



**THE PEAKS**  
Resort & Spa  
TELLURIDE

# WINTER FITNESS SCHEDULE

Winter Season begins December 1<sup>st</sup> and goes through the end of the season.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM-9:00AM <b>PRE-SKI STRETCH</b> <i>Roby</i> Group Fitness Studio	8:00AM-9:00AM <b>KAIUT YOGA</b> <i>Eliza</i> Yoga Studio	8:00AM-9:00AM <b>MEDITATION AND RESTORATIVE MOVEMENT</b> <i>Rhea</i> Yoga Studio	8:00AM-9:00AM <b>MORNING MAT PILATES</b> <i>Kat</i> Group Fitness Studio	8:00AM-9:00AM <b>MEDITATION AND RESTORATIVE MOVEMENT</b> <i>Rhea</i> Yoga Studio	8:00AM-9:00AM <b>PRE-SKI STRETCH</b> <i>Casey</i> Group Fitness Studio	8:00AM-9:00AM <b>YIN YOGA</b> <i>Rotating Instructors</i> Yoga Studio
9:15AM-10:15AM <b>AQUATIC STRETCHING</b> <i>Roby</i> Lap Pool	9:15AM-10:15AM <b>SLOW FLOW</b> <i>Eliza</i> Yoga Studio	9:15AM-10:15AM <b>CORE &amp; MORE MAT FITNESS FUSION</b> <i>Casey</i> Group Fitness Studio	9:15AM-10:15AM <b>YOGA FLOW</b> <i>Valerie</i> Yoga Studio	9:15AM-10:15AM <b>BOSU BALL &amp; BURN</b> <i>Casey</i> Group Fitness Studio	9:15AM-10:15AM <b>LAP SWIM CONDITIONING &amp; TECHNIQUE</b> <i>Casey</i> Lap Pool	
	10:30AM-11:45AM <b>MOBILITY MOVEMENT</b> <i>Heather</i> Group Fitness Studio	10:30AM-11:45AM <b>STRENGTHEN &amp; LENGTHEN</b> <i>Heather</i> Group Fitness Studio	10:30AM-11:45AM <b>WALL STRETCHING</b> <i>Heather</i> Yoga Studio	10:30AM-11:45AM <b>STRENGTHEN &amp; LENGTHEN</b> <i>Heather</i> Group Fitness Studio	10:30AM-11:45AM <b>RESTORE &amp; REJUVENATE</b> <i>Heather</i> Yoga Studio	
	12:00PM-1:00PM <b>POWER PILATES</b> <i>Cher</i> Group Fitness Studio	12:00-1:00PM <b>VINYASA YOGA</b> <i>Isabella</i> Yoga Studio	12:00PM-1:00PM <b>BARRE PILATES</b> <i>Anikke</i> Group Fitness Studio	12:00-1:00PM <b>VINYASA YOGA</b> <i>Isabella</i> Yoga Studio	12:00PM-1:00PM <b>BALANCE &amp; STABILITY</b> <i>Heather</i> Group Fitness Studio	
	4:30PM-5:30PM <b>APRES SKI PILATES</b> <i>Anikke</i> Group Fitness Studio	4:30PM-5:30PM <b>SKI-HAB RECOVERY YOGA FLOW</b> <i>Lucy</i> Yoga Studio	4:30PM-5:30PM <b>APRES SKI PILATES</b> <i>Anikke</i> Group Fitness Studio	4:30PM-5:30PM <b>SKI-HAB RECOVERY YOGA FLOW</b> <i>Lucy</i> Yoga Studio	4:30PM-5:30PM <b>APRES SKI YOGA</b> <i>Kelsey</i> 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!

# WINTER FITNESS CLASS DESCRIPTIONS

Winter Season begins December 1<sup>st</sup> and goes through the end of the 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!

**Pre-Ski Stretch with Roby:** *Get some casual, easygoing movement, stretching and mobility into your body before a day in the mountains.*

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**Aquatic Stretching with Roby:** *Hop in the pool for a session of therapeutic water stretching and mobility.*

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**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.*

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

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**Mobility Movement with Heather:** *Low impact movement working from head to heels to loosen up the body and mobilize the muscular and skeletal structure.*

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

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**Après Ski Pilates with Anikke:** *Therapeutic blend of exercises on the mat to engage the full body, core, improve flexibility, stability, joints, and more.*

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**Meditation and Restorative Movement with Rhea:** *Active breathing meditation, with restorative postures, to connect the breath and body.*

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**Core & More Mat Fitness Fusion with Casey:** *Blend of mat exercises to engage the full body, core, improve flexibility, stability, joints, and more.*

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**Strengthen and Lengthen with Heather:** *A combination of strength work with resistance bands, props, and foam rollers for length work.*

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**Morning Mat Pilates with Kat:** *Blend of mat exercises to engage the full body, core, improve flexibility, stability, joints, and more.*

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**Yoga Flow with Valerie:** *An active flow of connecting your body and breath through active sequences to build your physical and mental strength.*

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**Wall Stretching with Heather:** *Using the wall as your main prop, stretch out the hips, shoulders, and everything in between.*

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**Barre Pilates with Anikke:** *A blend of Pilates mat and dynamic barre exercises focusing on strengthening and activating core, for a whole-body workout.*

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**Bosu Burn with Casey:** *Using a bosu ball, you will simultaneously engage mobility, balance, stability, and strength, ending with full body stretches.*

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**Vinyasa Yoga Flow with Isabella:** *A flow of connecting your body and breath through active sequences to build your physical and mental strength.*

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

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**Lap Swim Conditioning & Technique with Casey:** *Organized workout of drills + technique to help improve efficiency and endurance in the water.*

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**Pre-Ski Stretch with Casey:** *An active stretch flow, connecting your body and breath through sequences using your physical and mental strength.*

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

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**Ski-Hab Recovery with Lucy:** *Post-skiing and snowboarding stretching, qigong and core exercise to prevent injury and optimize time on the mountain.*

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

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**Balance & Stability with Heather:** *A session focused on the steadiness of your body from your feet up in order to maintain and improve balance for all ages.*

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