



THE PEAKS
Resort & Spa
 TELLURIDE

FITNESS SCHEDULE

Tuesday, November 5th-Saturday, November 30th, 2024

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:00am-9am (60 Minutes) Yoga Flow Valerie Yoga Studio <i>*Starting Nov. 11th</i>	8:00am-9:30am (90 Minutes) Yoga for Alpine Athletics Kelsey Yoga Studio	8:00am-9:30am (90 Minutes) Yoga Flow Kelsey Yoga Studio	8:00am-9:30am (90 Minutes) Yoga for Core & Strength Kelsey Yoga Studio	
10:00am-11:00am (60 Minutes) Ski Season Prep Casey Group Fitness Studio <i>*Starting Nov. 11th</i>			10:00am-11:00am (60 Minutes) Full Body Stabilization Casey Group Fitness Studio <i>*Starting Nov. 14th</i>	10:00am-11:00am (60 Minutes) Upper Body Burn Casey Group Fitness Studio <i>*Starting Nov. 15th</i>
				12:00pm-1:00pm (60 Minutes) Yin Yoga Isabella Yoga Studio
	2:00pm-3:00pm (60 Minutes) Power Yoga Isabella Yoga Studio <i>*Starting Nov. 12th</i>	2:00pm-3:00pm (60 Minutes) Core & More Casey Group Fitness Studio <i>*Starting Nov. 13th</i>		

Please note that classes run November 5th-30th, with the exception of the classes indicated with a later start date. Please arrive to class 5 minutes early in order to secure your spot and gather your gear. Don't forget a water bottle!

NOVEMBER FITNESS CLASS DESCRIPTIONS

Please note that classes run November 5th-30th, with the exception of the classes indicated with a later start date. Please arrive to class 5 minutes early in order to secure your spot and gather your gear. Don't forget a full water bottle!

Yoga Flow with Valerie: *An active flow of connecting your body and breath through sequences to build your physical and mental strength.*

Ski Season Prep with Casey: *A full body build and burn, with a sweaty glow before good turns in the snow.*

Power Yoga Flow with Isabella: *A flow of connecting your body and breath through active sequences to build your physical and mental strength.*

Yoga for Alpine Athletics with Kelsey: *An athletic yoga connecting body and brain, preparing you physically and mentally for your alpine athletics.*

Yoga Flow with Kelsey: *An active flow of connecting your body and breath through sequences to build your physical and mental strength.*

Core & More with Casey: *Work on strengthening the core and stabilizing mobility.*

Yoga for Core & Strength with Kelsey: *A flow with strength-training exercises to build muscle, enhance flexibility, and promote overall physical strength.*

Full Body Stabilization with Casey: *A full body workout for stability in your alpine adventures, with a sweaty glow before good turns in the snow.*

Upper Body Burn with Casey: *A range of upper body exercises to leave you feeling strong.*

Yin Yoga with Isabella: *Slow paced practice; each pose is held 3-5 minutes targeting deep connective tissues and increase circulation and flexibility.*
