



# topnotch spa

## Ski Season 2012 Schedule

Prices: Pilates Allegro \$25. Tai Chi I & II \$10 each (\$15 for two concurrent). All other classes \$15.

Beginner (Basic experience) - ● Intermediate- ■ Advanced - ◆ 01/01/2012

<u>Monday</u>		<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
				Morning Stretch ● Mary 8:25-8:50	AM Yoga ● Anika 8:00-8:50	Morning Stretch ● Donna 8:25-8:50
Ski Conditioning ◆ Mary 9:00-9:50	Got Core? ◆ Mary 9:00-9:50	Strength Core Interval ◆ Donna 9:00-10:00	Ski Conditioning ◆ Mary 9:00-9:50	Cardio Core Interval ◆ Donna 9:00-10:00	Mountain Tune Up ◆ Donna 9:00-10:00 AM Aqua ● Anika 9:00-9:50	Tai Chi I ● 9:00-9:40 John  Tai Chi II ● 9:45-10:25 John
Pilates Mat Class ■ Mary 10:00-10:50	Yoga-Pilates Fusion ■ Anika 10:00-10:50	Gentle Yoga ● Danielle 10:05-11:30	Yoga-Pilates Fusion ● Anika 10:00-10:50	Power Pump ■ Mary 10:10-11:10 *Utilizes free weights		
Hydro Power ■ Mary 11:00-11:50	Aqua Aerobics In the Indoor Pool ■ Anika 11:00-11:50	Hydro Power In the Indoor Pool ■ Anika 11:00-11:50	Aqua Aerobics ■ Mary 11:00-11:50 Align & Refine w/ Yoga ■ Regina 11:00-12:20	AQUA INTERVALS ■ Amy 11:00-11:50  Mat Pilates ■ Donna 11:10-12:00		Pilates Allegro Semi -Private (\$\$) ■ Donna 11:00-11:50
Relax and Renew w/ Yoga ● Maggie Mae 12:30-1:50	Open Yoga ■ Maggie Mae 12:00-1:20  Snow Shoe Basics ● Mary	Slow Vinyasa Flow ● Danielle 12:00-1:20	Yoga Roots ● Regina 12:30—1:50		Mid Day Stretch ● Donna 12:00-12:50  Pilates Allegro Semi -Private (\$\$) ■ Donna 1:30-2:20	Align & Refine w/ Yoga ■ Regina 12:00-1:20  Relax and Renew w/ Yoga ● Regina 1:30-2:50
Slow Flow Yoga ● Emily 2:00-3:20		Pilates Allegro Semi -Private (\$\$) ■ Donna 3:00-3:50	Pilates Allegro Semi-Private (\$\$) ■ Donna 2:30-3:20  Pilates Mat Class ■ Donna 3:30-4:20	Yoga-Pilates Fusion ● Anika 3:30-4:20	Restorative Yoga ● Emily 2:30-3:50	
Power-Pump ■ Mary 4:30-5:30	Tai Chi I ● 4:00-4:40 Tai Chi II ● 4:45-5:25 John		Power-Pump ■ Mary 4:30-5:30	Heated Yoga ● Anika 4:30-5:30		

