

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

9:00-10:00  
Hatha Yoga  
Katy Ann

8:30-9:30  
Mat Pilates  
Meronica

8:30-9:30  
Meditation in  
Motion  
Faith

8:30-9:30  
Kripalu Yoga  
Meronica

8:30-9:30  
Gentle Yoga  
Katy Ann

\$ 9:00-10:00  
Mat- Reformer  
Chad

9:00-10:00  
Essential  
Reformer  
Chad

\$ 10:00-11:00  
Intermediate  
STOTT Reformer  
Chad

10:00-11:00  
Aqua Toning  
Katy Ann

10:45-11:45  
Kripalu Yoga  
Faith

\$ 10:00-11:00  
Essential STOTT  
PILATES Reformer  
Chad

10:45-11:45  
Kripalu Yoga  
Faith

\$ 10:00-11:00  
Essential STOTT  
PILATES Reformer  
Chad

10:00-11:00  
Vinyasa Yoga  
Wendy

10:00-11:00  
Buti Yoga  
Jodie

4:00-5:00  
Kripalu Yoga  
Wendy

4:30-5:30  
Ball Class  
Chad

4:30 5:30pm  
Body Balance  
Donna


\$ 11:00-12:00  
Essential reformer  
STOTT PILATES  
Chad

5:45-6:45pm  
Spin Class  
Chad

\$ 4:30-5:30  
Essential STOTT  
PILATES Reformer  
Chad

Yoga Studio \* upstairs Spa wing  
Pilates studio\* Lower Level spa wing  
Spin Studio\* Sports Club

\*Instructors and schedule subject to change.  
Advanced sign up recommended for reformer class

 = 50 minute classes at \$15 per person (resort guests \$10)

 = 50 minute classes at \$25 per person (resort guests \$20)

# Class Descriptions



**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.

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## 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.

**Body Balance:** Starts with floor work using breathing and stretching movements to open the bodies joints ,while incorporating breathing technique to develop body awareness. The class progresses to some step work to develop muscular strength and balance. The blending of the two formats make a perfect whole body experience

**Gentle Yoga:** This class is focused on breathing, relaxation and stress relief based on Ayurveda principles.

**Kripalu:** A style of Hatha yoga that teaches the basic mechanics of yoga postures and introduces the concepts of breath work. It is a deeper inner directed form of yoga Breath and movement. A formatted yoga class that focuses on using breath and mental focus while gently applying yoga movement.

**Vinyasa:** Means to place in a special way. One posture builds upon the other or counterbalances the first move. Translated from Sanskrit which means connection

**Hatha:** A yoga program designed to bring harmony to the two main energies of the body: The energy of the moon and the energy of the sun. A perfect class to balance the mind and the intellect through breathing and movement

**Buti Yoga:** A class that is a soul blend of power **yoga**, cardio-intensive tribal dance, conditioning and deep abdominal toning.”



**STOTT PILATES™:** Combination class that introduces matt and reformer principles. All levels welcome

**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.

**Ski Conditioning** Using the jump board and props along with challenging floor exercises to get a great Pilates Core workout and help increase dynamic movement.

**Intermediate Reformer:** Experience needed in reformer work to do this class.

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## **SPECIALTY FORMATTED CLASSES**



**Meditation and Movement With breath focus, students will begin practice with slow movements developing deep attention to all sensation that is present The goal is to just witness, without judgement. Class ends with 15 minutes of sitting meditation Students will leave with calm, settled minds, deepened present moment awareness on into their daily life.**

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## **SPORTS CENTER HOURS**

6:30 a.m. - 9:30 p.m.

*\*Hours Subject to Change During Holiday Seasons*  
*Spaastoweflake.com • 802-760-1083*

