

## November 2009 Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:30-7:30 Spinning Katy		6:30-7:30 Spinning Katy		
9:00-10:00 Spinning Kim/Alyssa/Debbie	9:00-10:00 Spinning Alyssa	9:00-10:00 Ski Conditioning Debbie	9:00-10:00 Mat Pilates All levels Debbie/Kim	9:00-10:00 Spinning Diana	9:00-10:00 Ski Conditioning Alyssa	9:00-10:00 Spinning Katy
10:15-11:15 Mat Pilates All levels Kim/Debbie 11/8, 11/22, and 11/29	10:15-11:30 Yoga Flow Alyssa	10:15-11:30 Yoga Basics Debbie		10:15-11:15 Yoga for Skiers Diana	10:15-11:30 Yoga Basics Alyssa	10:00-11:15 Gentle Yoga Kimberly
Hatha Yoga 11/1 and 11/15 Alyssa	12:00-12:45 Body Blast Peaks Trainers*	12:00-12:45 Mat Pilates Level 1 Sam	12:00-12:45 Body Blast Peaks Trainers*	12:00-12:45 Mat Pilates Level 1 Sam	12:30-1:45 Flow Yoga -Practice- Alyssa	
	5:15-6:30 Vinyasa Yoga Adv. Intermediate Sharon	5:15-6:15 Pilates for Skiers Debbie/Kim	4:00-5:15 Hatha Yoga Alyssa	4:30-5:45 Vinyasa Yoga Sharon		
	5:30-6:15 Spinning Debbie/Kim		5:30-6:15 Spinning Katy			

**\*Peaks Trainers Classes will be taught by Keith, Alyssa or Debbie**

**\*\*Yoga Basics Classes will be taught by Alyssa, Debbie, Diana or Kimberly**

### **Cardio, Strength**

**Spinning** – Indoor cycling for cardio strength & endurance, bring a water bottle. Meets in movement studio

**Ski Conditioning** – A circuit class designed for enhancing your performance in winter sports

**Body Blast** – A high energy class which packs a functional, full body workout and cardio. Length of workouts varies. Great for sports conditioning. Meets in gym, level A

### **Yoga and Pilates**

**Mat Pilates 1** – Body conditioning through breathing, flexibility, strength & alignment. Appropriate for beginners and those with injuries.

**Mat Pilates 2** - Same as above although not appropriate for beginners or those with serious injuries.

**Pilates for Skiers**- Same as above although will focus more on lower body strength and stability for skiing.

**Flow Yoga** – A flow style of yoga that focuses on alignment and may take breaks to work with props for a deeper understanding of postures. Challenging for beginners. Yoga Studio

**Practice**- A “follow the teacher” style practice with less instruction and adjustments. Must have a yoga practice.

**Vinyasa Yoga** – Awaken the internal fire with fluid linking of postures, alignment & breath work. Not for beginners. Meets in Yoga studio.

**Advanced Intermediate class** is for very experienced students. Yoga Studio

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

**Yoga for Skiers**- This class will build lower body strength and flexibility to improve skiing. All levels, yoga studio.

**.Gentle Yoga**-This class focuses on breath and slow moving, therapeutic postures. Suitable for all levels.

**Hatha Yoga**-An Anusara influenced hatha yoga class will focus on alignment and the heart oriented Tantric philosophy. All levels welcome.