

STUDIO K

KEYSTONE'S FITNESS CENTER

FITNESS STUDIO LOCATED ON BEAUTIFUL KEYSTONE LAKE

Yin Yoga ●

In this practice, poses are held for 3-5 minutes at a time with the focus on the connective tissues of the body. Many postures are seated, but focus on the whole physical and emotional body.

Restorative ●

Restorative yoga combines different postures for longer intervals, allowing you to release tension more effectively.

Slow Flow ●

Class is slower paced than align and flow classes, and is focused on developing clear and safe alignment in foundational poses. Slow flow is a great way to transition into the work week.

Meditate and Move ●

De-stress, recharge and reset with a combination of sitting, moving and guided meditation. This is a good way to set an intention to bring those fun, carefree feelings home with you, or just give your mind and body a break.

Yoga by the Pool ●

This is great for students of all levels. Students will focus on linking conscious breath with a flow style class done on the pool deck of the Keystone Lodge and Spa.

Align and Flow ■

Classes are open to students of all levels and offer alignment principles and biomechanics from which students can explore their inner creative potential and have fun while healing and transforming.

Breathe and Flow ■

This relaxing class uses the flow between poses to promote physical and emotional openings.

PiYo ◆

PiYo is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it!

Yoga Sculpt ◆

Yoga Sculpt is a class that will give you a full body workout in just one hour. This class incorporates light hand weights, cardio and yoga all in one.

Barre ◆

Barre is an upbeat, full-body workout that combines influences of ballet, Pilates and yoga. It high uses high reps, light weights, small movements and the ballet barre to create long, lean muscles.

- Gentle pace. Soothing flow supporting comfort & relaxation for all.
- Moderate pace. Steady flow with balanced modification for everyone.
- ◆ Dynamic pace. Energized flow for those up for an added challenge & fun.

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.

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