







FEB 8th-14th GROUP EXERCISE SCHEDULE



Monday FEB 8	Tuesday FEB 9	Wednesday FEB 10	Thursday FEB 11	Friday FEB 12	Saturday FEB 13	Sunday FEB 14
Shoulder Shape-Up Pete 9:30-10:00 am I,II,III		Completely Core Pete 10:30 - 11:00 am I,II,III			Cycle & Sculpt Colleen 9:00 -10:00 am I, II, III	Beginner Mat Pilates Colleen 9:00-9:50 am I, II, III
Completely Core Pete 10:00-10:30 am II,III			Total Body Tune-Up Pete 10:00p-10:50 pm I,II,III	BOSU® Blast Colleen 10:00-11:00 am I, II, III	Beginner Mat Pilates Colleen 10:00-10:50 am I, II, III	
Spin To Win Maggy 12:00- 12:50 I,II,III	Total Body Tune-Up Pete 1:00p-1:50 pm	Spin To Win Maggy 12:00- 12:50 I,II,III	Open Yoga Judith 12:00-1:15 I,II,III	Spin To Win Maggy 12:00- 12:50 I,II,III	Hatha Yoga Rayna 12:00-1:15 I,II,III	Hatha Yoga Rayna 12:00-1:15 I,II,III
						
Indoor Cycle Ally 5:30-6:30p I,II,III		Cycle and Sculpt Colleen 5:30p-6:30 I, II, III			Apres Ski Yoga Rayna 5:00-6:15 I,II,III	
Level of Difficulty: Beginner I, Intermediate II, Advanced III			Age Requirement for Group Exercise: 15+ years CLASS DESCRIPTIONS ARE LISTED ON REVERSE SIDE			

Mind-Body

Open Yoga (60 min) This class is multi-level and beginner-friendly. Each class includes a warm-up and flowing progression of standing, seated and floor poses, ending with guided meditation.

Pilates Mat Class (50 min) Pilates is appropriate for all fitness levels. This class enhances the fundamentals of core strengthening exercises (stomach/back) and stabilization, focusing on long lean muscle development using strength moves & flexibility components.

Hatha Yoga (75 MIN)- Class description coming soon..

Apres Ski Yoga (75 min) Detailed class description coming soon..

Pricing: 50-60 min classes \$10, 30 min classes \$5,

Please pay for your class in advance at the front desk in the Spa. We ask that you arrive at least 5 minutes prior to the start of class to avoid interruption and to ensure a proper warm-up.

Thank you and enjoy your workout!

Strength Training

Completely Core (30 min) A great, express class, that focuses on the core area to strengthen and tone your abdominals and lower back!

Shoulder Shape-Up (30 min) This half hour blast of specific exercises is designed to focus on upper back, deltoids and rotator cuff muscles. Strengthening this critical area is the key to injury prevention.

Total Body Tune-Up (50min) You take the time to tune up your car, now it is time to tune up your body! Get a full -body workout using weights, bands, medicine balls, and stability balls to get your engines fired.

Cardiovascular Exercise

BOSU® (Both Sides Up or Both Sides Utilized) (30 min) Challenge your inner athlete with skills and drills to build strength and aerobic fitness. Improves your balance, increases strength and athletic performance while burning fat! What more could you ask for?

Cycle & Sculpt (60 min) This is a great way to get your daily recommended cardio and strength training requirements in 60 minutes! You'll work on your cardiovascular fitness for half the class doing an interval ride followed by strength training that allows you to achieve an optimal fat burn in the process.

Spin to Win(50 min) Enjoy this indoor cycle workout utilizing all the classic jumps, sprints and climbing. Enjoy the motivating sounds of the music and get a great cardio workout in the process!