

SUMMER 2025 FITNESS SCHEDULE – May 25th 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.

8:00AM-9:00AM AQUATC 8:00AM-9:00AM KAIUT Y0GA 8:00AM-9:00AM MEDITATION AND STRETCHING 8:00AM-9:00AM MEDITATION AND RESTORATIVE 8:00AM-9:00AM MEDITATION AND PILATES 8:00AM-9:00AM MEDITATION AND SWIM CONDITIONING SATURDAY MO 8:00AM-9:00AM SWIM CONDITIONING SATURDAY MO 0:0000 Yoga Studio Restorative Yoga Studio Restorative Yoga Studio Restorative Yoga Studio 8:00AM-9:00AM MEDITATION AND SWIM CONDITIONING SATURDAY MO 8:00AM-9:00AM MEDITATION AND % TERESTORATIVE Yoga Studio 8:00AM-9:00AM MEDITATION AND % TERESTORATIVE Yoga Studio 8:00AM-9:00AM MEDITATION AND % TERESTORATIVE Yoga Studio Storative Yoga Studio 9:15AM-10:15AM WATER AREOBICS	Resort & Spa TELLURIDE SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
AQUATIC STRETCHING RestroamKAIUT YOGA Eliza Uddoor PoolMEDITATION AND RESTORATIVE RestroamSWIM CONDITIONING RESTORATIVE RESTORATIVE RestroamSATURDAY MO YOGA RESTORATIVE RestroamOutdoor PoolYoga StudioMOVEMENT Rhea Yoga StudioRestroam RestroamRestroam RestroamRestroam RestroamRestroam RestroamRestroam RestroamRestroam RestroamRestroam RestroamRestroam RestroamRestroam RestroamRestroam RestroamRestroam RestroamRestroam RestroamRestroam RestroamSATURDAY MO YOGA9:15AM-10:15AM MORNING MOVEMENT STRETCH Horogh lap pool area9:15AM-10:15AM Pool Lawn - exit through lap pool area9:15AM-10:15AM Casey Yoga Studio9:15AM-10:15AM BOSU BALL & BURN Water REROBICS Casey Group Fitness Studio9:15AM-10:15AM WATER REROBICS Casey Group Fitness Studio9:15AM-10:15AM BOSU BALL & BURN WATER REROBICS Casey Doutdoor Pool10:30AM-12:00PM Houthor Pool10:30AM-12:00PM Heather10:30AM-12:00PM Heather Pool Lawn - exit through lap pool area10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather Pool Lawn - exit through lap pool area10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather Pool Lawn - exit through lap pool area10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM<							
STRETCHING Roby Eliza Yoga Studio RESTORATIVE MOVEMENT Roby RESTORATIVE MOVEMENT Kat RESTORATIVE MOVEMENT & TECHNIQUE Casey & TECHNIQUE Casey Notating instru- Yoga Studio 9:15AM-10:15AM More mean Water AleroBICS <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>SATURDAY MORNING</td>							SATURDAY MORNING
Roby Outdoor Pool Yoga Studio MOVEMENT Rhea (roup Fitness Studio Kat Group Fitness Studio MOVEMENT Rhea (roup Fitness Studio MOVEMENT Rhea (roup Fitness Studio MOVEMENT Rhea (roup Fitness Studio Rea (roup Fitness Studio MOVEMENT (roup Fitness Studio Rea (roup Fitness Studio MOVEMENT (roup Fitness Studio Rea (roup Fitness Studio 9:15AM-10:15AM 9:15AM-10:15AM 9:15AM-10:15AM MOVEMENT STRETCH Roby Pool Lawn – exit through lap pool area Situdio Casey Group Fitness Studio 9:15AM-10:15AM 9:15AM-10:15AM 9:15AM-10:15AM 9:15AM-10:15AM MOVEMENT STRETCH Roby