

# FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BOOT CAMP - 7:30 am (outdoors)</b>	<b>TRAIL RUNNING - 7:30 am (outdoors)</b>	<b>BOOT CAMP - 7:30 am (outdoors)</b>	<b>TRAIL RUNNING - 7:30 am (outdoors)</b>	<b>BOOT CAMP - 7:30 am (outdoors)</b>	<b>BOOT CAMP - 7:30 am (outdoors)</b>	
<b>YOGA – 9:00 am</b>	<b>PILATES – 9:00 am</b>	<b>YOGA – 9:00 am</b>	<b>PILATES – 9:00 am</b>	<b>YOGA – 9:00 am</b>	<b>YOGA CORE – 9:00 am</b>	<b>SUNRISE YOGA – 9:00 am</b>
	<b>WATER AEROBICS – 10:30 am</b>		<b>WATER AEROBICS – 10:30 am</b>		<b>WATER YOGA – 10:30 am</b>	
<b>FX3 – 12 noon</b>		<b>FX3 – 12 noon</b>		<b>FX3 – 12 noon</b>		
<b>WATER YOGA – 5:30 pm</b>	<b>YOGA CORE – 5:30 pm</b>	<b>WATER YOGA – 5:30 pm</b>	<b>ZUMBA-RITA – 5:30 pm</b>	<b>WATER YOGA – 5:30 pm</b>		<b>WATER YOGA – 4:00 pm</b>  <b>SUNSET YOGA – 5:30 pm</b>

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Please meet at the front desk of the **Grand Summit Spa** for your instructor 5 minutes prior to class dressed and prepared for your activity.

**FX3 (Full Functional Fitness):** This workout strengthens your whole body so you're ready for anything! Bring it!

**Mountain Side Boot Camp:** (Warmer weather) Outdoors, fresh air, high altitude. This program will kick your bottom line into high gear! Be prepared to do agility work, body weight resistance strength training, plyometrics and speed work. Bring water and a towel! (\$220/mo)

**Pilates:** A mat class incorporating the disciplines of Joseph Pilates. We focus on the core strength to lengthen and strengthen the whole body. In 10 sessions you start to feel a difference, in 20 you notice a difference, and in 30 sessions you're on your way to a new body.

**Trail Running:** Warm weather only. This program is designed for the novice runner, ages 10 and over. Learn to improve your running stride and distance as we do anywhere from 1.5 miles to 5 miles. (\$150/mo)

**Water Aerobics:** A little cardio, strength, core and flexibility in the sunshine with groovy music!

**Water Yoga:** A session in the pool which will work the total body to include core and flexibility.

**Yoga:** Relax, rejuvenate, stretch and breathe. Classes designed with your needs in mind.

**Yoga Core:** This class focuses on core stabilization and strength, with poses and breath work. Total body flexibility and breath work is also offered.

**Zumba:** This class will really get you moving to the beat! A Latin dance fitness class that will burn between 600-700 calories. So much fun, you'll forget that you're working out! Afterwards, join us in the Cabin Lounge for a beverage.

\*\$15 charge per class and 12hrs cancellation. \*Please contact Spa Front Desk @ 435-615-8035

Private sessions are available if class times do not suit your schedule.

**Private and group personal training is available. Please call the Spa Front Desk @ 435-615-8035 for more information.**