

WINTER 2025-2026 FITNESS SCHEDULE

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
8:00AM-9:00AM PRE-SKI STRETCHING Roby Group Fitness Room	8:00AM-9:00AM KAIUT YOGA Eliza Yoga Studio	8:00AM-9:00AM MEDITATION AND RESTORATIVE MOVEMENT Rhea Yoga Studio	8:00AM-9:00AM MORNING MAT PILATES Kat Group Fitness Studio	8:00AM-9:00AM MEDITATION AND RESTORATIVE MOVEMENT Rhea Yoga Studio	8:00AM-9:00AM RESTORE & REJUVENATE Heather Yoga Studio	8:00AM-9:30AM YIN YOGA Sage Yoga Studio
9:15AM-10:15AM TRI-BATH-LON RECOVERY CIRCUIT Roby Level B Pool / Hot Tub / Steam / Sauna	9:15AM-10:15AM SLOW FLOW Eliza Yoga Studio	9:15AM-10:45AM [90 Minutes] FITNESS FUSION Heather Group Fitness Studio	9:15AM-10:15AM YOGA FLOW Valerie Yoga Studio	9:15AM-10:45AM [90 Minutes] FITNESS FUSION Heather Group Fitness Studio	9:15AM-10:15AM MINDFUL MOTION Anikke Group Fitness Room	
	10:30AM-11:30AM SPIN Eliza Pool Deck - Spin Bikes	11:00AM-12:00PM CORE & MORE FITNESS FUSION Casey Group Fitness Room	10:30AM-11:30AM SPIN Casey Pool Deck - Spin Bikes	11:00AM-12:00PM BOSU BURN Casey Group Fitness Room	10:30AM-11:30AM BARRE PILATES Anikke Group Fitness Room	
	12:00PM-1:00PM REFINE & ALIGN Jessica Group Fitness Room	12:15PM-12:45PM HIIT CLASS Casey Group Fitness Room	12:00PM-1:00PM POWER PILATES Cher Group Fitness Room	12:15PM-12:45PM HIIT CLASS Casey Group Fitness Room	12:00PM-1:00PM ATHLETIC FOUNDATIONS Brandon Group Fitness Room	
		4:30PM-5:30PM SLOW FLOW Isabella Group Fitness Room	See flyer in the gym or website for weekly workshop pop-ups from various instructors on a variety of themes.	4:30PM-5:30PM BREATHING & CORE FOUNDATIONS Brandon Group Fitness Room	4:30PM-5:30PM APRES SKI YOGA Kelsey Group Fitness Room	



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.
See a class you are interested in, but cannot make it? Email our Fitness Manager, Heather Blakeman, to schedule your private class, personal training, or private Pilates reformers.
hblakeman@tellurideskiresort.com

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CLASS DESCRIPTIONS

Pre-Ski Stretching with Roby: Bring your coffee or tea for casual conversation, paired with easy going movement and mobility getting your body ready for a day on the mountain.

Tri-Bath-lon with Roby: Join Roby at the Level B pool, hot tub, steam, sauna for an informal hour of stretching and recovering your body with aquatic therapy paired with heat therapy.

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 everybody, 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.

Spin with Eliza: Join Eliza on the spin bikes near the lap pool for an hour of cardio spinning thrill!

Refine & Align with Jessica: An hour long session exploring new connections between your body and breath, supported by clear alignment cues. Will refine your poses and lead to a balance and resorted feeling.

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.

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

Slow Flow with Isabella: A vinyasa-inspired flow that is slowed down to allow deeper tissue exploration and full body stretching.

Fitness Fusion: A 90-minute fusion of all areas of fitness Heather believes in. We move through body awareness and activation, flexibility, mobility, balance, strength, lateral conditioning, cardio intervals, agility, and core. This workout will leave you feeling like you've incorporated all areas of your physical wellness.

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.

Spin with Casey: Join Casey on the spin bikes near the lap pool for an hour of cardio spinning thrill!

Power Pilates with Cher: A full body workout out that is a combination of Pilates, yoga, and low impact sculpting exercises with fun props to promote strength, flexibility, balance and a strong core.

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.

Breathing & Core Foundations with Brandon: Build strength from the inside out. This class focuses on breathing mechanics, core stability, and rib cage control to improve posture, enhance recovery, create stronger foundation for skiing and athletic movement.

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

Mindful Motion Pilates with Anikke: A gentle, low impact session, focusing on breath, core engagement, strengthening and aligning the body for overall well being. Perfect for all levels.

Athletic Foundations with Brandon: Progressions of the essential strength, mobility, and coordination needed for athletic performance with a focus on movement quality and preparing for skiing.

Après Ski Yoga with Kelsey: An athletic yoga connecting body and brain, preparing you physically and mentally for your alpine athletic of choice.

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

