

**BODY MIND & SPIRIT DEPARTMENT**  
**Fitness schedule**  
**May-December 2008**

**MONDAY**

8:30-10am	<b>Hatha Yoga</b>	Erika
4-5pm	<b>Gym Tech</b>	Sheila
4:30-6pm	<b>Apré Yoga</b>	Anna

**TUESDAY**

8:30-10am	<b>Hatha Yoga</b>	Bonnie
10:30-11:30am	<b>Rolling</b>	Bonnie
4:30-6pm	<b>Pilates</b>	Carilee

**WEDNESDAY**

8:30-10am	<b>Hatha Yoga</b>	Bonnie	<b>FREE class May-Sept 2008</b>
4:30-5:30pm	<b>Tone &amp; Stretch</b>	Karla	
5:30-6:30pm	<b>Balletone</b>	Rachel	

**THURSDAY**

8:30-10am	<b>Hatha Yoga</b>	Bonnie
4:30-6pm	<b>SOLA Yoga</b>	Nicole

**FRIDAY**

8:30-10am	<b>Hatha Yoga</b>	Bonnie
10:30-11:30am	<b>Rolling</b>	Bonnie
4:30-6pm	<b>Ashtanga Basics</b>	Anna

**SATURDAY**

8:30-10am	<b>Gentle Yoga</b>	Maria
4:30-6pm	<b>Vinyasa Yoga</b>	Kristin

**SUNDAY**

8:30-10am	<b>Pilates</b>	Carilee
4:30-6pm	<b>Hatha Yoga</b>	Crystal

18 classes offered each week!

**Classes included with Spa access**

Private instruction or Personal Training  
available by appointment \$90 hour

**Pre-registration required**

call the Cliff Spa 801 933-2225 in house 5900

classes will be canceled if no one signs up 2 hrs  
prior to our scheduled times