

WEDNESDAY WORKSHOPS

EVERY
WEDNESDAY OF
WINTER SEASON

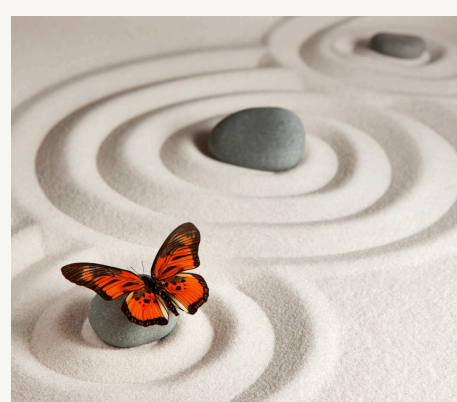
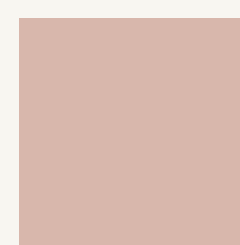
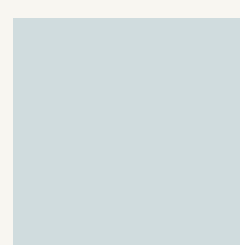
4:30PM-6:00PM

IN THE GROUP
FITNESS ROOM

THEMES &
TOPICS CHANGE
WEEKLY

INSTRUCTORS
CHANGE
WEEKLY

INCLUDED IN
YOUR
MEMBERSHIP



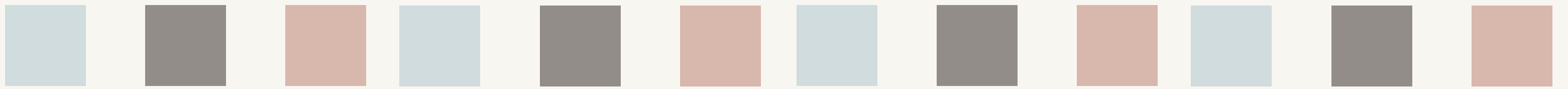
DATES, THEMES, INSTRUCTORS

- Dec. 3: Gym Orientation with Heather
- Dec. 10: Weights for Women with Heather
- Dec. 17: Nutrition 101: Healthy Eating with Eliza
- Dec. 31: Glow & Flow Yoga with Heather
- Jan. 7: New Year's Breathwork & Reflective Journaling with Rhea
- Jan. 14, 21, 28: Balance Series with Kelsey
- Feb. 4: Journey through the Chakras with Julie
- Feb. 11: Unwind & Uncork Wine & Yoga with Valerie
- Feb. 18: Couple's Wellness Workshop with Heather
- Feb. 25: Pilates Foundations with Anikke
- March 4: Nutrition 101: Healthy Eating Throughout Life with Eliza
- March 11: Contrast Aquatic & Heat Therapy with Heather
- March 18: TPI - Golf Screen and Drills for Longevity, with Dr. Brandon, DPT
- March 25: Unwind & Uncork Wine & Yoga with Valerie

To sign up for a specific workshop, email
Fitness Manager, Heather Blakeman:
hblakeman@telski.com

Sign ups are highly encouraged and
drop-ins (Spa Day Pass) are welcome
depending on availability

WEDNESDAY WORKSHOPS



DATES, THEMES, INSTRUCTORS, DESCRIPTIONS

ALL WORKSHOPS WILL BE HELD IN THE GROUP FITNESS ROOM ON LEVEL B

Dec. 3: Gym Orientation with Heather

Heather will lead you through the general objectives and usages of the gym equipment and machines, along with guidance on how to set up a workout in the gym. Will also leave time to answer any questions and allow you to try things out in the gym.

Dec. 10: Weights for Women with Heather

Heather will guide you through the most common, most important lifting moves for women, how much you should be lifting, and how to do it properly. You will learn how to structure your activating warm up, workout, and cool down.

Dec. 17: Nutrition 101: Healthy Eating with Eliza

With nutrition recommendations coming at us from every direction it can be hard to wade through the plethora of information and land at an eating pattern that works. In this workshop we'll discuss healthy eating and nutrition practices that are rooted in truth in order to provide you with the knowledge required to make the best choices for you.

Dec. 31: Glow & Flow with Heather

Wear your bright colors, glowing neon, lights and all to finish off 2025 with Heather in the yoga studio flowing through poses and postures to release 2025 and open up, welcoming 2026.

Jan. 7: New Year's Breathwork & Reflective Journaling with Rhea

A transformative workshop where you'll learn the Activated Two-Breath breathing practice — a powerful technique designed to awaken your energy and reinvigorate your mind and body. Through guided journaling prompts, you'll also reflect and set meaningful intentions for the new year, creating space for clarity, purpose, and renewal.

Jan. 14, 21, 28: Balance Series with Kelsey

Kelsey will lead you through a three week, progressive series on the importance of balance, exercises to improve your stability and a flow of movements that works your mental and physical balance awareness.

Feb. 4: Journey through the Chakras with Julie

Join Julie in an educational session, learning all about the Chakra energy centers of the body followed by a yoga flow with Chakra-activating movement. Use this time to connect physically and mentally to the chakra energy within your own body.

Feb. 11: Unwind & Uncork Wine & Yoga with Valerie

Come join us for the happiest of happy hours in Telluride. Sip wine with sommelier, Valerie, while she leads you through a yoga flow.

Feb. 18: Couple's Wellness Workshop with Heather

Bring your spouse, partner, or just a friend to join in on a couples/partners workout lead by Heather. Laugh, smile, move your bodies, and just have fun.

Feb. 25: Pilates Foundations with Anikke

This session will be a mat class that emphasizes core activation, strength and mobility to attain a more balanced body.

March 4: Nutrition 101: Healthy Eating Throughout Life with Eliza

Nutrition is important in each stage of our life. In this workshop we'll discuss healthy eating throughout those various seasons.

March 11: Contrast Aquatic & Heat Therapy with Heather, on level B pools

Heather will lead you through a series of active recovery, utilizing the hot tubs, outdoor pools, steam room and sauna. We will work on our breathing, stretching, and contrast therapy for the best rejuvenation and recovery for your body.

March 18: TPI - Golf Screen and Drills for Longevity, with Dr. Brandon, DPT

Learn how mobility, stability, and strength impact your golf swing. This workshop covers simple TPI-based screens and drills to help you move better, play longer, and stay pain-free on the course.

March 25: Unwind & Uncork Wine & Yoga with Valerie

Come join us for the happiest of happy hours in Telluride. Sip wine with sommelier, Valerie, while she leads you through a yoga flow.

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hblakeman@telski.com**

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