



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!

Ballet Bar Burn- Ballet inspired exercises using little or no weight but emphasizing perfect posture.

Cardio Core-No equipment! Just yourself. Cardio intervals, bodyweight exercises, core work and stretch.

Fall Fitness Walk- Enjoy the crisp fall air as you go on a walk along the Stowe Recreation Path or by the Topnotch Resort Homes.

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.

Hard Core- An abdominal and lower back training class. Taught in an endurance style, you will make your midsection stronger using a variety of exercises and props. Very fast paced class, but all levels are welcome and you will increase your core strength.

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

Interval Core Blast- A fast-paced combination of core training, strength and cardio intervals with balance work.

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

Open Yoga-a yoga class tailored to the skill level of the participants. Depending on level of prowess-the instructor will make this class a very personal experience.

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 exercises can be performed on the Reformer. **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.

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. **Intermediate to advanced level of fitness recommended.**

T'ai Chi 1/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 1-Experienced T'ai Chi students are encouraged to stay to learn and practice more advanced movements. (40 mins.)

Yoga-A gentle class appropriate for all levels. Blocks, bolsters, straps and mats are provided for you.

Yoga and the Practice of Mindfulness-being present in your practice is discussed and practiced in this gentle yoga class. Geared to all levels of fitness.

Yoga Flow- Gentle, flowing yoga poses help to stretch your muscles and yoga stretches will relax your body and mind.

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.

Proper footwear is required for all activities. Classes and activities are for the ages of 16 and older. The pool used for the Aqua Class 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) Prices: Pilates Allegro- \$25. Tai Chi I and II-\$10 each (\$15 for two concurrent) All other classes-\$15