

FITNESS SCHEDULE

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
7:30 am – 8:30 am	Boot Camp	Yoga	Boot Camp	Yoga	Boot Camp		
8:30 am – 9:30 am	Yoga	Pilates	Yoga	Pilates	Yoga	Yoga	Yoga
4:00 – 5:00 pm				Yoga	Yoga	Yoga	
5:15 -6:15 pm					Zumba!!!		

Please reserve your space 12 hours in advance with the Spa Front Desk at 435-615-8035. \$15 per class and a 12-hour cancellation policy apply.

FITNESS SCHEDULE

Please meet your instructor 10 minutes prior at the Spa's front desk.

Boot Camp: Full Functional Fitness at its best. This class is a total body conditioning class that will get you ready for the slopes or any dry land activity. You will be challenged with cardio, strength, and flexibility. **THIS CLASS HAS IT ALL!**

Pilates: This workout incorporates the disciplines of Joseph Pilates, and may use exertube bands and pulleys. We focus on the core strength to lengthen and strengthen the whole body. Come experience complete functional fitness that will enhance any sport of life.

Yoga: Relax, rejuvenate, stretch and breathe. Classes designed with your needs in mind as the instructor will teach what suits you.

Zumba!!! A dance fitness class that uses Latin and other international dance moves. You'll have so much fun that you'll forget you're working out!

\$15 charge per class

Private indulgences are also available:

- **Private session/ personal training:** Whether you're looking for a private Yoga/Pilates session, or need to revamp your current routine, our trainers can assist you with what you have in mind. \$75 charge per session.
- **PNF Stretching:** Proprioceptive Neuromuscular Facilitation is considered to be one of the most effective forms of flexibility training. Our trainer will perform the stretching of your body for you as you relax and lengthen. Perfect for either before or after a day on the slopes. \$45 per half hour session.

Please contact our Spa at 435.615.8035 to reserve your space or for any other fitness bookings.