

## SUMMER 2025 FITNESS SCHEDULE – May 25<sup>th</sup> 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.

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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.