

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

BRITTANIE

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

TBD

4:30PM

■ ALIGN & FLOW

JESS S.

5:45PM

◆ BARRE

JESS S.

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

10:30AM

● MT TOP YOGA* (9/7 & 9/14 ONLY)

TBD

4:30PM

■ BREATHE & FLOW

TBD

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

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



WARNING: EXERCISE HAS BEEN KNOWN TO CAUSE HEALTH HAPPINESS