

Fitness & Snowshoe Tour Schedule

January 23-29, 2012

Group Exercise Classes - \$20

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|---------|---|---|--|--|--|--|---|--|
| MORNING | 8:00AM \$20 GENTLE YOGA WITH ANIKA (50 min) | | 8:00AM \$20 GENTLE YOGA WITH ANIKA (50 min) | 8:30AM \$10 MORNING STRETCH WITH REBECCA (30 min) | 8:30AM \$10 MORNING STRETCH WITH REBECCA (30 min) | 8:30AM \$10 MORNING STRETCH WITH REBECCA (30 min) | 8:00AM \$20 GENTLE YOGA WITH TONJA (50 min) | |
| | 9:15AM \$20 SPINNING WITH REBECCA (50 MIN) | | 9:15AM \$20 SPINNING WITH REBECCA (50 MIN) | 9:15AM \$20 BODY BUFF WITH REBECCA (50 MIN) | 9:15AM \$20 SPINNING WITH REBECCA (50 MIN) | 9:15AM \$20 TOTAL BODY TONE WITH REBECCA (50 MIN) | | |
| | | 10:00AM \$45 WATERFALL SNOWSHOE TOUR (2 HRS) | 10:00AM \$45 WATERFALL SNOWSHOE TOUR (2 HRS) | 10:00AM \$45 WATERFALL SNOWSHOE TOUR (2 HRS) | 10:00AM \$45 WATERFALL SNOWSHOE TOUR (2 HRS) | 10:00AM \$45 WATERFALL SNOWSHOE TOUR (2 HRS) | 10:00AM \$45 WATERFALL SNOWSHOE TOUR (2 HRS) | 10:00AM \$20 YOGA/PILATES FUSION WITH TONJA (50 MIN) |
| | PRIVATE AND SEMI-PRIVATE PILATES, YOGA, FITNESS CLASSES, AND PERSONAL TRAINING ARE AVAILABLE FOR EVERY LEVEL ANYTIME BY REQUEST! | | | | | | | |
| MID-DAY | 1:00PM \$20 UPPER BODY BLITZ WITH REBECCA (50 MIN) | | 1:00PM \$20 TOTAL BODY TONE WITH REBECCA (50 MIN) | 1:00PM \$20 SPINNING WITH REBECCA (50 MIN) | 1:00PM \$20 LOWER BODY BURN WITH REBECCA (50 MIN) | 1:00PM \$20/ \$10 FOR KIDS 6-13 FAMILY YOGA WITH REBECCA (50 MIN) | 1:00PM \$45 WATERFALL SNOWSHOE TOUR (2 HRS) | |
| | 1:00PM \$45 WATERFALL SNOWSHOE TOUR (2 HRS) | | | 1:30PM FAMILY SNOWSHOE TOUR \$20 ADULTS / \$10 KIDS 5-13 (1 HOUR) | 1:30PM FAMILY SNOWSHOE TOUR \$20 ADULTS / \$10 KIDS 5-13 (1 HOUR) | 1:30PM FAMILY SNOWSHOE TOUR \$20 ADULTS / \$10 KIDS 5-13 (1 HOUR) | | |
| | | | | 2:00PM \$20 YOGA II WITH TONJA (75 MIN) | | 2:00PM \$20 YOGA II WITH TONJA (75 MIN) | | |
| EVENING | 4:30PM \$20 YOGA/PILATES FUSION WITH ANIKA (50 MIN) | | 4:00PM \$20 YOGA WITH TONJA (50 MIN) | 4:00PM STARLIGHT SNOWSHOE TOUR & YURT DINNER \$98 ADULTS/\$85 KIDS 9-13 (3.5 HOURS) | 4:00PM \$20 YOGA/PILATES FUSION WITH TONJA (50 MIN) | 4:00PM STARLIGHT SNOWSHOE TOUR & YURT DINNER \$98 ADULTS/\$85 KIDS 9-13 (3.5 HOURS) | | |
| | | | 5:00PM \$20 NIA – DANCE FITNESS WITH SAKE (60 MIN) | 5:00PM \$20 YOGA WITH TONJA (50 MIN) | 5:00PM \$20 NIA – DANCE FITNESS WITH SAKE (60 MIN) | 5:00PM \$20 YOGA WITH TONJA (50 MIN) | | |