

# The Spa at The Peaks Resort Group Exercise Schedule

October 3-17, 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9 am – 10:15 am Morning Vinyasa -Chanel-		9 am-10:15 am Yoga Stretch -Dee-	
9 am – 10:15 am Yoga for Stress Relief -Alline-	9 am- 10 am CycleXtreme -Laura-	8 am- 9 am Morning Cycle -Erin-	9 am- 10 am CycleXtreme -Laura-	9 am – 10:15 am Yin-Yang Flow Yoga -Chanel-	9 am – 10 am CycleXtreme -Laura-	11 am – 12:15 pm Stacked Yoga: Arm Balances -Chanel-
10 am -11 am Morning Cycle -Laura-	11am-12 pm Yoga	10:15 am-11:15 am Strengthen & Lengthen -Debbie-	10 am – 11 am Pure Strength -Laura-	10:15 am-11:15 am Strengthen & Lengthen -Debbie-	10 am – 11 am Pure Strength -Laura-	
11 am- 12 pm Pilates on the BOSU -Matthew-	12 pm - 1 pm Glutes & Gut -Matthew -	12 pm - 1 pm Cycle & Roll -Matthew -	11 am -12 pm Barre Xtreme -Frannie	12 pm – 1 pm Sculpt Xtreme -Erin-		
		5 pm – 6:15 pm Yin Flow Yoga -Chanel	12 pm - 1 pm Glutes & Gut -Matthew -	5 pm- 6:15 pm Vinyasa Yoga -Megan-		
		6:30 pm- 7:30 pm Unwind -Chanel-	12 pm – 1 pm Mindful Meditation -Chanel-	5 pm- 6 pm Pre-Season Ski Conditioning -Coach Miller-		

## CLASS DESCRIPTIONS

All group fitness classes are open to anyone although we have designated some classes as more advanced than others. Please notify the instructor before starting class to let them know if you are a first time student or have physical issues that would impact your participation in a class.

**SPA AT THE PEAKS FULL ACCESS DAY FEE: \$45**

## GROUP EXERCISE SCHEDULE

**BARRE XTREME** - Full body workout targeting hips, thighs, glutes, abdominals and arms while keeping your heart rate up as much as possible.

**CYCLE & ROLL**- Get out of your office or come in off the trails for a high intensity workout, followed by foam rolling to align your body for the rest of the day

**CycleXtreme** - Not for the faint of heart, this cycling class is for the hardcore athlete. Emphasis on endurance and bursts for those training for events.

**GLUTES & GUT**- This full body workout focuses on functional movement patterns while working on intensity and core strength. Not for the faint of heart!!

**INVIGORATING VINYASA**- A strong Vinyasa flow practice with an emphasis on breath and alignment. Arm balances and inversions will be offered regularly.

**Pre-Season Ski Conditioning**- The class follows progressive conditioning concepts that will enhance your skiing and advance your fitness level.

**MINDFUL MEDITATION**- This class is a time to recharge the senses, create a healing sacred space that is always available once obtained. This is a time to train the brain to turn off and consciousness to turn on.

**MORNING CYCLE**- This cycling experience is for everyone with an emphasis on cycling technique. Modifications for beginners and more advance participants will be given.

## THE SPA AT THE PEAKS RESORT

**MORNING VINYASA**- An invigorating practice that builds strength and flexibility while calming the mind. All levels welcome.

**PILATES on the BOSU**- Take your Pilates experience up to the next level incorporating the BOSU Balance Trainer. The BOSU allows different ranges of motion of the spine for maximum benefits.

**PURE STRENGTH**- Work your body in every way possible building strength and definition using various tools to kick up your metabolism.

**STACKED YOGA: Arm Balances**- This all level class is designed to help you build your strength and confidence for arm balances in your yoga practice while focusing on aligning joints and fine tuning balance.

**STRENGTHEN & LENGTHEN**-Get both strong and lean during this moderate to intense workout using body weight and various props.

**UNWIND**- Let this evening meditation class be your time to unwind from you hectic day and find your center for the week.

**YIN FLOW YOGA** - yin" refers to a more passive, cooling, slower pace, while "yang" is going to involve a more rigorous and heated practice (vinyasa). The two together to make a fun and therapeutic yoga practice in perfect harmony and balance.

**YOGA FOR STRESS RELIEF**- In this class we use Yoga, Ayurveda and Aromatherapy to bring balance to the mind and body. This all levels class is perfect for anyone in need of healthy yoga movement, deep stretching and stress relief

**YOGA STRETCH**- This all level class is great for any sport.