.	Spinning with Katherine- Stationary cycling at its best- A low-impact aerobic workout that gets results quick!
9:30-10:45 a.m.	Yoga with AJ- Flow style asana class designed to improve strength, flexibility and balance.
2:30-5:00 p.m.	AFTER SCHOOL PROGRAM for KIDS: See separate calendar for details!
4:00-5:00 p.m.	Mobility with Karen Briner- Reduce physical limitations through basic posture therapy techniques
5:30-6:45 p.m.	Hatha Yoga with AJ- A beginner friendly yoga class with focus on alignment and flexibility.
6:00-7:50 p.m.	OPEN GYM for Adults- Dodge ball- Capture the Flag, Mat Ball and more! Burn off some steam

SATURDAY:

Open 10- 6 p.m.

10:00- 6:00 p.m. CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL-
 10:30- 11:15 a.m. SENIOR CHAIR WEIGHT TRAINING with Jennifer (Video)
 NOON-4:00 p.m. *MULTIPURPOSE ROOM OPEN FOR COFFEE/TEA/COCOA (\$1/CUP) BOARD GAMES AND ART PROJECT GATHERING SPACE FOR ADULTS ONLY
 SKI THE BUCKWHEAT MARCH 27TH! FOR MORE INFORMATION PLEASE GO TO THE COMING EVENTS LINK AT WWW.SKAGWAY.COM

SUNDAY:

Open 1-7 p.m.

Boy Scout Meeting
 Every Sunday at 4 p.m.

1:00-7:00 p.m.	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL
1:30-3:30 p.m.	Card Making with Helga - \$5 Material FEE
3:00-3:45 p.m.	Zumba Video with Tabitha-Latin workout routine designed to burn fat and tone!
4:00-5:10 p.m.	Body Pumping with Rosemary - Group weight lifting to music.
5:30-6:45 p.m.	Gentle Yoga with AJ- A calming practice for restoring the mind and body. All levels are welcome.