Fitness Schedule

February 2021

topnotch RESORT

Sign up required for all classes

All Classes are $15/class Package of 10 classes for $120

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	Gentle to Moderate Flow Yoga Barb 50 Minutes					Gentle to Moderate Flow Yoga Barb 50 minutes	
9:00 AM			Interval Core Tone Donna 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	Stretch and Strengthen Tammy 50 minutes	Vinyasa Yoga Heather 50 minutes		Restorative Yoga Heather 50 minutes			Pilates Stretch Donna 50 Minutes
11:30 AM							
12:00 PM		Feel Good Flexibility Tammy 50 minutes		Gentle to Moderate Flow Yoga Barb 50 minutes			
1:00 PM		Aqua Aerobics Natalee 50 Minutes					

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Class Descriptions

- 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.