

The Cliff Spa

Body, Mind and Spirit Department Fitness Schedule

Monday

8:30 - 10 a.m.

12:30 - 1:30 p.m.

2 - 3 p.m.

Hatha Yoga

Cardio Blast

Pool Cardio*

Bonnie

Sheila

Sheila

Tuesday

7:30 - 8:30 a.m.

8:30 - 10 a.m.

4:30 - 6 p.m.

Total Body Workout

Roll & Stretch

Pilates

Karla

Bonnie

Carilee

Wednesday

8:30 - 10 a.m.

4:30 - 5:30 p.m.

Hatha Yoga

Conditioning

Bonnie

Karla

Thursday

8:30 - 10 a.m.

4:30 - 6 p.m.

6 - 7 p.m.

Roll & Stretch

SOLA Yoga

Ski Conditioning

Bonnie

Nicole

Karla

Friday

8:30 - 10 a.m.

10:30 - 11:30 a.m.

Hatha Yoga

Rolling

Bonnie

Bonnie

Saturday

7:30 - 8:30 a.m.

8:30 - 10 a.m.

4:30 - 6 p.m.

Weight Lifting

Gentle Yoga

Vinyasa Yoga

Karla

Maria

Kristin

Sunday

8:30 - 10 a.m.

Hatha Yoga

Crystal

Call the Cliff Spa (801) 933-2225 or in-house 5900.

Pre-registration required 2 hours prior to the start of class.

For morning classes please register the night before.

Classes include Spa access.

Classes may be altered due to unforeseen reasons. Please arrive on time for class.

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

