

# September Class Schedule

## MONDAY

6:15a	Spin	Nancy
8:00a	Yoga	Phoebe
9:30a	Power and Strength	Patti
9:30a	Pilates Group Equip \$	Lindy
5:30p	Spin	Emily
6:15p	Yoga	Nat

## TUESDAY

7:00a	MetconFitness	Danny
8:00a	Yoga	Lauren
9:15a	Pilates Mat	Patience
10:15a	Barre	Tracy
12:00p	Yoga	Jenny
4:30p	Spiral Stabilization of the Spine Last Class 9/15	Daniela
5:30p	Yoga	Geordy
5:30p	TRX/Kettlebell Starts 9/17	Radek
6:30p	Krav Maga Starts 9/17	Radek

## WEDNESDAY

8:00a	Yoga	Jan
9:30a	Mountain DO	Patience
12:00p	Yoga	Grace
5:30p	Pilates Mat	Beth
5:30p	Circuit Rage ③	Patti
6:30p	Restorative Yoga	Betsy

### Club Hours

Monday - Friday: 5:30am - 9pm  
Saturday: 6am - 9pm  
Sunday: 6am - 6pm

## THURSDAY

7:00a	MetconFitness	Danny
8:00a	Yoga	Shannon
9:15a	Pilates Mat	Emily
10:15a	Barre Fusion	Beth
12:15p	Yoga NEW TIME	Grace
5:30p	TRX/Kettlebell Starts 9/12	Radek
5:30p	Spin	Meggen
6:30p	Krav Maga Starts 9/12	Radek
7:30p	Belly Dancing Last Class 9/17	Daniela

## FRIDAY

8:00a	Yoga ③	Grace
9:30a	Mountain DO	Patience
10:45a	Pilates Mat	Lara
5:30p	Yin/Restorative Yoga	Grace/ Lauren

## SATURDAY

8:00a	Core Blast ①	Danny
8:30a	Yoga ③	Kirstie
8:45a	MetconFitness	Danny

## SUNDAY

9:00a	Yoga	Rebecka
10:15a	Movement Flow	Danny
5:00p	Restorative Yoga	Nicola

Classes highlighted  
in YELLOW are new  
to the schedule,  
special classes or a  
new time/instructor.

- ① DENOTES A 30 MINUTE CLASS
- ② DENOTES A 45 MINUTE CLASS
- ③ DENOTES A 70 MINUTE CLASS
- ④ DENOTES A 90 MINUTE CLASS
- \$ DENOTES AN ADDITIONAL CHARGE

Classes are an additional fee for Hotel Guests.

ALL CLASSES 55 MINUTES UNLESS NOTED

## Labor Day Weekend Club Hours and Schedule

HAPPY  
LABOR DAY

### Sunday, September 1st

**Club Hours:**

6am - 6pm

**Class Schedule:**

9:00am Yoga with Elena

5:00pm Restorative Yoga with Nicola

### Monday, September 2nd

**Club Hours:**

6am - 6pm

**Class Schedule:**

6:15am Spin with Nancy

8:00am Yoga with Phoebe

9:30am Power & Strength with Patti

*Aria*

athletic club  
VAIL, COLORADO