

OFF SEASON SCHEDULE: Monday, April 20th to Saturday, May 23rd

Classes will be pop-up style. Please see the following calendar for dates and times for pop up classes. Spa & Fitness Facility hours will be 8:00AM-6:00PM

Please arrive to class 5 minutes early in order to secure your spot and gather your gear. Don't forget a full water bottle!

*summer season schedule will begin Sunday, May 24th. Please stay tuned for that schedule.



THE PEAKS
Resort & Spa
TELLURIDE

SUN	MON	TUE	WED	THU	FRI	SAT
APRIL			1	2	3	4
5	6	7	8	9	10	11
All off season classes will be held in the YOGA STUDIO.						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	10:30-11:30 Fitness Fun Casey	10:30-11:30 Fitness Fun Casey	12:00-1:00 Pilates Mat Anikke	10:30-11:30 Fitness Fusion Casey		
26	27	28	29	30		
	9:15-10:45 Mindful Movement Kelsey	10:30-11:30 Fitness Fun Casey	9:15-10:45 Mindful Movement Kelsey 12:00-1:00 Pilates Mat Anikke	10:30-11:30 Fitness Fusion Casey		

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MAY						1	2
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	9:15-10:45 Mindful Movement Kelsey	8:15-9:15 Meditative Movement Rheea 10:30-11:30 Fitness Fun Casey	9:15-10:45 Mindful Movement Kelsey 12:00-1:00 Pilates Mat Anikke	9:15-10:15 Yoga Valerie 10:30-12:00 Fitness Fusion Heather	8:15-9:15 Athletic Foundations Brandon		
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31							

CLASS DESCRIPTIONS:

Fitness Fun with Casey: Join Casey for an hour of mixing various formats of fitness together. Just casually move your body, get your heart rate up, sweat a little.

Pilates Mat with Anikke: A blend of Pilates mat and barre exercises focusing on strengthening and activating core, for a whole-body workout.

Yoga With Valerie: An active flow of connecting your body and breath through active sequences to build your physical and mental strength.

Fitness Fusion with Heather: A 90-minute fusion of all areas of fitness Heather believes in, moving through body awareness, activation, flexibility, mobility, balance, strength, lateral conditioning, cardio intervals, agility, and core. This workout will leave you feeling like you've incorporated all areas of your physical wellness.

Mindful Movement with Kelsey: Join Kelsey for a creative flow integrating breath, posture, alignment along with practicing your balance and fitness skillsets. This class will adapt to the needs of participant, bringing in a little bit of yoga with fitness.

Athletic Foundations with Brandon: Progressions of the essential strength, mobility, and coordination needed for athletic performance with a focus on movement quality and preparing for your outdoor fun.

Meditation and Restorative Movement with Rheea: Active breathing meditation, with restorative postures, to connect the breath and body.