

Sundays

Mondays

Tuesdays

Wednesdays

Thursdays

Fridays

8:00AM-9:00AM
MORNING MOVEMENT
Roby
Yoga Studio

8:00AM-9:00AM
YIN YOGA
Julie
Yoga Studio

8:00AM-9:00AM
MEDITATION AND
RESTORATIVE MOVEMENT
Rhea
Yoga Studio

8:00AM-9:00AM
MORNING MAT PILATES
Kat
Yoga Studio

8:00AM-9:00AM
MEDITATION AND
RESTORATIVE MOVEMENT
Rhea
Yoga Studio

8:00AM-9:00AM
MORNING PILATES
Anikke
Yoga Studio

9:15AM-10:15AM
TRI-BATH-LON
RECOVERY CIRCUIT
Roby
**Level B Pool / Hot Tub /
Steam / Sauna**

9:15AM-10:15AM
YOGA FLOW
Julie
Yoga Studio

9:15AM-10:15AM
YOGA FLOW
Valerie
Yoga Studio

9:15AM-10:15AM
YOGALATES
Anikke
Yoga Studio

9:15AM-10:15AM
YOGA FLOW
Valerie
Yoga Studio

9:15AM-10:15AM
POWER PILATES
Anikke
Yoga Studio

10:30AM-11:30AM
CORE & BALANCE
Heather
Outdoors: Meet at Level B
Outdoor Pool/Hot tub area

10:30AM-11:30AM
FITNESS FUSION, Part 1

11:30AM-12:00PM
FITNESS FUSION, Part 2

10:30AM-11:30AM
GYM 101
Casey
Yoga Studio

10:30AM-11:30AM
FITNESS FUSION, Part 1

11:30AM-12:00PM
FITNESS FUSION, Part 2

10:30AM-11:30AM
RESTORE & REJUVENATE
Heather
Outdoors: Meet at Level B
Outdoor Pool/Hot tub area

11:45AM-12:15PM
HIIT
Casey
Yoga Studio

Heather
Outdoors: Meet at Level B
Outdoor Pool/Hot tub area
**Come for part 1 or 2,
or both.*

11:45AM-12:15PM
HIIT
Casey
Yoga Studio

Heather
Outdoors: Meet at Level B
Outdoor Pool/Hot tub area
**Come for part 1 or 2,
or both.*

11:45AM-12:15PM
HIIT
Casey
Yoga Studio

12:15PM-1:15PM
CORE & MORE FITNESS
Casey
Yoga Studio

12:15PM-1:15PM
STRONGEVITY
Debbie
Yoga Studio

12:15PM-1:15PM
OUTDOOR POOL FITNESS
Casey
Outdoor Pool, Level B

12:15PM-1:15PM
STRONGEVITY
Debbie
Yoga Studio

12:15PM-1:15PM
BOSU BURN
Casey
Yoga Studio

*See flyer in the gym or
website for weekly workshop
pop-ups from various
instructors on a variety of
themes.*

Summer 2026

FITNESS SCHEDULE

May 24th - October 25th

**Please arrive to class 5 minutes early
in order to secure your spot and
gather your gear.**

**Don't forget a full water bottle!
Be sure you check class location.**

**See a class you are interested in, but
cannot make it?**

**Email our Fitness Manager, Heather
Blakeman, to schedule your private
class, personal training, or private
Pilates reformers.**

hblakeman@tellurideskiresort.com



THE PEAKS
Resort & Spa
TELLURIDE

SUMMER 2026 FITNESS SCHEDULE

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

See a class you are interested in, but cannot make it? Email our Fitness Manager, Heather Blakeman, to schedule your private class, personal training, or private Pilates reformers.

hblakeman@tellurideskiresort.com

CLASS DESCRIPTIONS

Morning Movement with Roby: Bring your coffee or tea for casual conversation, paired with easy going movement and mobility getting your body ready for the day.

Tri-Bath-lon with Roby: Join Roby at the Level B pool, hot tub, steam, sauna for an informal hour of stretching and recovering your body with aquatic therapy paired with heat therapy.

Yin Yoga with Julie: Focuses on long-held, passive poses to target the deep connective tissues in the body, promoting relaxation, flexibility, and mindfulness.

Yoga Flow with Julie: An active flow of connecting your body and breath through active sequences to build your physical and mental strength.

Core & Balance with Heather: Heather will lead you through 30 minutes of core on the floor, followed by balance stability work. The balance work includes working the functionality of your toes, heels, ankles, calves, feet and legs entirely. This class meets at the OUTDOOR pool on Level B.

HIIT Class with Casey: Using mainly your body weight, expect a full body workout of high intensity interval training session.

Core & More Fitness Fusion with Casey: Blend of exercises to engage the full body, core, improve flexibility, stability, joints, and more.

Pre Golf Mobility with Brandon: Learn how mobility, stability, and strength impact your golf swing. This class will help you move better, play longer, and stay pain free on the course.

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

Yoga Flow 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. The first 60 minutes will move through body awareness and activation, flexibility, mobility, balance, strength, lateral conditioning. The final 30 minutes will be incorporating your core into cardio intervals and agility, finishing off with breathing and stretching. This workout will leave you feeling like you've incorporated all areas of your physical wellness. You can come for as much or as little of the class as you wish. This class meets at the OUTDOOR pool on Level B.

Strongevity with Debbie: Enhance your longevity with integrated moves for strength, stability, and mobility. Beginner to moderate level.

Yogalates with Anikke: A Fitness fusion of Yoga flow and Pilates principles on core activation, alignment, balance, strength, and coordination.

Morning Mat Pilates with Kat: Blend of mat exercises to engage the full body, core, improve flexibility, stability, joints, and more.

Gym 101 with Casey: You all-access introduction to the essentials to weight training. Hands-on class, we break down proper form, how to use equipment safely, and the fundamentals of strength. You'll learn how to build a balanced workout, set realistic goals, and feel confident moving around the gym. No experience required.

Outdoor Pool Fitness with Casey: This upbeat, low-impact class takes place in our downstairs pool with stunning views. Perfect for all fitness levels, whether you're just getting started or looking to shake up your routine without stressing your joints. Come for the workout, stay for the fresh air, good vibes and that "ahh" feeling only the pool can give.

Morning Pilates with Anikke: Ideal workout to start the day, focusing on breathing, core activation, mindful movement, alignment and increased mobility for overall well being.

Power Pilates with Anikke: An energetic challenging whole body workout emphasizing core strength, alignment, balance, and mobility. We will be doing a combination of mat exercises, seated work and standing with weights and a variety of props

Bosu Burn with Casey: Using a bosu ball, you will simultaneously engage mobility, balance, stability, and strength, ending with full body stretches.

Restore & Rejuvenate with Heather: A very calming environment of restoration for the mind and body both, with active stretching and breathing. This class meets at the OUTDOOR pool on Level B.