



THE PEAKS
Resort & Spa
TELLURIDE

FEBRUARY FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM-9:00AM MORNING MOBILITY STRETCH <i>Roby</i> Cycle Studio	8:00AM-9:00AM KAIUT YOGA <i>Eliza</i> Yoga Studio	8:00AM-9:00AM MEDITATION AND RESTORATIVE MOVEMENT <i>Rhea</i> Yoga Studio	8:00AM-8:45AM MORNING MAT PILATES <i>Kat</i> Cycle Studio	8:00AM-9:00AM YOGA FLOW <i>Valerie</i> Yoga Studio	8:00AM-9:00AM SNOWGA - YOGA <i>Dave</i> Yoga Studio	8:00AM-9:00AM SNOWGA - YOGA <i>Dave</i> Yoga Studio
9:15AM-10:00AM AQUATIC STRETCHING <i>Roby</i> Pool	9:30AM-10:30AM SLOW FLOW <i>Eliza</i> Yoga Studio	9:30 am -10:30am CORE & MORE MAT FITNESS FUSION <i>Heather</i> Cycle Studio	9:30 am -10:30am CIRCUIT TRAINING <i>Heather</i> Cycle Studio	9:30 am -10:30 am BOSU BALL & BURN <i>Heather</i> Cycle Studio	9:30 am -10:30am RESTORE & REJUVENATE <i>Heather</i> Yoga Studio	9:15-10:15AM YIN YOGA <i>Julie</i> Yoga Studio
	10:45AM-11:45AM BARRE FITNESS FUSION <i>Heather</i> Cycle Studio	10:45AM-11:45AM STRENGTHEN & LENGTHEN <i>Debbie</i> Cycle Studio	10:45AM-11:45AM MOBILITY MANAGEMENT <i>Debbie</i> Cycle Studio	10:45AM-11:45AM STRENGTHEN & LENGTHEN <i>Debbie</i> Cycle Studio	10:45AM-11:45AM FOAM ROLLING & RECOVER <i>Heather</i> Yoga Studio	
	12:00-1:00PM MAT PILATES <i>Anikke</i> Cycle Studio	12:00-1:00PM ROLL & RELEASE FOAM ROLLING <i>Debbie</i> Cycle Studio	12:00-1:00PM MAT PILATES <i>Cher</i> Cycle Studio	12:00-1:00PM VINYASA FLOW YOGA <i>Isabella</i> Yoga Studio	12:00-1:00PM POWER FLOW <i>Isabella</i> Yoga Studio	
4:00PM – 5:00PM SOUND BATH <i>Lucy</i> Yoga Studio	4:00pm - 5:00pm MEDITATION & BREATHWORK <i>Rhea</i> Yoga Studio	4:00PM-5:00PM LAP SWIM CONDITIONING & TECHNIQUE <i>Laura</i> Pool	4:00 pm - 5:00 pm APRES SKI PILATES <i>Anikke</i> Cycle Studio	4:00PM – 5:00PM LAP SWIM CONDITIONING & TECHNIQUE <i>Laura</i> Pool	4:00PM – 5:00PM YOGA SCULPT <i>Lucy</i> Yoga Studio	

FEBRUARY Schedule is February 1st through the end of ski season.

Please arrive to class 5 minutes early in order to secure your 1st spot and gather your gear. Don't forget a full water bottle!

WINTER FITNESS SCHEDULE: CLASS DESCRIPTIONS



Morning Mobility with Roby: *get some casual, easy going movement, stretching and mobility into your body before a day in the mountains*

Aquatic Stretching with Roby: *hop in the pool for a session of therapeutic water stretching and mobility*

Sound Bath with Lucy: *deep relaxation and healing while immersing yourself in gentle, restorative poses and soothing vibrations*

Kaiut Yoga with Eliza: *A yoga style rooted in joint access and functionality, deepening your mind-body connection through exploring physical sensations in postures that are held for extended periods. This practice is meant to be for every-body, no need to be flexible or athletic.*

Slow Flow with Eliza: *A vinyasa-inspired flow that is slowed down to allow deeper tissue exploration and full body stretching.*

Barre Fitness Fusion with Heather: *low impact, but still brings the intensity fusing barre and fitness moves all together with core and stretching*

Mat Pilates with Anikke: *therapeutic blend of exercises on the mat to engage the full body, core, improve flexibility, stability, joints, and more*

Meditation and Breathwork with Rhea: *an active breathing meditation, connecting the breath and body*

Mediation and Restorative Movement with Rhea: *mediation along with restorative postures, active breathing, connecting the breath and body*

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

Strengthen and Lengthen with Debbie: *a combination of strength work with resistance bands, props, and foam rollers for the length work*

Roll & Release Foam Rolling with Debbie: *gentle foam rolling and stretching, great for tight bodies and myofascial release*

Lap Swim Conditioning & Technique with Laura: *organized workout of drills + technique to help improve efficiency and endurance in the water*

Morning Mat Pilates with Kat: *blend of mat exercises to engage the full body, core, improve flexibility, stability, joints, and more*

Circuit Training with Heather: *start with a dynamic warm up, then move through full body circuits using gym equipment, and a long cool down*

Mobility Management with Debbie: *get some casual, easy going movement, stretching and mobility into your body before a day in the mountains*

Mat Pilates with Cher: *therapeutic blend of exercises on the mat to engage the full body, core, improve flexibility, stability, joints, and more*

Après Ski Pilates with Anikke: *therapeutic blend of mat exercises to engage the full body, core, improve flexibility, stability, joints, and more*

Yoga Flow with Valerie: *a flow of connecting your body and breath through active sequences building your physical and mental strength*

Bosu Burn with Heather: *On a bosu ball, you will get a workout using mobility, balance, stability, and strength simultaneously, ending with full body stretches.*

Vinyasa Yoga Flow with Isabella: *a flow of connecting your body and breath through active sequences building your physical and mental strength*

Snowga-Yoga with Dave: *a moderate flow class to prep you for a great day of alpine adventures. Warm up your back, core, and open your hips*

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

Foam Roll & Restore with Heather: *roll and restore your body, mind, muscle, and myofascial release along with with mobility, balance, stability, and stretches*

Power Flow with Isabella: *a powerful flow of yoga-inspired exercises that will work all areas of your body, core, stability, flexibility and strength*

Yoga Sculpt with Lucy: *breathwork, somatic exercises, and dynamic sculpting all in one. Empowered strength and mindfulness all together.*

Yin Yoga with Julie: *a relaxing, restorative slow-paced style yoga where the passive postures are held for a longer amount of time*