



THE PEAKS
Resort & Spa
TELLURIDE

SUMMER FITNESS SCHEDULE

Summer Season begins June 1st and goes through the end of the season.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM-9:00AM MORNING MOBILITY STRETCH <i>Roby</i> Group Fitness 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> Group Fitness Studio	8:00AM-9:00AM YOGA FLOW <i>Valerie</i> Yoga Studio	8:00AM-9:00AM SLOW FLOW <i>Dave</i> Yoga Studio	8:00AM-9:00AM YOGA FOR ALPINE ATHLETICS <i>Jovana</i> Yoga Studio <i>*ends August 17th</i>
9:15AM-10:00AM AQUATIC STRETCHING <i>Roby</i> Pool	9:30AM-10:30AM SLOW FLOW <i>Eliza</i> Yoga Studio	9:30AM-10:30AM CORE & MORE MAT FITNESS FUSION <i>Heather</i> Group Fitness Studio	9:30AM-10:30AM CIRCUIT TRAINING <i>Heather</i> Group Fitness Studio	9:30AM-10:30AM BOSU BALL & BURN <i>Heather</i> Group Fitness Studio	9:30AM-10:30AM RESTORE & REJUVENATE <i>Heather</i> Outdoors – Lawn Exit through lap pool	9:30AM-11:00AM YIN YOGA <i>Sage</i> Yoga Studio
	10:45AM-11:45AM BARRE FITNESS FUSION <i>Heather</i> Group Fitness Studio	10:45AM-11:45AM STRENGTHEN & LENGTHEN <i>Debbie</i> Group Fitness Studio	10:45AM-11:45AM MOBILITY MANAGEMENT <i>Debbie</i> Group Fitness Studio	10:45AM-11:45AM STRENGTHEN & LENGTHEN <i>Debbie</i> Group Fitness Studio	10:45AM-11:45AM YOGA SCULPT <i>Lucy</i> Outdoors – Lawn Exit through lap pool	
	12:00PM-1:00PM MAT PILATES <i>Anikke</i> Group Fitness Studio	12:00-1:00PM ROLL & RELEASE FOAM ROLLING <i>Debbie</i> Group Fitness Studio	12:00PM-1:00PM SLOW FLOW <i>Dave</i> Yoga Studio	12:00-1:00PM VINYASA FLOW YOGA <i>Isabella</i> Yoga Studio	12:00-1:00PM SOMATIC STRETCH <i>Lucy</i> Outdoors – Lawn Exit through lap pool	
	5:00PM-6:00PM LAP SWIM CONDITIONING & TECHNIQUE <i>Casey</i> Pool	5:00PM-6:00PM LAP SWIM CONDITIONING & TECHNIQUE <i>Casey</i> Pool	5:00PM-6:00PM MAT PILATES <i>Anikke</i> Group Fitness Studio	5:00PM-6:00PM MEDITATION AND RESTORATIVE MOVEMENT <i>Rhea</i> Yoga Studio	5:00PM-6:00PM FRIDAY FLOW <i>Jovana</i> Yoga Studio <i>*ends August 17th</i>	

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

SUMMER FITNESS CLASS DESCRIPTIONS

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

Morning Mobility with Roby: *Get some casual, easygoing 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.*

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 by 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 Restorative Movement with Rhea: *Active breathing meditation, with restorative postures, to connect 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 length work.*

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

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, easygoing movement, stretching and mobility into your body before a day in the mountains.*

Slow Flow with Dave: *A flow of connecting your body and breath through sequences to build your physical and mental strength.*

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

Bosu Burn with Heather: *Using a bosu ball, you will simultaneously engage mobility, balance, stability, and strength, ending with full body stretches.*

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

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

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

Friday Flow with Jovana: *An active moving flow, connecting your body and breath through sequences using your physical and mental strength.*

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

Somatic Stretching with Lucy: *A mindful approach using intuition and breath to move the body gently, releasing physical and mental tension.*

Yoga Sculpt with Lucy: *A flow of yoga postures with strength-training exercises to build muscle, enhance flexibility, and promote overall physical strength.*

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