

The Spa at the Peaks Resort

Group Exercise Schedule February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:15 Vinyasa Flow A Kelly	8:00-9:15 Yin/Yang Yoga B Chanel	8:00-9:00 Barre/Spin S Frannie	8:00-9:15 Yin/Yang Yoga B Chanel	8:00-9:00 Barre/Spin S Frannie	8:00-9:00 Pilates Mat A Alisia	8:00-9:15 Vinyasa Flow A Kelly
9:00-10:00 CycleXtreme S Laura	9:00-10:00 CycleXtreme S Laura		9:00-10:00 CycleXtreme S Laura	8:00-9:00 Power Vinyasa B Cory		9:00-10:00 Pilates Mat B Kat
10:15-11:45 Restorative Yoga A Regan	10:00-11:00 Pure Strength S Laura	9:00-10:00 Morning Cycle S Erin	10:00-11:00 Pure Strength S Laura	9:00-10:00 Morning Cycle S Erin	9:00-10:00 CycleXtreme S Laura	10:15-11:15 Cycling S Jill
	11:00-12:15 BarreX A Frannie	10:15-11:15 Yoga Flow A Erin	11:00-12:15 Stacked: ArmYoga B Chanel	10:15-11:15 Yoga Flow A Erin	10:00-11:00 Pure Strength S Laura	
	11:00-12:15 Priyam Yoga B Chanel	10:15-11:15 Strength & Length S Debbie		10:15-11:15 Strength & Length S Debbie	11:00-12:00 Cardio Party A Debbie	11:30-12:30 Pilates Flow A Kalli
12:00-12:45 Bosu Buns & Core A Kelsy	12:00-12:45 Spin Express S Erin	12:00-12:45 Spin Express S Alyssa	12:00-1:00 RenegadeX Ski S Chris	12:00-12:45 Sculpte Xtreme A Erin	12:00-12:45 Spin Express S Erin	1:00-2:00 RenegadeX Ski S Chris
2:00-3:15 Yin Yoga w Sound A Bre	2:00-3:00 Cycling S Jill	2:00-3:15 Yin Yoga w Sound A Bre	2:00-3:15 Power Vinyasa A Cory	2:00-3:00 Pilates Mat A Alisia	2:00-3:15 Yoga A Leanne	2:00-3:15 Yin Yoga wSound A Bre
4:00-5:15 Restorative Ski A Bre	4:00-5:15 Apres Ski Renewal A Debbie	4:00-5:15 Apres Yin Flow A Chanel	4:00-5:15 Apres Ski Yoga A Hilary	4:00-5:00 Meditation: w intuitive guidance Kristin A	4:00-5:15 Apres Ski Yoga A Hilary	4:00-5:15 Apres Ski Yoga A Leanne
				5:00 -6:00 Ski Conditioning Coach Miller		
	5:30 -6:45 Vinyasa Yoga A Sara	5:15-6:15 Unwind A Chanel	5:30 -6:45 Vinyasa Yoga A Sara	5:30 -6:45 Vinyasa Yoga A Megan	5:30 -6:45 Vinyasa Yoga A Sara	

Studio A- located at the end of the hall on the A level.

Studio B- located next to the Pilates Studio on the lower level down the ramp past the pool.

Studio S- located next to the gym on the A level