Pool Lawn – exit through lap pool area Group Fitness Studio Group Fitness Studio Outdoor Pool Outdoor Pool MOBILITY MOVEMENT Pool Lawn – exit through lap pool area 10:30AM-12:00PM (roug lap pool area 10:30AM-12:00PM (roug lap pool area 10:30AM-12:00PM (roug lap pool area 10:30AM-12:00PM (roug lap pool area 12:15-12 (States) 12:15PM-1:15PM (roug lap pool area 10:30AM-12:00PM (roug lap pool area 10:30AM-12:00PM (roug lap pool area 10:30AM-12:00PM (roug lap pool area 12:15-12 (States) 12:15PM-1:15PM (roug lap pool area							
Outdoor Pool Rhea Yoga Studio Group Fitness Studio Rhea Yoga Studio Indoor Lap Pool Yoga Studio 9:15AM-10:15AM MORNING MORNING MORNING MOVEMENT STRETCH Roby Pool Lawn – exit through lap pool area 9:15AM-10:15AM SLOW FLOW 9:15AM-10:15AM CORE & MORE FITNESS FUSION 9:15AM-10:15AM YOGA FLOW 9:15AM-10:15AM BOSU BALL & BURN Vaga Studio 9:15AM-10:15AM SUB CORE & MORE FITNESS YOGA FLOW 9:15AM-10:15AM BOSU BALL & BURN Vaga Studio WATER AEROBICS Casey Casey Outdoor Pool Pool Lawn – exit through lap pool area 10:30AM-12:00PM MOBILITY MOVEMENT & Fool Lawn – exit through lap pool area 10:30AM-12:00PM MOBILITY MOVEMENT & STRENGTH & STRETCH Heather 10:30AM-12:00PM Pool Lawn – exit through lap pool area 10:30AM-12:00PM YOGI Lawn – e							Rotating Instructors
Yoga StudioYoga StudioYoga StudioYoga Studio9:15AM-10:15AM9:15AM-10:15AM9:15AM-10:15AM9:15AM-10:15AM9:15AM-10:15AMMORNINGSLOW FLOWCORE & MORE FITCHBOSU BALL & BURNWATER AEROBICSMOVEMENT STRETCHElizaCaseyYoga StudioCaseyCaseyPool Lawn - exitTo:30AM-12:00PM10:30AM-12:00PM10:30AM-12:00PM10:30AM-12:00PMMOBILITY MOVEMENT & CORE & CONDITIONINGSTRENGT & STRETCH HeatherMALL STRETCH Heather10:30AM-12:00PM10:30AM-12:00PMMOBILITY MOVEMENT & CORE CONDITIONINGSTRENGT & STRETCH HeatherMALL STRETCH Heather10:30AM-12:00PM10:30AM-12:00PMMOBILITY MOVEMENT & CORE CONDITIONINGSTRENGT & STRETCH HeatherPool Lawn - exit through lap pool area10:30AM-12:00PM10:30AM-12:00PMMOBILITY MOVEMENT & CORE CONDITIONINGSTRENGT & STRETCH HeatherPool Lawn - exit through lap pool area10:30AM-12:00PM10:30AM-12:00PMMOBILITY MOVEMENT & CORE CONDITIONINGSTRENGT & Pool Lawn - exit through lap pool area10:30AM-12:00PM10:30AM-12:00PMHITIT CLASSROLL & RESTORE CaseySTRENGTHEN Debbie12:15PM-1:15PM12:15PM-1:15PMHITIT CLASSROLL & RESTORE CaseySTRENGTHEN DebbieBALANCE & STABILITY DebbieBAIRE PLATES AnikkeALPINE ATHLETICS PREP CaseyGroup Fitness StudioGroup Fitness StudioGroup Fitness StudioGroup Fitness StudioFRESTORATIVE YOGAFLORTHEN CaseyGOOPM-7:00PM <t< td=""><td>,</td><td>1050 Staalo</td><td></td><td></td><td></td><td>,</td><td>•</td></t<>	,	1050 Staalo				,	•
