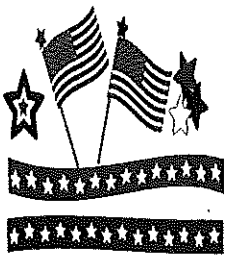
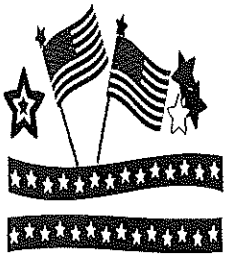
BOULDERS
RESORT & SPA

JULY 2021

Fitness Activity Schedule at the Spa



All classes are 50 minutes unless noted.
Masks are optional. Class size is limited.
Summer substitutes may occur.
Sign In at the classroom.



***Class takes place in the Yoga Studio**
All other classes are located in the Movement Studio.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am		*Sonoran Stretch (Kathy	*Sonoran Stretch (Kathy)	Total Body Conditioning (Kathy)	*Sonoran Stretch (Kathy)	*Sonoran Stretch (Kathy)	*Vinyasa Yoga (w/Andie)
9:00am	*All Levels Yoga (Jenny) (80 min.)	*Gentle Yoga (Kathy)	Mind & Muscle (Kathy)	Zumba (Kathy)	Mind & Muscle (Kathy)	Mat Pilates (Kathy)	*Yin Yoga (Andie) (80 min.)
10:30am	*Restorative Yoga (Jenny) (80 min.)	TRX (Kathy) *Limited Space		*Gentle Yoga (Kathy) (80 min.)	*All Level Yoga (Jenny) (80 min.)	*Gentle Yoga (Kathy) (80 min.)	