



THE PEAKS
Resort & Spa
TELLURIDE

OFF SEASON SCHEDULE: OCTOBER 19TH - NOVEMBER 29TH

Classes will be pop-up style. Please see the following calendar for dates and times for pop up classes.

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

12:00-1:00PM
Strengthen and Lengthen
Debbie
Group Fitness Room

8:00-9:00AM
Restorative
Rhea
Yoga Studio

12:00-1:00PM
Strength & Length
Debbie
Group Fitness

9:00-10:00AM
Yoga Flow
Valerie
Yoga Studio

8:00-9:00AM
Restorative Movement & Breathwork
Rhea
Yoga Studio

9:00-10:00AM
Yoga
Sage
Yoga Studio

9:00-10:30AM
Balance & Stability Strength
Kelsey
Group Fitness

12:00-1:00
Strengthen & Lengthen
Kelsey
Group Fitness Room

9:00-10:00AM
Yoga Flow
Valerie
Yoga Studio

9:00-10:00AM
Core & More
Casey
Group Fitness Studio

9:00-10:00AM
Yoga
Sage
Yoga Studio

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

9:00-10:30AM
Balance & Stability Strength
Kelsey
Group Fitness

12:00-1:00
Strength & Length
Kelsey
Group Fitness

5:15-6:45PM
Balance & Power
Brandon
Group Fitness

9:00-10:00AM
Yoga Flow
Valerie
Yoga Studio

12:00-1:00
Pilates
Anikke
Group Fitness

9:00-10:00AM
Yoga
Sage
Yoga Studio

9:00-10:30AM
Balance & Stability Strength
Kelsey
Group Fitness

12:00-1:00
Strength & Length
Kelsey
Group Fitness

5:15-6:45PM
Balance & Power
Brandon
Group Fitness

9:00-10:00AM
Yoga Flow
Valerie
Yoga Studio

12:00-1:00
Pilates
Anikke
Group Fitness

9:00-10:00AM
Core & More
Casey
Group Fitness Studio

9:00-10:00AM
Fitness Fusion
Casey
Group Fitness Studio

8:00-9:00AM
Restorative Movement & Breathwork
Rhea
Yoga Studio

9:00-10:00AM
Ski Prep
Casey
Group Fitness

9:00-10:00AM
Yoga Flow
Valerie
Yoga Studio

12:00-1:00
Pilates
Anikke
Group Fitness

9:00-10:00AM
Core & More
Casey
Group Fitness Studio

9:00-10:00AM
Fitness Fusion
Casey
Group Fitness Studio

8:00-9:00AM
Restorative Movement & Breathwork
Rhea
Yoga Studio

9:00-10:00AM
Ski Prep
Casey
Group Fitness

12:00-1:00
Pilates
Anikke
Group Fitness

9:00-10:00AM
Core & More
Casey
Group Fitness Studio

9:00-10:00AM
Fitness Fusion
Casey
Group Fitness Studio

8:00-9:30AM
Yoga
Sage
Yoga Studio

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.

*winter season schedule will begin Monday, December 1st. Please stay tuned for that schedule.