

**Align & Refine with Yoga**-Has your practice, rote? Alignment in asana is not possible without drawing into alignment all the koshas, the intellectual, emotional & spritual. As we align the physical we align ourselves with the potential inherent in life. Awaken the unknown, dormant parts of yourself. Enjoy the experience of discovery, touching your own experience. This class includes standing poses, forward bends, twists and simple back bends, introduction to and preparation for shoulder stand and basic breathing techniques. For the serious beginner and intermediate student.

**AM Yoga**-Start your morning off right by easing into it with a gentle, relaxing beginner yoga class.

**AM Aqua**-Looking for something different for a morning workout? Try this fun class, get outside in our warm adult pool for an invigorating all body workout with little stress on joints. Improve circulation and mobility.

**Aqua Intervals**-Circuit training in the water! Get a great strength workout at a pace that is great for all levels of fitness. Come on in and splash your way to fitness!

**A Women's Practice**- We can support the ever changing dynamics of our bodies. We will explore safe and effective sequences for all stages of womanhood: menstruation, pre-natal, menopause and post menopause. These sequences address and support our mental pise, emotional composure and our physical health while we are experiencing physiological and psychological changes, imbalances and disturbances.

**Cardio Core Interval**-Cardio intervals will strengthen the heart and lungs, combined with core intervals which will work the abs, waist and lower back. Modifications will make this an excellent class for all levels.

**Gentle Yoga**-Iyengar yoga just for students who want a "lighter" class. Learn all the benefits of yoga for vitality and health. Go easier on the body at the same time. Instructor spends more time on proper form.

**Got Core?**-An abdominal and lower back training class. A great class for people who don't like classes. Great for all levels.

**Heated Yoga**-Moderate yoga in a heated room.

**Hydro-Power**-A challenging water class utilizing intervals and circuit techniques for a full body workout.

**Mid Day Stretch**-Stretch your whole body with a combination of sports and pilates inspired stretches.

**Morning Stretch**-A gentle rhythmic stretch that improves circulation and flexibility for the whole body.

**Mountain Tune Up-A** "pilates inspired" interval class to get the body primed for the mountain. Balls, bands, bodyweight for strength and balance. Agility intervals for endurance and speed. Finishes with a long stretch-out.

**Pilates Allegro Reformer class Semi Private**-In this class, students will work at a 5:1 student teacher ratio learning the essentials of the Pilates reformer. The class will strengthen the abdominals, back, legs and arms. Numerous exercise's can be performed on the Reformer. **Class cost \$25.00 per person. Class limited to 5 people per class. Please sign up in advance at the Spa Desk to reserve your machine.**

**Pilates Mat Class**-This class introduces you to the classic mat exercise developed by Joseph Pilates. Exercises are done consecutively to give the body a challenge of breathing and coordinating the abdominal muscles for a fit, toned core.

**Power Pump**-Try something new! An all weight class. This class will pump you up with the use of free weights. Use small barbell sets and dumbbells for an intense all body workout.

**Restorative Yoga**-This class uses a sequence of 4-5 postures supported by cushions and blankets. You will be eased into a complete state of deep relaxation. No yoga experience necessary.

**Slow Flow Yoga**-A gentle class linked by variations of sun salutations combined with renewing restorative postures.

**Slow Vinyasa Flow**-This style of yoga is characterized by a focus on Vinyasa, or a dynamic connecting posture, that creates a flow between the more static traditional yoga postures. The Vinyasa "flow" is a variant of Surya Namaskara, the Sun Salutation. The whole practice is defined by a series of six specific breathing patterns (Ujjayi breathing). This style gets the muscles warmed up quickly.

**Snow Shoe Basics**-For Resort Guests. Learn the basics of snow shoeing at the Nordic Barn. Go over equipment and clothing and take a short trip around the scenic horse pasture.

**Sports/Ski Conditioning**-Circuit training for the Athlete. 12-15 stations are set up to challenge strength and balance. Fast paced timed intervals for a high intensity workout. NOT FOR BEGINNERS!!!! **Intermediate to advanced level of fitness recommended.**

**Strength Core Interval**- Working larger muscle groups with tubing, free weights, stability balls, ect. As well as core strengthening exercises. A great total body workout!

**T'ai Chi I/Chi Kung**-A gentle, holistic Asian movement exercise. This series of movements develops and enhances health, energy, relaxation and well being (40 mins.)

**T'ai Chi II**-Immediately follows T'ai Chi I-Experienced T'ai Chi students are encouraged to stay to learn and practice more advanced movements. (40 mins.)

**Yoga-Pilates Fusion**: A blend of the two mind/body classes that will tone your core and stretch your entire body. A very relaxing class.

**Yoga Roots**: This class will emphasize asanas that address the feet, legs and hips.

**Proper footwear is required for all activities. Classes and activities are for the ages of 16 and older, with the exception of Spa Sitters. The pool the Aqua Class is in is closed during the class, 9:00-10:00 and 11:00-12:00. Save on Personal Training!! Purchase a 10 package series for \$600 or 5 sessions for \$325.00. (Sessions regularly \$75 each.)**