9:15AM-10:15AM MORNING SLOW FLOW 9:15AM-10:15AM CORE & MORE FITNESS FUSION 9:15AM-10:15AM YOGA FLOW Valerie 9:15AM-10:15AM BOSU BALL & BURN Casey 9:15AM-10:15AM WATER AEROBICS Casey 9:15AM-10:15AM WATER AEROBICS MOVEMENT STRETCH Roby Pool Lawn – exit through lap pool area Yoga Studio Casey Group Fitness Studio Yoga Studio Utdoor Pool 10:30AM-12:00PM MOBILITY MOVEMENT & CORE CONDITIONING Heather 10:30AM-12:00PM Pool Lawn – exit through lap pool area 10:30AM-12:00PM WALL STRETCHING Heather 10:30AM-12:00PM Heather 10:30AM-12:00PM Pool Lawn – exit through lap pool area 10:30AM-12:00PM WALL STRETCHING Heather 10:30AM-12:00PM Heather 10:30AM-12:00PM Pool Lawn – exit through lap pool area 10:30AM-12:00PM BALANCE & STABILITY Debbie 12:15PM-1:15PM Group Fitness Studio 12:15PM-1:15PM Group Fitness Studio 12:15PM-1:15PM Group Fitness Studio 12:15PM-1:15							
MORNING MOVEMENT STRETCH Roby Pool Lawn - exit through lap pool areaSLOW FLOW Eliza Group Fitness StudioCORE & MORE FITNESS FUSION Group Fitness StudioYOGA FLOW Valerie Yoga StudioBOSU BALL & BURN Casey Group Fitness StudioWATER AEROBICS Casey Outdoor PoolRoby Pool Lawn - exit through lap pool area10:30AM-12:00PM Through lap pool area10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Pool Lawn - exit through lap pool area10:30AM-12:00PM Horough lap pool area10:30AM-12:00PM Horough lap pool area10:30AM-12:00PM Heather10:30AM-12:00PM HeatherRESTORE & REJUVENATE Heather100 Lawn - exit through lap pool area10:10:10:10:10:10:10:10:10:10:10:10:10:1	9:15AM-10:15AM	9:15AM-10:15AM		9:15AM-10:15AM	-	9:15AM-10:15AM	
MOVEMENT STRETCH Roby Pool Lawn - exit through lap pool areaEliza Voga StudioFUSION Casey Group Fitness StudioValerie Yoga StudioCasey Group Fitness StudioCasey Outdoor Pool10:30AM-12:00PM MOBILITY MOVEMENT & CORE CONDITIONING Heather10:30AM-12:00PM STRENGTH & STRETCH Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM Heather10:30AM-12:00PM HeatherRESTORE & REJUVENATE HeatherPool Lawn - exit through lap pool areaPool Lawn - exit through lap pool areaPool Lawn - exit through lap pool areaPool Lawn - exit through lap pool area10:30AM-12:00PM HeatherRESTORE & REJUVENATE Heather12:15FL1:15 Group Fitness Studio12:15PM-1:15PM Group Fitness Studio12:15PM-1:15PM Group Fitness Studio12:15PM-1:15PM BARRE PLATES Anikke Group Fitness Studio12:15PM-1:15PM BARRE PLATES Anikke Group Fitness Studio12:1245-1:15 ALPINE ATLETICS PREP Casey Group Fitness StudioGroup Fitness StudioGroup Fitness StudioGroup Fitness Studio10:30AM-12:00PM HIN TO VIN N TO VIN RESTORATIVE YOGA NOUNTAIN DaveG:00PM-7:00PM Yoga StudioG:00PM-7:00PM Pool Lawn - exit HeatherG:00PM-7:00PM HeatherG:00PM-7:00PM Heather10:30AM-12:00 PDAVG:00PM-7:00PM Yoga StudioG:00PM-7:00PM Pool Lawn - exit Hool Lawn - exit Hool							
