

# Fitness & Snowshoe Tour Schedule

## February 20-26, 2012

Group Exercise Classes - \$20

All Tours meet at the Spa

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	8:00AM <b>\$20</b> <b>GENTLE YOGA</b> WITH ANIKA (50 min)	8:30AM <b>\$10</b> <b>MORNING STRETCH</b> WITH REBECCA (30 min)	8:00AM <b>\$20</b> <b>GENTLE YOGA</b> WITH ANIKA (50 min)	8:30AM <b>\$10</b> <b>MORNING STRETCH</b> WITH REBECCA (30 min)	8:00AM <b>\$20</b> <b>GENTLE YOGA</b> WITH ANIKA (50 min)	8:30AM <b>\$10</b> <b>MORNING STRETCH</b> WITH REBECCA (30 min)	8:00AM <b>\$20</b> <b>GENTLE YOGA</b> WITH TONJA (50 min)
	9:15AM <b>\$20</b> <b>SPINNING</b> WITH REBECCA (50 MIN)	9:15AM <b>\$20</b> <b>TOTAL BODY TONE</b> WITH REBECCA (50 MIN)	9:15AM <b>\$20</b> <b>SPINNING</b> WITH REBECCA (50 MIN)	9:15AM <b>\$20</b> <b>BODY BUFF</b> WITH REBECCA (50 MIN)	9:15AM <b>\$20</b> <b>SPINNING</b> WITH REBECCA (50 MIN)	9:15AM <b>\$20</b> <b>TOTAL BODY TONE</b> WITH REBECCA (50 MIN)	
	10:00AM <b>\$45</b> <b>WATERFALL SNOWSHOE TOUR (2 HRS)</b>	10:00AM <b>\$45</b> <b>WATERFALL SNOWSHOE TOUR (2 HRS)</b>	10:00AM <b>\$45</b> <b>WATERFALL SNOWSHOE TOUR (2 HRS)</b>	10:00AM <b>\$45</b> <b>WATERFALL SNOWSHOE TOUR (2 HRS)</b>	10:00AM <b>\$45</b> <b>WATERFALL SNOWSHOE TOUR (2 HRS)</b>	10:00AM <b>\$45</b> <b>WATERFALL SNOWSHOE TOUR (2 HRS)</b>	10:00AM <b>\$20</b> <b>YOGA/PILATES FUSION</b> WITH TONJA (50 MIN)
	<b>PRIVATE AND SEMI-PRIVATE PILATES, YOGA, FITNESS CLASSES, AND PERSONAL TRAINING ARE AVAILABLE FOR EVERY LEVEL ANYTIME BY REQUEST!</b>						10:30AM <b>\$20</b> <b>YOGA/PILATES FUSION</b> WITH ANIKA (50 MIN)
MID-DAY	1:00PM <b>\$20</b> <b>UPPER BODY BLITZ</b> WITH REBECCA (50 MIN)	1:00PM <b>\$20</b> <b>SPINNING</b> WITH REBECCA (50 MIN)	1:00PM <b>\$20/ \$10 FOR KIDS 6-13</b> <b>FAMILY YOGA</b> WITH REBECCA (50 MIN)	1:00PM <b>\$20</b> <b>SPINNING</b> WITH REBECCA (50 MIN)	1:00PM <b>\$20</b> <b>LOWER BODY BURN</b> WITH REBECCA (50 MIN)	1:00PM <b>\$20/ \$10 FOR KIDS 6-13</b> <b>FAMILY YOGA</b> WITH REBECCA (50 MIN)	1:00PM <b>\$45</b> <b>WATERFALL SNOWSHOE TOUR (2 HRS)</b>
	1:30PM <b>FAMILY SNOWSHOE TOUR \$20 ADULTS / \$10 KIDS 5-13 (1 HOUR)</b>	1:30PM <b>FAMILY SNOWSHOE TOUR \$20 ADULTS / \$10 KIDS 5-13 (1 HOUR)</b>	1:30PM <b>FAMILY SNOWSHOE TOUR \$20 ADULTS / \$10 KIDS 5-13 (1 HOUR)</b>	1:30PM <b>FAMILY SNOWSHOE TOUR \$20 ADULTS / \$10 KIDS 5-13 (1 HOUR)</b>	1:30PM <b>FAMILY SNOWSHOE TOUR \$20 ADULTS / \$10 KIDS 5-13 (1 HOUR)</b>	1:30PM <b>FAMILY SNOWSHOE TOUR \$20 ADULTS / \$10 KIDS 5-13 (1 HOUR)</b>	
	2:00PM <b>\$20</b> <b>YOGA</b> WITH TONJA (50 MIN)			2:00PM <b>\$20</b> <b>YOGA II</b> WITH TONJA (75 MIN)		2:00PM <b>\$20</b> <b>YOGA II</b> WITH TONJA (75 MIN)	
EVENING	4:00PM <b>\$45</b> <b>STARLIGHT SNOWSHOE TOUR (2 HOURS)</b>	4:00PM <b>\$45</b> <b>STARLIGHT SNOWSHOE TOUR (2 HOURS)</b>	4:00PM <b>\$45</b> <b>STARLIGHT SNOWSHOE TOUR (2 HOURS)</b>	4:00PM <b>STARLIGHT SNOWSHOE TOUR &amp; YURT DINNER</b> \$98 ADULTS/\$75 KIDS 9-13 (3.5 HOURS)	4:00PM <b>\$45</b> <b>STARLIGHT SNOWSHOE TOUR (2 HOURS)</b>	4:00PM <b>STARLIGHT SNOWSHOE TOUR &amp; YURT DINNER</b> \$98 ADULTS/\$75 KIDS 9-13 (3.5 HOURS)	
	4:30PM <b>\$20</b> <b>YOGA/PILATES FUSION</b> WITH ANIKA (50 MIN)		4:00PM <b>\$20</b> <b>YOGA</b> WITH TONJA (50 MIN)		4:00PM <b>\$20</b> <b>YOGA/PILATES FUSION</b> WITH TONJA (50 MIN)		
		5:00PM <b>\$20</b> <b>YOGA/PILATES FUSION</b> WITH TONJA (50 MIN)	5:00PM <b>\$20</b> <b>NIA - DANCE FITNESS</b> WITH SAKE (60 MIN)	5:00PM <b>\$20</b> <b>YOGA</b> WITH TONJA (50 MIN)	5:00PM <b>\$20</b> <b>NIA - DANCE FITNESS</b> WITH SAKE (60 MIN)	5:00PM <b>\$20</b> <b>YOGA</b> WITH TONJA (50 MIN)	