



GOLDEN DOOR®
Spa at The Peaks

December 1-14, 2008 Fitness and Yoga Schedule

Begins Monday, December 1st

Monday

9:00-10:00 Spinning (Diana)
10:15-11:30 Yoga for Stiff Bodies (Diana)
12:00-12:45 Body Blast (Alyssa/Debbie)
5:15-6:15 Spinning (TBA)

Tuesday

6:30-7:30 Spinning (TBA)
8:00-9:00 Mat Pilates (Kelley)
9:00-10:15 Flow Yoga (Diana)
10:15-11:00 Ski Conditioning (Keith)
4:30-5:45 Vinyasa Yoga (Sharon)

Wednesday

9:00-10:00 Yoga Basics (Alyssa)
9:00-10:00 Spinning (Debbie)
10:15-11:15 Strengthen & Lengthen (Debbie)
12:00-12:45 Body Blast (Alyssa/Debbie)
5:15-6:00 Ski Conditioning (Keith)

Thursday

6:30-7:30 Spinning (TBA)
8:00-9:00 Mat Pilates (Kim)
9:00-10:15 Flow Yoga (Alyssa)
10:15-11:00 Ski Conditioning (Keith)
5:15-6:15 Spinning (Kim)

Friday

9:00-10:15 Step and Pump (Diana)
10:30-11:15 H2O Pilates (Kim)
12:30-1:45 Flow Yoga (Alyssa)

Saturday

9:00-10:00 Spinning (Kim)
10:15-11:15 Mat Pilates (Kim)

Sunday - Rest Day!

Resort Guests will be charged a fee of \$15.00 per class or a daily rate

of \$25.00 for unlimited classes

We are striving to be a GREEN environment, by bringing your own refillable water bottle this goal will be more attainable. Thank You

Spinning- Indoor cycling for cardio strength & endurance. Bring a water bottle! Meets in Movement Studio

Step & Pump- Step aerobics with strength moves, a total body workout. Movement Studio

Body Blast - A high energy class which packs a full body workout into your lunch break. Usually not longer than 30 minutes. Great for sports conditioning. Meets in gym, level A

Ski Conditioning – This class is an overall strength training session designed to prepare you for the slopes or just get you in great shape.

Strengthen & Lengthen – Utilizing resistance bands, fitballs and Bosus, this class is a blend of Pilates, strength training and even some basic yoga. All levels welcome, meets in Movement Studio

H2O Pilates – A great Pilates workout in the water! Meets in the indoor lap pool.

Mat Pilates — Body conditioning through breathing, flexibility, strength and alignment. Movement Studio Not appropriate for those with spinal injury.

Yoga Basics –New to Yoga? This is the class to begin your yoga journey. Learn basic techniques of yoga postures, breathing and relaxation. **All Yoga Classes meet in the Yoga Studio**

Yoga for Stiff Bodies- Focused stretching using props on the floor, suggested for beginners.

Relax and Renew Yoga – Restorative style yoga to reduce stress and bring about deep relaxation.

Flow Yoga — A flow style of yoga that focuses on alignment and may take breaks to work with props and/or on wall. Challenging for a beginner.

Vinyasa Yoga-awaken the internal fire through a fluid linking of postures, careful alignment, & breath work. Not appropriate for a beginner