Roby Pool Lawn - exit through lap pool areaYoga StudioGroup Fitness StudioOutdoor Pool10:30AM-12:00PM MOBILITY MOVEMENT & CORE CONDITIONING Heather10:30AM-12:00PM STRENGTH & STRETCH Heather10:30AM-12:00PM WALL STRETCHING Heather10:30AM-12:00PM STRENGTH & STRETCH Heather10:30AM-12:00PM RESTORE & REIUVENATE Heather10:00 Lawn - exit through lap pool areaPool Lawn - exit through lap pool area10:30AM-12:00PM Heather10:30AM-12:00PM RESTORE & REIUVENATE Heather11:15:12:45 Tool Lawn - exit through lap pool area12:15PM-1:15PM I1:15:12:4512:15PM-1:15PM I1:15PM12:15PM-1:15PM BARRE PILATES Debbie12:15PM-1:15PM BARRE PILATES Anikke11:2:45-1:15 PREP Cosey Group Fitness StudioGroup Fitness Studio Group Fitness StudioGroup Fitness Studio Group Fitness StudioGroup Fitness Studio Group Fitness Studio12:15PM-1:15PM BARRE PILATES Anikke12:45-1:15 PREP Cosey Group Fitness Studio6:00PM-7:00PM VIN TO VIN6:00PM-7:00PM RESTORATIVE YOGA Vaga Studio6:00PM-7:00PM Anikke6:00PM-7:00PM Heather6:00PM-7:00PM VIN TO VIN6:00PM-7:00PM Vin TO VIN6:00PM-7:00PM Vin TO VIN6:00PM-7:00PM Vin TO VIN6:00PM-7:00PM Heather Yoga Studio6:00PM-7:00PM Heather901 Lawn - exit DaveYoga StudioPILATES MAT AnikkeSUNSET SERENITY Heather Heather10:100 Modek Heather10:100 Lawn - exit PDaveYoga StudioPiLATES MAT AnikkeSUNSET SERENITY Heather							
Pool Lawn - exit through lap pool areaGroup Fitness StudioI0:30AM-12:00PM STRENGTH & STRETCH Heather10:30AM-12:00PM STRENGTH & STRETCH Heather10:30AM-12:00PM STRENGTH & STRETCH Heather10:30AM-12:00PM RESTORE & REJUVENATE HeatherMOBILITY MOVEMENT & CORE CONDITIONING HeatherSTRENGTH & STRETCH HeatherIO:30AM-12:00PM STRENGTH & STRETCH Heather10:30AM-12:00PM STRENGTH & STRETCH Heather10:30AM-12:00PM RESTORE & REJUVENATE HeatherPool Lawn - exit through lap pool areaPool Lawn - exit HeatherPool Lawn - exit Heather12:15-12:4512:15PM-1:15PM HIIT CLASS12:15PM-1:15PM STRENGTH & RESTORE Debbie12:15PM-1:15PM STRENGTHEN & Debbie Group Fitness Studio12:15PM-1:15PM BARRE PILATES Arikke12:15PM-1:15PM BARRE PILATES Arikke12:45-1:15 ALPINE ATHLETICS PREP Casey Group Fitness StudioGroup Fitness StudioGroup Fitness StudioGroup Fitness Studio6:00PM-7:00PM YIN TO VIN WIN TO VIN RESTORATIVE YOGA MOUNTAIN Dev6:00PM-7:00PM Arikke6:00PM-7:00PM Heather6:00PM-7:00PM Heather900Lawn - exit through Ith O VIN RESTORATIVE YOGA Dave900Lawn - exit through Iap pool area6:00PM-7:00PM Heather6:00PM-7:00PM Heather900Lawn - RECOVERY DaveYoga StudioYoga StudioPILATES MAT Arikke Pool Lawn - exit through Iap pool area		Yoga Studio		Yoga Studio	,	,	
through lap pool areaIO:30AM-12:00PMIO:30AM-12:00PMIO:30AM-12:00PMIO:30AM-12:00PMIO:30AM-12:00PMIO:30AM-12:00PMMOBILITY MOVEMENT & CORE CONDITIONINGSTRENGTH & STRETCH HeatherWALL STRETCH HeatherSTRENGTH & STRETCH HeatherNoal STRENGTH & STRETCH HeatherNoal STRENGTH & STRETCH HeatherRestore & ReJUVENATE HeatherPool Lawn – exit through lap pool areaPool Lawn – exit <b< td=""><td>,</td><td>5</td><td>,</td><td>0</td><td>, i</td><td></td><td></td></b<>	,	5	,	0	, i		
