



body, mind and spirit schedule

Monday

8:30 - 10 a.m.

Roll & Stretch

Bonnie

4:30 - 6 p.m.

Gentle Yoga

TerraSoma

Tuesday

8:30 - 10 a.m.

Hatha Yoga

Bonnie

4:30 - 6 p.m.

Pilates

Carilee

Wednesday

8:30 - 10 a.m.

Hatha Yoga

FREE

4:30 - 5:30 p.m.

Tone & Stretch

Karla

Thursday

8:30 - 10 a.m.

Hatha Yoga

Bonnie

4:30 - 6 p.m.

SOLA Yoga

Nicole

Friday

8:30 - 10 a.m.

Roll & Stretch

Bonnie

4:30 - 6 p.m.

Flexible for Sport

Meri

Saturday

4:30 - 6 p.m.

Vinyasa Yoga

Kristin

Sunday

8:30 - 10 a.m.

Hatha Yoga

Chrissy

4:30 - 6 p.m.

Mountain Yoga

Robin

Classes are included with access to The Cliff Spa. Pre-registration required two hours prior to the start of the class. For morning classes please register the night before. Classes may be canceled if a three guest minimum is not met. Classes may be altered due to unforeseen reasons. Please respect other guests and arrive on time. Private instruction or personal training is available by appointment for \$90 per hour.

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in-house extension: 5900

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thecliffspa.com

Flexible For Sport

We will utilize props and different stretching techniques to lengthen muscles, decrease joint strain, and produce an optimum range of motion for active bodies.

Gentle Yoga

By linking gentle Hatha yoga poses together and incorporating breath with movement, this class helps ease tight muscles. Our instructors provide a comfortable environment to look within and explore body, mind and spirit.

Hatha Yoga

A journey into self is achieved in this class through the use of "postures" that integrate the body, mind and spirit, and re-establish balance.

Mountain Yoga

Movement and meditation cultivating strength and ease in the body to open the mind and free the breath. Connect to the spirit of the mountain and leave rejuvenated!

Pilates

The art of "contrology" is the conscious control of all muscular movement in the body. The movements are fluid in nature and lengthen in structure.

Roll & Stretch

Using therapeutic rollers we will knead and stretch the body. You will be on and off the roller throughout the class. This experience will make you feel like you were just massaged!

SOLA Yoga

An athletic expression designed to connect body, breath and spirit. By creating a powerful visual connection to the breath and how it moves through the body, students are physically restored and rejuvenated.

Tone and Stretch

Tone your muscles using resist-a-bands and your own body weight. Focus will be on the core to help improve posture and balance with stretching.

Vinyasa Yoga

The class links breath, movement and Hatha yoga poses to warm the body. This will be a fun-flowing class suitable for all levels. You will leave refreshed and rejuvenated.