

Verdigo Boulders - August 2019

MON	TUE	WED	THU	FRI	SAT	SUN
Intro to bouldering 6pm Yoga w/ Amanda 8pm	Intro to bouldering 6pm YOGA w/ Andrea 8:30am Cardio Core 8:00pm	Intro to bouldering 6pm Yoga w/ Amanda 8pm	1 Intro to bouldering 6pm YOGA w/ Andrea 8:30am Cardio Core 8:00pm	2 Intro to bouldering 6pm	3 Intro to bouldering 12pm	4 Joga Yoga 10:30am Intro to bouldering 12pm
5 Intro to bouldering 6pm Yoga w/ Amanda 8pm	6 Intro to bouldering 6pm YOGA w/ Andrea 8:30am Cardio Core 8:00pm Girl Crew 7pm	7 Intro to bouldering 6pm Yoga w/ Amanda 8pm	8 Intro to bouldering 6pm YOGA w/ Andrea 8:30am Cardio Core 8:00pm	9 Intro to bouldering 6pm	10 Intro to bouldering 12pm	11 Joga Yoga 10:30am Intro to bouldering 12pm
12 Intro to bouldering 6pm Yoga w/ Amanda 8pm	13 Intro to bouldering 6pm YOGA w/ Andrea 8:30am Cardio Core 8:00pm Girl Crew 7pm	14 Intro to bouldering 6pm Yoga w/ Amanda 8pm	15 Intro to bouldering 6pm YOGA w/ Andrea 8:30am Cardio Core 8:00pm	16 Intro to bouldering 6pm COLLEGE NIGHT Lady Crvsh Crew Meet Up	17 Intro to bouldering 12pm	18 Joga Yoga 10:30am Intro to bouldering 12pm
19 Intro to bouldering 6pm Yoga w/ Amanda 8pm	20 Intro to bouldering 6pm YOGA w/ Andrea 8:30am Cardio Core 8:00pm	21 Intro to bouldering 6pm Yoga w/ Amanda 8pm	22 Intro to bouldering 6pm YOGA w/ Andrea 8:30am Cardio Core 8:00pm	23 Intro to bouldering 6pm GUEST NIGHT	24 Intro to bouldering 12pm	25 Joga Yoga 10:30am Intro to bouldering 12pm
26 Intro to bouldering 6pm Yoga w/ Amanda 8pm	27 Intro to bouldering 6pm YOGA w/ Andrea 8:30am Cardio Core 8:00pm	28 Intro to bouldering 6pm Yoga w/ Amanda 8pm	29 Intro to bouldering 6pm YOGA w/ Andrea 8:30am Cardio Core 8:00pm Member Appreciation Party!	30 Intro to bouldering 6pm	31 Intro to bouldering 12pm	

Yoga

Yoga w/ Amanda

Amanda will move through a sequence designed to balance strength and mobility in all parts of the body. With a focus on breath and exploring how different actions in the body create sustainable, balanced patterns, you will create more useable range of motion and decrease stress and tension in your body. Amanda will offer room to explore and play, as well as modifications in each pose. This class is appropriate for all levels.

Yoga w/ Andrea

As a teacher, Jimmy invites a sense of exploration into the body through alignment and breath. His classes focus on the unity of mind, body and spirit through the physical practice of Yoga.

Joga Yoga

Join Jo in this all-levels class to improve your mobility, strength, and balance and to deepen and restore your connection to your breath and yourself.

Fitness

Cardio Core

Make cardio fun by utilizing creative movement patterns and strengthen your core with partner-based resistance exercises. Modifiable for all fitness levels. partner-based resistance exercises.

Meet Ups

Girl Crew

Girl Crew is a bimonthly meet up for women in the community to connect and climb with other women. We meet twice a month! Free for members // Free with day pass for nonmembers.

Queer Crush

Join QUEER CRUSH and meet incredible LGBTQ+ folx in the Touchstone Community! We are committed to creating a safe space in which queer, trans*, genderfluid, and nonbinary climbers can crush climbs and make friends. Free for members // Free with day pass for nonmembers.

Climbing Classes

Intro to Bouldering

Calling all bouldering newbies! Let us take you under our wing and introduce you to the wonderful world of climbing. In this group setting, we will scratch the surface of basic technique and help you get off the ground and up the wall. We will cover climbing and falling safety, orient you to the bouldering world and answer any questions you may have about this magical, mystical wonderland we call the Verdigo Boulders.

*If you are a party of 6 or more please book a Group: Intro to Climbing Class.

**More climbing clinics available.
Check out our calendar online.**

touchstoneclimbing.com/verdigo-



**VERDIGO
BOULDERS**