10:30AM-12:00PM 10:30AM-12:00PM 10:30AM-12:00PM 10:30AM-12:00PM MOBILITY MOVEMENT & CORE CONDITIONING Heather STRENGTH & STRENCH Heather 10:30AM-12:00PM STRENGTH & STRENCH Heather RESTORE & REJUVENATE Heather Pool Lawn – exit through lap pool area Though lap pool area Pool Lawn – exit through lap pool area Pool Lawn – exit through lap pool area Pool Lawn – exit through lap pool area 12:15PM-1:15PM 12:15PM-1:15PM 12:15PM-1:15PM 11:30AM-12:00PM 12:15PM-1:15PM 12:15PM-1:15PM 12:15PM-1:15PM 12:15PM-1:15PM Pool Lawn – exit through lap pool area Pool Lawn – exit through lap pool area 12:15PM-1:15PM 12:15PM-1:15PM HIT CLASS ROLL & RESTORE STRENGTHEN & LENGTHEN BALANCE & STABILITY Debbie BARRE PILATES Group Fitness Studio FREP Casey Group Fitness Studio 6:00PM-7:00PM 6:00PM-7:00PM 6:00PM-7:00PM SUNSET SERENTY Heather SUNSET SERENTY Heather YIN TO VIN RECOVERY Yoga Studio Pool Lawn – exit through lap pool area Pool Lawn – exit through lap pool area Altezza, access through	through lap pool area		'				
CORE CONDITIONING HeatherHeatherHeatherHeatherHeatherPool Lawn - exit through lap pool areaPool Lawn - exit through lap		10:30AM-12:00PM	10:30AM-12:00PM	10:30AM-12:00PM	10:30AM-12:00PM	10:30AM-12:00PM	
Heather Pool Lawn – exit through lap pool areaPool Lawn – exit through lap pool area12:15-12:4512:15PM-1:15PM12:15PM-1:15PM12:15PM-1:15PM12:15PM-1:15PMHIIT CLASSROLL & RESTORE CaseySTRENGTHEN & DebbieBALANCE & STABILITY DebbieBARRE PILATES AnikkeGroup Fitness StudioGroup Fitness StudioGroup Fitness StudioGroup Fitness StudioGroup Fitness Studio12:45-1:15 ALPINE ATHLETICS PREP Casey Group Fitness StudioGroup Fitness StudioGroup Fitness StudioGroup Fitness Studio6:00PM-7:00PM MOUNTAIN6:00PM-7:00PM Valerie6:00PM-7:00PM Anikke6:00PM-7:00PM Heather6:00PM-7:00PM HeatherRECOVERY DaveYoga StudioPILATES MAT AnikkeSUNSET SERENITY HeatherFerentie HeatherMOUNTAIN DaveYoga StudioPool Lawn – exit through lap pool areaWilson Deck (under Altezza, access through		MOBILITY MOVEMENT &	STRENGTH & STRETCH	WALL STRETCHING	STRENGTH & STRETCH	RESTORE & REJUVENATE	
Pool Lawn - exit through lap pool areathrough lap pool areathrough lap pool areathrough lap pool arealap pool area12:15-12:4512:15PM-1:15PM12:15PM-1:15PM12:15PM-1:15PM12:15PM-1:15PMHIIT CLASSROLL & RESTORE DebbieSTRENGTHEN & LENGTHENBALANCE & STABILITY DebbieBARRE PILATES AnikkeGroup Fitness StudioGroup Fitness StudioGroup Fitness StudioGroup Fitness StudioGroup Fitness Studio12:45-1:15 ALPINE ATHLETICS PREP Casey Group Fitness StudioAniekeGroup Fitness StudioGroup Fitness Studio6:00PM-7:00PM YIN TO VIN6:00PM-7:00PM RESTORATIVE YOGA Valerie6:00PM-7:00PM Anikke6:00PM-7:00PM AnikkeSUNSET SERENITY HeatherVIN TO VIN RECOVERY DaveYoga StudioPILATES MAT AnikkeSUNSET SERENITY HeatherSUNSET Serenitry Heather		CORE CONDITIONING	Heather	Heather	Heather	Heather	
through lap pool areaInterval <td>Heather</td> <td>Pool Lawn – exit</td> <td>Pool Lawn – exit</td> <td>Pool Lawn – exit</td> <td>Pool Lawn – exit through</td> <td></td>		Heather	Pool Lawn – exit	Pool Lawn – exit	Pool Lawn – exit	Pool Lawn – exit through	
