

FITNESS OFFERINGS FROM THE SPA AT THE PEAKS



The spa at the Peaks offers state-of-the-art fitness experience to help maintain or advance your wellness routine at luxury levels.

- Matrix equipped gym
- Group fitness offerings
- Peloton & Schwinn spin
- Full length lap pool
- Fully equipped Pilates studio
- Manduka equipped yoga studio
- Hyperice equipped Rejuvenation Station

Our expert trainers are available for private sessions to address your individual fitness and body movement goals. Each session is customized to include exercise that focus on your overall wellbeing and feeling good in your movement.

PRIVATE SESSIONS

- Personal Training
- Pilates Mat
- Pilates Fully Equipped Studio
- Yoga of your choice
- Strength Training
- Mobility & Stretching
- Meditation & Breathwork
- Swimming Lessons
- Nutrition & Wellness Consulting
- Rejuvenation Station

	1 HOUR SESSION	10 PACK	20 PACK
PRIVATE	\$165/hour	\$1500 (\$150/hour)	\$2800 (\$140/hour)
SEMI PRIVATE	\$200/hour	\$1800 (\$180/hour)	\$3400 (\$170/hour)

REJUVENATION STATION

Experience a luxury experience of rest, recovery, and rejuvenation. Whether outdoors all day or needing an hour of self care, our expert trainers will provide assisted stretching, breathing, and relaxing. Then sit back and enjoy the Hyperice vibration therapy with a heated back massage wrap and percussion massage gun. Give your legs, hips, or arms the compression therapy they deserve with Normatech Compression boots or sleeves.

30 MINUTE SWIM SESSIONS

Geared towards children prepping for water safety. Sign your kiddo up for a swim session with our expert swim coach in our heated pools.

SINGLE	5 PACK	10 PACK	20 PACK
\$85	\$360	\$700	\$1,375

	SINGLE SESSION	10 PACK	20 PACK
15 MIN SESSION	\$45	\$450	\$800
30 MIN SESSION	\$85	\$800	\$1,500
1 HOUR SESSION	\$165	\$1500 (\$150/hour)	\$2800 (\$140/hour)

Call or email to purchase your fitness needs.
970.728.2649
hblakeman@telski.com

CUSTOMIZED CLINICS

Clinics are personal sessions, customized to your needs and designed to help you accelerate in your sport of choice. The trainers of these clinics specialize in these areas specifically.

	30 MINUTE SESSION	1 HOUR SESSION
PRIVATE	\$85	\$165/hour
SEMI PRIVATE	\$100	\$200/hour

- **Golf Screening & Drills**

- Pre-Golf Warm Up & Mobility. This clinic is shorter in time, just 30 minutes long. Ideally it is 1.5 hours prior to tee time, helping you to move your body and warm up in the most efficient ways.
- Golf Specific Training & Mobility + Functional Strength. 1 hour session. Includes evaluation, identify mobility and strength limitations. Personalized programming, and training to improve golf game. Addresses returning from injury and rehabilitation.

- **Mountain Bike & Cycling**

- Mountain Biking & Cycling Specific Training & Mobility + Functional Strength. 1hour session. Includes evaluation, identify mobility and strength limitations. Personalized programming, and practical strength training to improve your endurance. Addresses returning from injury and rehabilitation.

- **Water Fitness & Swim**

- Swimming-specific training, specializing in technique analysis, individualized feedback to identify movements, body position, and strength imbalances. This session focuses on insights to help swimmers at any level achieve faster, smoother, and more efficient techniques in the pool.

- **Assisted Stretching & Recovery**

- This 1 hour session includes general assessment, identifying mobility limitations, addresses areas of tightness and soreness. Expect assisted stretching with breathwork, alignment, and posture work. Enjoy a session of compression therapy in our Normatech compression equipment, and percussion gun massage therapy.

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