

March Fitness + Yoga Class Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00am – 7:00am Get the GOAT Garry D		6:00am – 7:00am GOAT Strength Garry D <i>(additional fee)</i>		
10:00am – 10:45am Yoga for Every Body Yvonne S				10:00am – 10:45am Toddler/Family Yoga Ami F		
		12:00pm – 1:00pm GOAT Strength Garry D <i>(additional fee)</i>	12:00pm – 1:00pm Get the GOAT John Mark S	12:00pm – 12:45pm Vinyasa Yoga Ashley R	12:00pm – 12:45pm Vinyasa Yoga Jake L	
	5:15pm – 6:00pm Vinyasa Yoga Patty H	6:00pm – 8:00pm Strength Camp 1 st Tuesday of each month	5:30pm – 6:30pm GOAT Strength Garry D <i>(additional fee)</i>	5:30pm – 6:30pm Get The GOAT Garry D		
	6:45pm – 7:45pm Hot Vinyasa Yoga Andrea S	6:30pm – 7:30pm Warrior Yoga Twyla G	6:30pm – 7:30pm Yoga for Rock Climbers Dana K			6:00pm – 8:00pm Slacklining Krista

Red background = Fitness class

Purple background = Yoga class

Special Offerings in March

<p>PARENTS NIGHT OUT!</p> <p>Saturday 3/14 + 4/11 5-7:30pm</p> <p>You deserve it, take some YOU time... we'll watch the kids! The kids will climb, play games, and enjoy pizza and a movie while you enjoy an evening out!</p>	<p>CLIMB ON, PARTY ON!</p> <p>If you're looking for the perfectly unique venue and wildly successful activity for your next event <i>(staff appreciation, family reunion, birthday party, you name it!)</i>, get in touch with us! We ROCK the party scene!</p>	<p>CLIMBING WORKSHOPS</p> <p>Intro to Climbing (2 consecutive Mondays) Getting to 5.10 (2 consecutive Thursdays) Learn to Lead (2 consecutive Tuesdays) Learn to Rappel (Wednesdays)</p>
<p>SLACKLINE SATURDAYS</p> <p>Instruction: 6-7pm Slackline Jam: 7-8pm</p> <p>Learn to slackline or advance your prowess on Saturday nights with Krista Van Awesome!</p> <p>3/7 – Slackline + Highline Mounts 3/14 – Highline Skills 3/21 – Highline Rigging + Equipment <i>Highline session coming in April!</i></p>	<p>SCHOOL'S OUT CLIMBING CAMP</p> <p>Mar. 20 + 23 Apr. 20 – 24 \$55/day or \$30/half day</p> <p>THE COOLEST NEW CAMP IN THE VALLEY! Your kids will LOVE it! Climbing, yoga, slacklining, climbing games, Ninja style obstacle courses + more!</p> <p>Summer Camp Registration is OPEN!</p>	<p>STRENGTH CAMP</p> <p>Begins the 1st Tuesday of each month <i>Strength Camp is a monthly personalized Strength Program which includes:</i></p> <ul style="list-style-type: none"> -Hands on coaching and instruction on barbell lifting and kettlebells -Individualized training program tailored to your goals -Nutrition Advice