



SPA

AT THE PEAKS
TELLURIDE

Group Exercise Schedule JULY-SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00 Morning Vinyasa Yoga Gayle	8:00-8:45 3D Strength Casey	8:00-9:00 Hatha Yoga Venus	8:00-8:45 Genesis Flow Casey	8:00-9:00 Pilates Kat	8:00-9:00 Morning Vinyasa Yoga Leanne	8:00-8:45 Pre-Golf Stretch Coach Miller
9:00-10:00 Pilates Kat	9:00-10:00 Spin Alisia	9:00-10:00 Spin Lauren	9:00-10:00 Spin Rachel	9:00-10:00 Spin Rachel	9:00-10:00 Spin Eliza	9:00-10:00 Pilates Kalli
	10:15-11:15 Pilates/Yoga Flow Alisia	10:15-11:15 Fitness Fusion Alisia	10:15-11:45 Align & Flow Alisia	10:15-11:15 Strengthen & Lengthen Debbie	10:15 -11:15 Killer Barre Ellen/Arab	10:15-11:15 3D Strength Eden
	11:30-12:30 Kickboxing David	11:30-12:30 Killer Barre Frannie	12:00 - 1:00 Aqua Fitness Fusion Alisia	11:30-12:30 Hip Hop Ellen	11:30-12:30 Kickboxing David	11:30-12:30 Vinyasa Yoga Rori
	12:30-1:30 Hatha Yoga Lauren/Julie		12:30-1:30 Hatha Yoga Gayle		12:30-1:30 Vinyasa Yoga Rori	
4:00-5:30 Restorative Yoga Regan		5:00 - 6:15 Hatha Slow Flow Gayle		5:00 - 6:30 Slow Flow & Restorative Yoga Chelsey		
5:30-6:00 Aroma Therapeutic Meditation Regan	5:30-6:30 Kait Yoga Kat	5:30-6:30 Swim Technique & Training Ellen		5:30-6:30 Swim Technique & Training Ellen		

Please check online for daily and weekly updates!

ThePeaksResort.com/Spa