

# Body, Mind and Spirit Class Schedule

May 2010 - December 2010

Call (801) 933-2225  
or ext. 5900.

*Classes are included with Spa access.*

*Pre-registration required two hours  
prior to the start of class. For morning  
classes please register the night before.*

*Three guest minimum sign-up required  
or classes may be canceled. Please  
respect other guests and arrive on time.*

*Private instruction or personal training  
available by appointment. \$90/hour*

Monday	8:30 - 10 a.m. 2 - 3 p.m.	Hatha Yoga Weights & Water*	Bonnie Sheila
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Tuesday	8:30 - 10 a.m. 4:30 - 6 p.m.	Hatha Yoga Pilates	Bonnie Carilee
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Wednesday	8:30 - 10 a.m. 4:30 - 5:30 p.m.	Hatha Yoga Conditioning	Bonnie Karla
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Thursday	8:30 - 10 a.m. 4:30 - 6 p.m.	Roll & Stretch SOLA Yoga	Bonnie Nicole
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Friday	8:30 - 10 a.m. 4:30 - 6 p.m.	Roll & Stretch Mountain Yoga	Bonnie Robin
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Saturday	8:30 - 10 a.m. 4:30 - 6 p.m.	Gentle Yoga Vinyasa Yoga	Maria Kristin
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Sunday	4:30 - 6 p.m.	Pilates Stretch	Crystal
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The  
Cliff Spa



## body, mind and spirit classes

### Conditioning

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.

### Gentle Yoga

Linking gentle Hatha yoga poses together, using breath with movement to ease tight muscles. Providing a comfortable environment to look within and explore body, mind and spirit.

### Hatha Yoga

A journey into self, using "postures" as the means of integration to body, mind and spirit, re-establishing balance.

### Pilates Stretch

Receive the benefits of both Pilates and yoga stretches. You will condition and stretch using both disciplines to maximize your fitness experience.

### Mountain Yoga

Experiencing our alpine environment can be strenuous at times, so in this class we pay attention to those sore areas: hips, legs, low back, etc. With good alignment and expression from the heart, the muscles and nervous system will begin to calm down, readying you for another day on the mountain.

### 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 a part of the body then stretch that area. You will be on and off the roller throughout the class. This experience will give you the feeling that you were just massaged!

### Sola Yoga

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

### Vinyasa Yoga

Linking breath, movement and Hatha yoga poses to warm our bodies. This will be a fun flowing class suitable for all levels. You will leave refreshed and rejuvenated

### Weights & Water

Hit the gym with some exercises to tone the body. Then head to the pool to get that heart rate up to burn even more calories. Meet in the gym and wear shorts and shoes with your suit. Sunscreen, hats, and sunglasses are recommended.