

Fitness & Snowshoe Tour Schedule

January 30 – February 5, 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)	8:00AM \$20 GENTLE YOGA WITH ANIKA (50 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!						10:30AM \$20 YOGA/PILATES FUSION WITH ANIKA (50 MIN)	
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/\$75 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/\$75 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)		