

STUDIO K

KEYSTONE'S FITNESS CENTER

TIME	CLASS	INSTRUCTOR
SUNDAY		
9:00AM	◆ PIYO	KRIS
4:30PM	● YIN YOGA	TRACY
MONDAY		
8:00AM	● YIN YOGA	BECCA
4:30PM	■ ALIGN & FLOW	TBD
6:00PM	● MEDITATE & MOVE	KIM N.
TUESDAY		
8:00AM	■ ALIGN & FLOW	JESSICA
9:30AM	■ BREATHE & FLOW	JESSICA
4:30PM	● RESTORATIVE	TAYLOR
WEDNESDAY		
8:00AM	■ ALIGN & FLOW	BRITTANIE
4:30PM	■ ALIGN & FLOW	TBD
5:45PM	◆ YOGA SCULPT	BRITTANIE
THURSDAY		
8:00AM	■ ALIGN & FLOW	BECCA
4:30PM	● YIN YOGA	BECCA
FRIDAY		
8:00AM	■ ALIGN & FLOW	BECCA
9:30AM	◆ YOGA SCULPT	BECCA
4:30PM	■ BREATHE & FLOW	BECCA
SATURDAY		
9:00AM	● SLOW FLOW	MIKE
10:15AM	■ ALIGN & FLOW	JESSICA
4:30PM	■ BREATHE & FLOW	TBD

Call Keystone Spa @ 970-496-4118 or visit www.keystoneressort.com/studiok for more information



WARNING: EXERCISE HAS BEEN KNOWN TO CAUSE HEALTH HAPPINESS