



May 2019

YOGA & FITNESS CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00am Pilates	9:00/9:45am HIIT/Core	8:00am Pilates	8:00am Yoga for Climbers	9:00am Pilates Flow	9:30 am Slow Flow Hatha
	12:00/12:45pm Circuit Training/Core	12:00pm Solar Flow	12:00pm Booty Builder	12:00pm Solar Flow	11:00 am Slow Flow Hatha	
6:30 pm Yoga for Climbers	6:30pm Seasonal Vinyasa	6:30pm Loving Warrior Yoga	4:00 pm Healing Qigong		Please visit our website to sign up for classes ahead of time and to view instructor and class descriptions.	
8:00pm Yoga for Climbers		7:30 pm Hoop Flow	5:00pm Slow Flow Hatha			

BLUE GRANITE CLIMBING SCHOOL

LEARN THE ROPES

101—Intro to Climbing

1st Wednesdays, 6-8pm

Learn the how to top rope belay and basic climbing technique.

102 —Learn to Lead

3rd Mondays, 6-8pm

Learn to lead climb and lead belay, how to fall and catch falls.

103—Practice Leading

Put your new skills to use. Practice taking and catching falls, and leading harder climbs.

Wednesday 5/ 1, 6-8pm

Intro to Climbing



Tuesday 5/7, 6-8pm

Find Your Balance



Monday 5/20, 6-8pm

Learn to Lead

MOVEMENT & MENTALITY

201—Find Your Balance

Develop the Ninja-like technical skills of high-quality footwork and balance.

202—Discover Your Power

Learn to generate momentum and become a more dynamic and energetic climber.

203—Twist Your Hips

Style, grace, power, and efficiency. Twisting your body is essential for vertical and overhanging terrain.

204 — The Mental Game

Learn tools and tactics to address fear and anxiety on the wall.

Wednesday 5/22, 6-8pm

Discover Your Power



Tuesday 5/28, 6-8pm

The Mental Game



Thursday 5/30, 6-7pm

Keepin' it Real (FREE Clinic)

GYM TO CRAG

Gym-to-Crag (3-Day Series)

Over the course of 3 days, you will prepare for outdoor climbing in an indoor setting. Topics include anchor building and cleaning, rappelling, and belaying from the top.

Keepin' It Real

FREE Clinic!

Getting ready to head outside? Make sure you're being a responsible climber and don't look like a noob! Hosted by the Tahoe Climbing Coalition, topics will include: a brief Tahoe climbing history, terminology and lingo, crag etiquette and stewardship.

