



# Fitness Class Schedule

## April 2023

| SUNDAY                                      | MONDAY   | TUESDAY                               | WEDNESDAY                                   | THURSDAY   | FRIDAY  | SATURDAY                         |
|---|--|---------------------------------------|---|--|---|----------------------------------|
|   |  |                                       |   | 7:30 AM - 8:30 AM<br>TRX<br>Chad                 |   | 7:30 AM - 8:30 AM<br>TRX<br>Chad |
| 9 AM - 10 AM<br>Gentle Yoga<br>Justina      |  |                                       | 8:30 AM - 9:30 AM<br>Kripalu Yoga<br>Lauri  |  |   |                                  |
|   | 9 AM - 10 AM<br>Essential Reformer<br>Chad     |                                       |   |  | 9 AM - 10 AM<br>Intermediate Reformer<br>Chad   |                                  |
| 10 AM - 11 AM<br>Essential Reformer<br>Chad | 10 AM - 11 AM<br>Intermediate Reformer<br>Chad |                                       | 10 AM - 11 AM<br>Essential Reformer<br>Chad |  | 10 AM - 11 AM<br>Essential Reformer<br>Chad     |                                  |
|   |  |                                       |   | 4 PM - 5 PM<br>Hatha Yoga<br>Jade                |   |                                  |
|   |  | 4:30 PM - 5:30 PM<br>Mobility<br>Chad |   | 4:30 PM - 5:30 PM<br>Ball Strength Class<br>Chad | 4:30 PM - 5:30 PM<br>Essential Reformer<br>Chad |                                  |

  = \$15 per person (\$10 per resort guest)

  = \$25 per person (\$20 per resort guest)

Call 802-760-1083 to make your reservation or visit [stoweflake.com/spa](http://stoweflake.com/spa).

*\*Instructors and scheduling subject to change. We recommend that you sign up and register in advance for any Reformer Pilates classes.*