



SPRING 2025 OFF SEASON FITNESS SCHEDULE

Sunday, April 28th through Saturday, May 24th

Please arrive to class 5 minutes early in order to secure your spot and gather your gear. Don't forget a full water bottle!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		8:00AM-9:00AM MEDITATION AND RESTORATIVE MOVEMENT <i>Rhea</i> Yoga Studio	8:00AM-9:00AM YOGA FOR CORE & STRENGTH <i>Kelsey</i> Yoga Studio	8:00AM-9:00AM MEDITATION AND RESTORATIVE MOVEMENT <i>Rhea</i> Yoga Studio	8:00AM-9:00AM RESTORE & REJUVENATE <i>Sage</i> Yoga Studio	
	9:15AM-10:15AM KETTLE BELL KRUSH <i>Casey</i> Group Fitness Studio	9:15AM-10:15AM YOGA FOR ALPINE ALTHETICS <i>Kelsey</i> Yoga Studio	9:15AM-10:15AM YOGA FLOW <i>Valerie</i> Yoga Studio	9:15AM-10:15AM YOGA FOR ALPINE ALTHETICS <i>Kelsey</i> Yoga Studio		
	10:30AM-11:30AM ALPINE ATHLETICS PREP <i>Casey</i> Group Fitness Studio	10:30AM-11:30AM CORE & MORE FITNESS FUSION <i>Casey</i> Group Fitness Studio	10:30AM-11:30AM BOSU BALL & BURN <i>Casey</i> Group Fitness Studio	10:30AM-11:30AM LOW IMPACT HIIT CLASS <i>Casey</i> Group Fitness Studio		
5:30PM-6:30PM YIN YOGA <i>Sage</i> Yoga Studio						

OFF FITNESS SCHEDULE: CLASS DESCRIPTIONS



Kettle Ball Krush with Casey: using the kettle bell as your main prop, you can expect to get a full body strength workout with the heart rate up and sweat on

Core & More Mat Fitness Fusion with Casey: blend of mat exercises to engage the full body, core, improve flexibility, stability, joints, and more

Bosu Ball & Burn with Casey: On a bosu ball, get a workout using mobility, balance, stability, and strength simultaneously, ending with full body stretches.

Low Impact HIIT Class with Casey: using mainly your body weight, expect a full body workout of high intensity interval training session without the impact

Alpine Athletics Prep with Casey: A full body build and burn, with a sweaty glow prepping your body for summer adventures of biking, hiking, and more.

Restore & Rejuvenate with Sage: a very calming environment of restoration for the mind and body both, long stretching and breathing

Yin Yoga with Sage: Focuses on long-held, passive poses to target the deep connective tissues in the body, promoting relaxation, flexibility, and mindfulness.

Yoga Flow with Valerie: An active flow of connecting your body and breath through 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 for Core & Strength with Kelsey: A flow with strength-training exercises to build muscle, enhance flexibility, and promote overall physical strength.

Meditation and Restorative Movement with Rhea: Active breathing meditation, with restorative postures, to connect the breath and body.
