

The Peaks Resort and Spa

2011-2012 Winter Fitness Schedule (begins Dec 12th)

\$15 fee for Resort guests / \$25 a day for unlimited classes (see reverse side for Pilates Studio and Rock Climbing** pricing)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|--|---|
| INSTRUCTORS CHOICE (schedule varies) | NEW CLASS 8:00-8:45 Core & More Keith | | 8:00-9:15 ANUSARA-INSPIRED YOGA Mixed Level Alyssa | | NEW CLASS 8:00-8:45 Core & More Keith | |
| <u>December 18</u> KEITH 9:00-10:00 Spinning | 9:00-10:00 Spinning Keith | NEW CLASS 9:00-10:00 Zumba Cynthia | 9:00-10:00 Spinning Kim | 9:00-10:00 Winter Sports Conditioning Alyssa | 9:00-10:00 Zumba Debbie | 9:00-10:00 Spinning Kim |
| <u>December 25</u> No Classes Merry Christmas! | 9:00-10:15 FLOW YOGA Marie | NEW CLASS 9:00-10:15 VINIYOGA Susan | | | 9:00-10:15 FLOW YOGA Marie | |
| <u>January 1</u> ALYSSA 10:15-11:30 ANUSARA-INSPIRED YOGA (Mixed Level) | 10:15-11:15 Strengthen & Lengthen Keith | 10:15-11:15 Pilates Fitball Marissa | 10:15-11:15 Intermediate Power Mat Pilates Kim | 10:15-11:30 ANUSARA-INSPIRED YOGA Level 2 Alyssa | 10:15-11:15 Strengthen & Lengthen Debbie | 10:15-11:15 Intermediate/Advanced Power Mat Pilates Kim |
| <u>January 8</u> KEITH 9:00-10:00 Spinning | | | | | | 11:30-12:45 VINYASA YOGA Mixed Level Brittany |
| 10:15-11:15 Strengthen & Lengthen | 12:00-12:50 Total Body Circuit Debbie | 12:00-12:50 Spinning Debbie | 12:00-12:50 Barre Fusion Kim | 12:00-12:50 Total Body Circuit Alyssa | 12:00-12:50 Barre Fusion Annette | |
| <u>January 15</u> DEBBIE 9:00-10:00 Zumba | | | | | | |
| 10:15-11:15 Strengthen & Lengthen | NEW CLASS 4:00-5:15 YOGA RESCUE Maggie | 4:00-4:50 Aqua Zumba Debbie | | 4:00-5:00 Pilates Fitball Kim | | |
| <u>January 22</u> ALYSSA 9:00-10:00 Spinning | NEW CLASS 4:30-5:15 Apres-Ski Stretch Keith | | 4:15-5:15 Rock Climbing* Keith | | NEW CLASS 4:30-5:15 Apres-Ski Stretch Debbie | 4:30-5:45 APRES SKI YOGA Amy |
| 10:15-11:30 Gentle Yoga | | 5:15-6:30 VINYASA YOGA Level 2 Brittany | 5:15-6:30 VINYASA YOGA Level 1 Amy | 5:15-6:30 VINYASA YOGA Mixed Level Brittany | | |
| <u>January 29</u> DEBBIE 9:00-10:00 Zumba | 5:30-6:30 Zumba Marlen | | NEW CLASS 5:30-6:30 Cardio Bootcamp Keith | | 5:30-6:15 Spinning Express Kim | |
| 10:15-11:15 Strengthen & Lengthen | 5:30-6:30 Rock Climbing* Keith | | | | | |

Descriptions and location of classes

MS Movement Studio
YS Yoga Studio
PS Pilates Studio

Pilates

To book an Equipment Class please go to www.telluridepilatescenter.com

Equipment Classes on the Reformer and The Tower utilize resistance to assist the body through motion and resist the body for strength. Pilates inspires the concept of dynamic stability through movement working always from the core.

Requirements: 1 assesment private (\$55.00) or 1 year equipment experience.

Fee: For packages please see brochure or website. Members \$25/session, Non Members \$35.00.

Equipment Stretch Classes are \$20 with no experience necessary.

Reservations: Please see spa desk, or call 970.708.9469.

Pilates Mat Classes are posted on the front and unless otherwise noted are held in the Movement Studio.

Power – intermediate/advanced

Fitball – All levels

Fitness

Apres Ski Stretch – Wind down after a day on the slopes in this relaxing 45 minutes of stretching. MS

Aqua Zumba-A fitness party in the pool, this workout is fun and energetic. Water shoes recommended but not required. Held in the indoor lap pool unless otherwise indicated (Sometimes we will be outside, you may need a hat and sunscreen)

Barre Fusion–A conditioning class utilizing classic ballet moves, fully toning & rejuvenating. No dance skill required. MS

Cardio Boot Camp – Burn fat, calories and keep your body moving in this Insanity style class. MS

Winter Sports Conditioning –The snow is flying! Get ready for winter activities with exercises designed to prepare you for the season! All levels. MS

Total Body Circuit-Get whipped into shape with the latest in modern fitness training to help you reach for results. No corners to cut - just hard work, sweat and fun using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

Spinning- Indoor cycling for cardio, strength and endurance. Please bring a water bottle. All levels MS

Spinning Express- A 45 minute version of Spinning. All levels MS

Strengthen & Lengthen–Develop overall strength and stability and improve your flexibility. MS

Zumba- The Latin inspired cardio workout that has swept the country is here! Burn calories and sweat while having a great time, no dance skills required. All Levels. MS

CORE & MORE-start the day activating your core, a great tool to enhance overall health and fitness. Will also include some stretching for good measure. MS

Yoga

ANUSARA-INSPIRED- Focuses on Universal Principles of Alignment as well as Anusara's heart-oriented tantric philosophy. Classes will be in a flow format however may break to work on specifics of the pose and/or at the wall. YS

FLOW YOGA- A flow class that moves quickly linking postures, alignment, and breath. Also includes meditation. Yoga experience required. YS

VINYASA YOGA – A flow practice utilizing sun salutations and linking postures. May be rigorous, some yoga experience required. YS

APRES SKI YOGA- Build heat and stretch your muscles after a day on the slopes. Class will include hip openers and relaxation. All Levels YS

VINIYOGA-is a comprehensive and authentic transmission of the teachings of yoga including asana, pranayama, bandha, sound, chanting, meditation, personal ritual and study of texts. All levels YS

YOGA RESCUE-move thru a series of both gentle and fast paced movements to release tension and stress in the body. All levels YS

LEVEL 1- will move at a slower pace and include more instruction. Appropriate for a beginner. YS

LEVEL 2-will move more quickly and include advanced poses. Must have yoga experience. YS

MIXED LEVEL-will include modifications for beginners and more advanced poses for continuing students, YS