

# STUDIO K

## KEYSTONE'S FITNESS CENTER

FITNESS STUDIO LOCATED ON BEAUTIFUL KEYSTONE LAKE

TIME	CLASS	INSTRUCTOR
<b>SUNDAY</b>		
9:00AM	◆ PIYO	KRIS
10:00AM	● YOGA BY THE POOL*	TBD
10:30AM	● MT TOP YOGA**	TBD
4:30PM	● YIN YOGA	TRACY
<b>MONDAY</b>		
8:00AM	● YIN YOGA	BECCA
10:00AM	● KIDS YOGA BY THE POOL*	EMILY
4:30PM	■ ALIGN & FLOW	BRITTANIE
6:00PM	● MEDITATE & MOVE	KIM N.
<b>TUESDAY</b>		
8:00AM	■ ALIGN & FLOW	TBD
9:30AM	■ BREATHE & FLOW	TBD
4:30PM	● RESTORATIVE	JESSICA
<b>WEDNESDAY</b>		
8:00AM	■ ALIGN & FLOW	TBD
9:00AM	● WATER AEROBICS*	RUTH
5:00PM	■ ALIGN & FLOW	JESS S.
6:15PM	◆ BARRE	JESS S.
<b>THURSDAY</b>		
8:00AM	■ ALIGN & FLOW	BECCA
4:30PM	● YIN YOGA	BECCA
<b>FRIDAY</b>		
8:00AM	■ ALIGN & FLOW	BECCA
9:30AM	◆ YOGA SCULPT	BECCA
4:30PM	■ BREATHE & FLOW	BECCA
<b>SATURDAY</b>		
9:00AM	● SLOW FLOW	MIKE
10:15AM	■ ALIGN & FLOW	JESSICA
10:30AM	● MT TOP YOGA**	TBD
4:30PM	■ BREATHE & FLOW	AUSTIN

\*\*MT Top Yoga- Must register prior to class. Call 970-496-4FUN to reserve.

\*Meet at Keystone Spa

**WARNING** EXERCISE HAS BEEN KNOWN TO CAUSE HEALTH HAPPINESS.

DROP IN FOR ONE CLASS OR DEVELOP A HEALTHIER YOU WITH REGULAR HIGH ALTITUDE FITNESS CLASSES.

KEYSTONERESORT.COM | 970.496.4118

