

STUDIO K

KEYSTONE'S FITNESS CENTER

TIME

CLASS

INSTRUCTOR

SUNDAY

9:00AM

◆ PIYO

KRIS

4:30PM

● YIN YOCA

TRACY

MONDAY

8:00AM

● YIN YOCA

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

● YIN YOCA

TAYLOR

5:45PM

◆ CARDIO & BARRE

TRACY

WEDNESDAY

8:00AM

■ ALIGN & FLOW

TBD

4:30PM

■ ALIGN & FLOW

BRITTANIE

5:45PM

◆ YOGA SCULPT

BRITTANIE

THURSDAY

8:00AM

■ ALIGN & FLOW

BECCA

4:30PM

● YIN YOCA

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.keystoneresort.com/studiok for more information



WARNING: EXERCISE HAS BEEN KNOWN TO CAUSE HEALTH HAPPINESS