12:15-12:4512:15PM-1:15PM ROLL & RESTORE Debbie12:15PM-1:15PM STRENGTHEN & LENGTHEN Debbie12:15PM-1:15PM BALANCE & STABILITY Debbie12:15PM-1:15PM BARRE PILATES Anikke12:45-1:15Group Fitness StudioGroup Fitness StudioGroup Fitness StudioGroup Fitness Studio12:45-1:15ALPINE ATHLETICS PREP Casey Group Fitness Studio6:00PM-7:00PM VIN TO VIN MOUNTAIN6:00PM-7:00PM VIN TO VIN RESTORATIVE YOGA Viga Studio6:00PM-7:00PM PilaTES MAT Anikke6:00PM-7:00PM Heather Vision Deck (under Altezza, access through		Pool Lawn – exit	through lap pool area	through lap pool area	through lap pool area	lap pool area	
HIIT CLASS Casey Group Fitness StudioROLL & RESTORE Debbie Group Fitness StudioSTRENGTHEN & LENGTHEN Debbie Group Fitness StudioBALANCE & STABILITY Debbie Group Fitness StudioBARRE PILATES Anikke12:45-1:15 ALPINE ATHLETICS PREP Group Fitness StudioSTRENGTHEN & Debbie Group Fitness StudioGroup Fitness StudioGroup Fitness Studio10:400 Casey Group Fitness StudioSTRENGTHEN & Debbie Group Fitness StudioGroup Fitness StudioGroup Fitness Studio6:00PM-7:00PM Group Fitness Studio6:00PM-7:00PM PILATES MAT6:00PM-7:00PM SUNSET SERENITY HeatherSUNSET SERENITY HeatherVIN TO VIN MOUNTAIN DaveRESTORATIVE YOGA Yoga StudioPilATES MAT AnikkeSUNSET SERENITY HeatherSUNSET SERENITY HeatherDaveDaveYoga StudioPool Lawn – exit through lap pool areaWilson Deck (under Altezza, access throughSUNSET Serenity Heather		through lap pool area					
Casey Group Fitness StudioDebbie Group Fitness StudioLENGTHEN Debbie Group Fitness StudioDebbie Group Fitness StudioAnikke12:45-1:15 ALPINE ATHLETICS PREP Group Fitness Studio		12:15-12:45	12:15PM-1:15PM	12:15PM-1:15PM	12:15PM-1:15PM	12:15PM-1:15PM	
Group Fitness StudioGroup Fitness StudioDebbie Group Fitness StudioGroup Fitness StudioGroup Fitness Studio12:45-1:15 ALPINE ATHLETICS PREP Casey Group Fitness StudioALPINE ATHLETICS PREP Casey Group Fitness StudioGroup Fitness StudioMOUNTAINGroup Fitness StudioFitness MAT AnikkeSUNSET SERENITY HeatherMOUNTAINValeriePool Lawn – exit through lap pool areaWilson Deck (under Altezza, access through		HIIT CLASS	ROLL & RESTORE	STRENGTHEN &	BALANCE & STABILITY	BARRE PILATES	
12:45-1:15 ALPINE ATHLETICS PREP Casey Group Fitness StudioGroup Fitness StudioGroup Fitness Studio6:00PM-7:00PM YIN TO VIN MOUNTAIN6:00PM-7:00PM RESTORATIVE YOGA MOUNTAIN6:00PM-7:00PM PILATES MAT Anikke6:00PM-7:00PM BUNSET SERENITY HeatherRECOVERY DaveYoga StudioPool Lawn – exit through lap pool areaWilson Deck (under Altezza, access through		Casey	Debbie	LENGTHEN	Debbie	Anikke	
12:45-1:15 ALPINE ATHLETICS PREP Casey Group Fitness StudioImage: Casey Group Fitness StudioImage: Casey Fitness StudioImage: Casey Fit		Group Fitness Studio	Group Fitness Studio	Debbie	Group Fitness Studio	Group Fitness Studio	
