



SUMMER 2025 FITNESS SCHEDULE – AUGUST 1st through end of season

Please arrive to class 5 minutes early in order to secure your spot and gather your gear.

Don't forget a full water bottle! Be sure you check class location. All outdoor classes are weather dependent.

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
8:00AM-9:00AM AQUATIC STRETCHING <i>Roby</i> Outdoor Pool	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-9:00AM MORNING MAT PILATES <i>Kat</i> Group Fitness Studio	8:00AM-9:00AM MEDITATION AND RESTORATIVE MOVEMENT <i>Rhea</i> Yoga Studio	8:00AM-9:00AM SWIM CONDITIONING & TECHNIQUE <i>Casey</i> Indoor Lap Pool	8:00AM-9:00AM SATURDAY MORNING YOGA <i>Rotating Instructors</i> Yoga Studio
9:15AM-10:15AM MORNING MOVEMENT STRETCH <i>Roby</i> Pool Lawn – exit through lap pool area	9:15AM-10:15AM SLOW FLOW <i>Eliza</i> Yoga Studio	9:15AM-10:15AM CORE & MORE FITNESS FUSION <i>Casey</i> Group Fitness Studio	9:15AM-10:15AM YOGA FLOW <i>Valerie</i> Yoga Studio	9:15AM-10:15AM BOSU BALL & BURN <i>Casey</i> Group Fitness Studio	9:15AM-10:15AM WATER AEROBICS <i>Casey</i> Outdoor Pool	
	10:30AM-12:00PM MOBILITY MOVEMENT & CORE CONDITIONING <i>Heather</i> Pool Lawn – exit through lap pool area	10:30AM-12:00PM STRENGTH & STRETCH <i>Heather</i> Pool Lawn – exit through lap pool area	10:30AM-12:00PM WALL STRETCHING <i>Heather</i> Pool Lawn – exit through lap pool area	10:30AM-12:00PM STRENGTH & STRETCH <i>Heather</i> Pool Lawn – exit through lap pool area	10:30AM-12:00PM RESTORE & REJUVENATE <i>Heather</i> Pool Lawn – exit through lap pool area	
	12:15-12:45 HIIT CLASS <i>Casey</i> Group Fitness Studio 12:45-1:15 ALPINE ATHLETICS PREP <i>Casey</i> Group Fitness Studio	12:15PM-1:15PM ROLL & RESTORE <i>Debbie</i> Group Fitness Studio	12:15PM-1:15PM STRENGTHEN & LENGTHEN <i>Debbie</i> Group Fitness Studio	12:15PM-1:15PM BALANCE & STABILITY <i>Debbie</i> Group Fitness Studio	12:15PM-1:15PM BARRE PILATES <i>Anikke</i> Group Fitness Studio	

SUMMER 2025 FITNESS SCHEDULE – CLASS DESCRIPTIONS

Morning Movement Stretch 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.*

Mobility Movement & Core Conditioning with Heather: *Low impact movement working from head to heels to loosen up the body and mobilize the muscular and skeletal structure of your head, neck, shoulders, back, hips, and legs. You will then do core conditioning, exercising all sides of your core.*

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

Core & More Fitness Fusion with Casey: *Blend of exercises to engage the full body, core, improve flexibility, stability, joints, and more.*

Strengthen & Stretch with Heather: *A strength workout that incorporates all elements of your fitness: body activation, flexibility, mobility, cardio, balance, agility, and core. The workout will be followed by full body stretching.*

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

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

Wall Stretching with Heather: *Using the wall as your main prop, stretch out the hips, shoulders, and everything in between.*

Barre Pilates with Anikke: *A blend of Pilates mat and dynamic barre exercises focusing on strengthening and activating core, for a whole-body workout.*

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

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.*

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.*

Balance & Stability with Debbie: *A session focused on the steadiness of your body from your feet up in order to maintain and improve balance for all ages.*

HIIT Class with Casey: *Using mainly your body weight, expect a full body workout of high intensity interval training session.*

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.*

Water Aerobics with Casey: *Low-impact cardiovascular and strength-training exercise, using water resistance to improve fitness and flexibility. Located in the outdoor pool for fresh air and beautiful mountain views.*

Saturday Morning Yoga, Rotating Instructors: *Start your Saturday off with bringing awareness to your breath and body while finding a gentle flow of movement.*
