

# 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.



THE PEAKS  
Resort & Spa  
TELLURIDE

## 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 skiing 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	\$1,500

Call or email to purchase your fitness needs.

970.728.2650

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15 MIN SESSION

30 MIN SESSION

1 HOUR SESSION

SINGLE SESSION	10 PACK	20 PACK
\$45	\$425	\$800
\$85	\$800	\$1,500
\$165	\$1500 (\$150/hour)	\$2800 (\$140/hour)