ALPINE ATHLETICS PREP Casey Group Fitness StudioALPINE ATHLETICS PREP PREP Group Fitness StudioALPINE ATHLETICS PREP PREP Group Fitness StudioALPINE ATHLETICS PREP <br< td=""><td></td><td></td><td></td><td>Group Fitness Studio</td><td></td><td></td><td></td></br<>				Group Fitness Studio			
PREP Casey Group Fitness StudioCasey Casey <t< td=""><td rowspan="10"></td><td>12:45-1:15</td><td></td><td></td><td></td><td></td><td></td></t<>		12:45-1:15					
Casey Group Fitness StudioCasey Group Fitness MatCasey SUNSET SERENITY HeatherCasey Group Fitness MatCasey SUNSET SERENITY HeatherCasey Group Fitness MatCasey Fitness MatCasey SUNSET SERENITY HeatherCasey Fitness MatCasey Fitness MatCasey Fitness MatCasey Fitness MatCasey SUNSET SERENITY HeatherCasey Fitness MatCasey Fitness MatCasey Fit		ALPINE ATHLETICS					
Group Fitness StudioCCCGroup Fitness Studio6:00PM-7:00PM6:00PM-7:00PM6:00PM-7:00PMYIN TO VINRESTORATIVE YOGAPILATES MATSUNSET SERENITYMOUNTAINValerieAnikkeHeatherRECOVERYYoga StudioPool Lawn – exitWilson Deck (underDavethrough lap pool areaAltezza, access through		PREP					
6:00PM-7:00PM6:00PM-7:00PM6:00PM-7:00PM6:00PM-7:00PMYIN TO VINRESTORATIVE YOGAPILATES MATSUNSET SERENITYMOUNTAINValerieAnikkeHeatherRECOVERYYoga StudioPool Lawn – exitWilson Deck (under Altezza, access throughDaveValerieAnikkeAltezza, access through		Casey					
YIN TO VINRESTORATIVE YOGAPILATES MATSUNSET SERENITYMOUNTAINValerieAnikkeHeatherRECOVERYYoga StudioPool Lawn – exitWilson Deck (underDavethrough lap pool areaAltezza, access through		Group Fitness Studio					
MOUNTAINValerieAnikkeHeatherRECOVERYYoga StudioPool Lawn – exitWilson Deck (under DaveDavethrough lap pool areaAltezza, access through		6:00PM-7:00PM					
RECOVERYYoga StudioPool Lawn – exitWilson Deck (under Altezza, access throughDavethrough lap pool areaAltezza, access through		YIN TO VIN					
Dave through lap pool area Altezza, access through		MOUNTAIN					
			Yoga Studio				
Voga Studio				through lap pool area			
near lobby front desk)		Yoga 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.

Pilates Mat 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 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.

Sunset Serenity with Heather: A summer special featured on the Wilson Deck; which is located just below the Altezza Restaurant. A rejuvenating session taking in the fresh air around you, the beautiful mountain views, allow yourself to settle into and hold restorative poses while winding down with the sunset.

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.

Yin to Vin Mountain Recovery with Dave: A nice recovery session will begin with holding yin poses, then transition towards a slow vinyasa recovery-oriented flow.

Restorative Yoga with Valerie: Valerie will lead a restorative flow leaving your body refreshed after a nice day in the mountains.

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