

# February 2010 Monthly Schedule

## MONDAY:

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

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.	
8:30 - 9:15	a.m.	<b>Spinning</b> with Katherine- Stationary cycling at its best- A low-impact aerobic workout that gets results quick!	
9:30 - 10:45	a.m.	<b>Yoga</b> with Katherine- Vinyasa based asana class designed to improve strength, flexibility and balance.	
2:30 - 5:00	p.m.	<b>AFTER SCHOOL PROGRAM</b> for KIDS: See separate calendar for details!	
<b>NEW CLASS</b> -----	4:30 - 5:15	p.m.	<b>Mat Pilates –Beginner Friendly</b> with Katherine- Basic mat work designed to strengthen the core.
<b>NEW TIME</b> -----	5:45 - 7:00	p.m.	<b>Restorative Yoga</b> w/ Katherine- A gentle, therapeutic style of yoga that uses props to support the body.
	7:00 - 8:50	p.m.	<b>Basketball for Adults</b>

## 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.	<b>Mobility</b> 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.
8:30 - 9:30	a.m.	<b>Mat Pilates</b> with Katherine- Series of classical mat Pilates exercises designed to strengthen and lengthen the entire body.
<b>10:15 - 10:30</b>	a.m.	<b>BREATHING EXERCISES with Donna</b>
<b>10:30 - 11:15</b>	a.m.	<b>SENIOR CHAIR WEIGHT TRAINING with Donna</b>
2:30 - 5:00	p.m.	<b>AFTER SCHOOL PROGRAM</b> for KIDS: See separate calendar for details!
4:30 - 5:30	p.m.	<b>Body Sculpting</b> with Katherine -Resistance training designed to burn calories and tone.
5:45 - 6:30	p.m.	<b>Spinning</b> with Katherine- Stationary cycling at its best- A low-impact aerobic workout that gets results quick!
5:45 - 6:45	p.m.	<b>Yoga</b> with Courtney Beginner friendly format designed to increase flexibility.
7:00 - 8:00	p.m.	Back Country Avalanche Series with John Briner- <b>FIRST THREE TUESDAYS IN FEBRUARY</b>
7:00 - 8:50	p.m.	<b>Basketball for Adults</b>

## WEDNESDAY:

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

**NEW CLASS**-----  
**NEW TIME**-----

5:45 - 9:00	p.m.	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL	
6:00 - 7:10	a.m.	<b>Body Pumping</b> 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.	
8:30 - 9:15	a.m.	<b>Spinning</b> with Katherine- Stationary cycling at its best- A low-impact aerobic workout that gets results quick!	
9:30 - 10:45	a.m.	<b>Yoga</b> with Katherine- Vinyasa based asana class designed to improve strength, flexibility and balance.	
2:30 - 5:00	p.m.	<b>AFTER SCHOOL PROGRAM</b> for KIDS: See separate calendar for details!	
<b>NEW CLASS</b> -----	4:30 - 5:15	p.m.	<b>Mat Pilates –Beginner Friendly</b> with Katherine- Basic mat work designed to strengthen the core.
<b>NEW TIME</b> -----	5:45 - 6:45	p.m.	<b>Yoga for Low Back &amp; Hip Health</b> with Katherine Therapeutic yoga class for back and hip health.
	7:00 - 8:00	p.m.	<b>Mobility</b> with Karen Briner- Reduce physical limitations through basic posture therapy techniques.
	7:00 - 8:50	p.m.	<b>Roller Hockey for Adults</b> Skagway vs. the World

## THURSDAY:

Open 5:45 a.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.
8:30 - 9:30	a.m.	<b>Mat Pilates</b> with Katherine- Series of classical mat Pilates exercises designed to strengthen and lengthen the entire body.
<b>10:15 - 10:30</b>	a.m.	<b>BREATHING EXERCISES with Donna</b>
<b>10:30 - 11:15</b>	a.m.	<b>SENIOR CHAIR WEIGHT TRAINING with Donna</b>
11:30 - 12:30	p.m.	<b>Mobility</b> with Karen Briner- Reduce physical limitations through basic posture therapy techniques.
2:30 - 5:00	p.m.	<b>AFTER SCHOOL PROGRAM</b> for KIDS: See separate calendar for details!
4:30 - 5:30	p.m.	<b>Body Sculpting</b> with Katherine -Resistance training designed to burn calories and tone.
5:45 - 6:45	p.m.	<b>Mobility</b> with Karen Briner- Reduce physical limitations through basic posture therapy techniques.
5:45 - 6:30	p.m.	<b>Spinning</b> with Katherine- Stationary cycling at its best- A low-impact aerobic workout that gets results quick!
7:00 - 8:50	p.m.	<b>Basketball for Adults</b>

## 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.	<b>Body Pumping</b> with Rosemary - Group weight lifting to music.
7:15 - 8:15	a.m.	<b>Mobility</b> 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.
8:30 - 9:15	a.m.	<b>Spinning</b> with Katherine- Stationary cycling at its best- A low-impact aerobic workout that gets results quick!
9:30 - 10:45	a.m.	<b>Yoga</b> with AJ- Vinyasa based asana class designed to improve strength, flexibility and balance.
2:30 - 5:00	p.m.	<b>AFTER SCHOOL PROGRAM</b> for KIDS: See separate calendar for details!
4:00 - 5:00	p.m.	<b>Mobility</b> with Karen Briner- Reduce physical limitations through basic posture therapy techniques.
5:30 - 6:45	p.m.	<b>Hatha Yoga</b> with AJ- A beginner friendly yoga class with focus on alignment and flexibility.
6:00 - 7:50	p.m.	<b>OPEN GYM for Adults- Dodge ball- Capture the Flag, Mat Ball and more!</b> Burn off some steam

## SATURDAY:

Open 10 - 6 p.m.

10:00 - 6:00	p.m.	CARDIO/WEIGHT ROOM/ SHOWER ROOMS & ROCK WALL-
<b>10:30 - 11:15</b>	a.m.	<b>SENIOR CHAIR WEIGHT TRAINING with Jennifer (Video)</b>
<b>NOON-4:00</b>	p.m.	<b>MULTIPURPOSE ROOM OPEN FOR COFFEE/TEA/COCOA (\$1/CUP) BOARD GAMES AND ART PROJECTS FOR ADULTS</b>
<b>February 13<sup>th</sup> 4-6 p.m.:</b>		<b>Thai Yoga Massage Workshop with Katherine Nelson-Space is limited so please sign up early!</b>
<b>February 20<sup>th</sup> 1-2:30 p.m.:</b>		<b>Prenatal Yoga Workshop with Courtney Pfannenstien</b>
<b>February 27<sup>th</sup> 11:45 a.m.:</b>		<b>Back Country Avalanche Series Finally</b> with John Briner- <b>OUTDOOR PRACTICAL- DRESS WARM</b>
<b>NOON-2:00</b>	p.m.	<b>WEIGHT ROOM RESTRICTED TO WOMEN ONLY</b> with Jennifer

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

