

Fitness Class Descriptions

STOTT PILATES™

- **Essential Mat:** Learn the basics of an anatomically based approach to Joseph Pilates’ original exercise method. Incorporates modern exercise and rehabilitation science, eliminates contraindicated movements, and emphasizes neutral spinal alignment.
- **Intro to Reformer \$\$:** Receive step-by-step instruction to each Intro exercise in the Reformer repertoire from our certified instructors. Learn why the Reformer is an important part of any fitness program in developing core strength and symmetry.
- **Essential Reformer \$\$:** Designed for individuals with some STOTT PILATES™ Reformer experience. If you have prior experience with the STOTT PILATES™ Reformer machine and are looking for good solid workout, you won’t be disappointed!
- **Small Equipment Circuit:** This class will utilize different pieces of STOTT PILATES™ equipment weekly to improve balance, strength, flexibility and coordination while using STOTT PILATES™ repertoire.
- **Power Mat:** Use props along with challenging floor exercises to get a great Pilates Core workout and help increase flexibility.
- **Primary Pilates:** Use props along with challenging floor exercises to get a great Pilates Core workout and help increase flexibility.

YOGA

- **Ashtanga:** Constant, flowing movements (vinyasas) define this particular class. Deep breathing (pranayama) and core muscle contraction (bandhas) help intensify the effects of the postures (asanas) by generating and maintaining internal heat in the body. This is an extremely energizing class that develops full body strength, flexibility, and encourages weight loss.
- **Dynamic Flow:** An energetic, open-level class focusing on the flow between postures, with smooth transitions from one pose to the next. Moderate intensity, presenting a different sequence of poses in each class.
- **Gentle Yoga:** This class is focused on breathing, relaxation and stress relief based on the Ayurveda.

SPECIALTY FORMATTED CLASSES:

- **Nordic Walking Adventure:** This class allows more time to explore Stowe’s beautiful scenery and wooded paths. From the town’s recreation path to numerous wooded trails, it offers a wonderful opportunity to enjoy the great outdoors in any season. All fitness levels welcome.
- **Body Tone:** An all-encompassing class incorporating elements of balance to engage core muscle activity.
- **Urban Dance:** A unique blend of Strip Tease, Zumba, and other dance disciplines coming together in a natural flow of movement and fun.
- **Zumba:** Ditch the workout and join the party with this Latin infused aerobic class. It is easy to follow and a great fun way to burn calories.
- **Aqua Zumba:** Latin infused aerobic class in the pool. A great fun workout using the water as a no impact resistant force.
- **Nutrition Class:** Educational classes that presents nutrition concepts enabling participants to make healthy choices in food selections.

SPINNING: A certified instructor will guide you through a workout on a special stationary bike, burn 300-500 calories an hour!.

- **Endurance Spin:** Train the body to be more efficient at metabolizing fat and to maintain a comfortable pace for extended periods, while having a great time! Heart rate monitor recommended.
- **Interval Spin:** This high-energy class emphasizes speed, tempo, timing and rhythm. Movements include high RPM, pedaling on flats, accelerations, climbs and recovery stretches.
- **Strength Ride:** The strength-training session involves steady, consistent pedaling with heavy resistance. Strength rides promote muscular and cardiovascular development that will enable you to be a strong, powerful climber.

September Class Schedule

**ALL CLASS PARTICIPATION REQUIRES A CLASS CARD.
INQUIRE AT SPA DESK OR SPORTS DESK.**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 – 8:30 am		Strength Ride Spin - Nancy		Strength Ride Spin- Nancy		Strength Ride Spin Nancy	
8:00 – 9:00 am							Interval Spin Chad
9:00 – 10:00 am	Interval Spin Kim Or Power Matt Pilates Genevieve	Essential STOTT PILATES Mat Andrea	Sake Movement for Body & Soul	Hatha Yoga Amela	Gentle Yoga Surinda	Zumba-Tone Stephanie	Core Strength Pilates Chad
10:00 – 11:00am	Intermediate STOTT PILATES Reformer \$\$ Genevieve	Water Aerobics Stephanie	Pilates Small Equipment Chad		Pilates Small Equipment Circuit Chad	Pilates Small Equipment Stephanie	Nordic Walking Adventure Kim \$\$ Or Vinyasa Yoga Christina
11:00 12:00	Essential STOTT PILATES Reformer \$\$ Genevieve		Ashtanga Yoga Nancy		Ashtanga Yoga Nancy		
3:30pm 4:30pm		Gentle Yoga Surinda					
4:30-5:30							
5:30 – 6:30 pm	Wendy Kripalu Yoga	Power Mat Pilates Genevieve	Endurance Spin Ally	Intermediate STOTT PILATES Reformer \$\$ Genevieve	Endurance Spin Ally	Intermediate STOTT PILATES Reformer \$\$ Chad	Wendy Kripalu Yoga
6:00-7:00pm							
6:30 – 7:30 pm		Ashtanga Yoga Christina	Armand Healing Hatha Yoga	Ashtanga- Yoga Hannah	Zumba Alison		

All classes are 50 minutes @ \$15 per person (resort guests \$10) unless otherwise specified.
\$\$ - Class charge \$25 per person (resort guest discount \$20).

Instructors and schedule subject to change.
Advanced sign-up recommended for Reformer Classes.
Nutritional consultation available by appointment.

STOTT PILATES is a registered trademark.