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|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **8:00 AM** | Gentle Yoga  Barb  **50 Minutes** |  |  |  |  | Vinyasa Yoga  Barb  **50 minutes** |  |
| **9:00 AM** | Full Body Stretch  Natalee  **50 minutes** | High Intensity  Interval Training  Natalee  **50 minutes** | Interval Core Tone  Donna  **50 minutes** | Full Body Stretch  Natalee  **50 minutes** | Interval Core Tone  Donna  **50 minutes** | Pilates for Skiers and Riders  Donna  **50 minutes** |  |
| **10:00 AM** | Functional Training & Stability  Tammy  **50 minutes** | Stretch and Strengthen  Tammy  **50 minutes** | Pilates Stretch  Donna  **50 minutes** | Functional Training & Stability  Tammy  **50 minutes** |  |  | Mindfulness and Compassion Meditation  Luis  **50 minutes** |
| **11:00 AM** | Full Body Movement Circuit  Natalee  **50 minutes** | Aqua Aerobics  Natalee  **50 minutes** | Aqua Aerobics  Natalee  **50 minutes** | Aqua Aerobics  Natalee  **50 minutes** |  |  | Pilates Stretch  Donna  **50 minutes** |
| Vinyasa Yoga  Heather  **50 minutes** | Vinyasa Yoga  Heather  **50 minutes** |
| **12:oo PM** | Stretch and Strengthen  Tammy  **50 minutes** | Feel Good Flexibility  Tammy  **50 minutes** |  | Vinyassa Yoga  Barb  **50 minutes** |  |  |  |
| **5:oo PM** |  | High Intensity Interval Training  Natalee  **50 minutes** |  |  | High Intensity Interval Training  Natalee  **50 minutes** |  |  |

**Class Descriptions**

* **HIIT:** High Intensity Interval Training. A full body, aerobic and strength training workout class.
* **Full Body Movement Circuit:** Easy to moderate workout using body weight, sliders & weights of choice.
* **Interval Core Tone:** A fast-paced all-body interval style class using weights, bands, balance and body weight exercises; as well as; short cardio intervals.
* **Pilates for Skiers & Riders:** An all levels Pilates class focusing on building core strength and stability using detailed cueing of exercises to promote proper alignment and understanding of the Pilates method.
* **Aqua Aerobics:** A low impact/moderate intensity full body workout in shallow water. Equipment is used for resistance and toning muscle.
* **Core Balancing and Conditioning:** A Pilates and yoga inspired class geared at building balance, strength, endurance, and stability with attention to breath and safe alignment principles.
* **Pilates Stretch:** Classic athletic stretches inspired by dynamic Pilates exercises moving with the breath.
* **Mindfulness and Compassion Meditation:** This class features a 25 minute guided mindfulness meditation followed by a 25 minute guided compassion meditation. Meditators of all levels are welcome.
* **Functional Training with Stability :** train muscles to work together and prepare them for daily tasks by simulating common movements done while at home, work or in sports. Combined with balance to improve strength in your ankles, knees, and hips.
* **Feel Good Flexibility:** Warmup, followed by gentle stretches that improve range of motion throughout the body, you will feel more relaxed & centered when you are done with this class.
* **Stretch and Strengthen:** bodyweight & light resistance infused with stretches to give you the ultimate resistance training / stretching combination.
* **Gentle Yoga:** A slower class designed to really feel the opening that different poses give us.
* **Vinyassa Yoga:** A nice flow with lots of movement and some balancing poses.