



## Wellness Studio Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am	<b>Mountain Morning Vinyasa</b> VERDANDI WELLNESS STUDIO	<b>Roll With It</b> VERDANDI WELLNESS STUDIO	<b>Circuit Training</b> FITNESS CENTER	<b>Sun Up Hatha</b> FLAGSTAFF DECK	<b>Aqua Motion</b> OUTDOOR POOL	<b>Mountain Morning Vinyasa</b> VERDANDI WELLNESS STUDIO	<b>Sun Up Hatha</b> FLAGSTAFF DECK
10am	<b>Mindful Hike</b> STEIN LODGE					<b>Core Fusion</b> VERDANDI WELLNESS STUDIO	<b>Gentle Flow</b> VERDANDI WELLNESS STUDIO

### CLASS DESCRIPTIONS

(435) 645-6475

#### Core Fusion

The Vinyasa inspired yoga class provides an energetic, fast-paced practice, seamlessly blending traditional yoga postures with strengthening moves for the entire body.

#### Mindful Hike

Start the day in fresh mountain air while your guide leads you through Deer Valley hiking trails. You will be coached through breathing techniques to assist in mental clarity as well as adjust to the altitude. Weather permitting. Group meets at the Concierge desk.

#### Mountain Morning Vinyasa

This Vinyasa yoga session focuses on breath, stretching, and healing the connective tissue by holding poses and energized flow. This class can be taken by yogis and yoginis of all levels and is the perfect complement to an existing yoga practice or exercise program.

#### Roll With It

Using foam rollers to release trigger points, the muscle relaxes by reacting to the body's natural response to pressure. This myofascial release is useful in improving circulation, alleviating certain kinds of pain, and promoting good body responses.

#### Sun Up Hatha

Concentration of balance and mindfulness by controlled breathing through traditional asanas (physical postures). This is meant to strengthen, align, and promote flexibility in the body.

#### Circuit Training

Total body workout circuit style. This class offers stations of cardio, strength, plyometric and core training focus. Maximize calorie burn and total body training.

#### Aqua Motion

This water fitness class is held at our outdoor pool where you will use your body's movement under water to ease the impact that gravity holds on your joints. Bathing Suit required.

#### Gentle Flow

A restful session using less strenuous movements through breathing, gentle flowing movements, and passive supported poses. This practice is mainly held on a mat (with a few standing poses) using breath to guide the body and mind to release tension to create a more balanced well being.

#### Stein Spa Yoga

Whether you are seeking relief from stress, struggling with personal injury, or you are an athlete in training, work one-on-one with an instructor to see what a session uniting mindful yoga, massage, and assisted stretching can do for you. See Spa Concierge to schedule. Sessions subject to availability.

*Summer schedule is subject to change. Classes valid 4/8/2019 through 12/6/2019 and available to Stein Eriksen Lodge overnight guests only. \*Please note: gratuity is not included.*

*The Spa is reserved for guests over the age of 18 and children ages 12-17 when accompanied by an adult. Children 12 and under are welcome to the pool area only. Complimentary access to The Spa is included for all guests with treatments or services of a \$100 or higher value. Complimentary access to The Spa is also included for all Stein Eriksen Lodge overnight lodging guests.*

