

THE CLIFF SPA

CLASS OFFERINGS

Reservations required at least two hours prior to the start of class and by 7 pm for the following day's 8:30 am class.

Guest capacity is limited to registered guests.

MONDAY

8:30 am Pilates
10:30 am Settled Life Hatha Yoga
12:30 pm Mountain Yoga
5:00 pm Power Vinyasa Flow
6:15 pm Gentle Flow

TUESDAY

8:30 am Mountain Yoga
10:30 am Butts & Guts
12:30 pm Settle Down Restore
5:00 pm Settled Life Hatha Yoga
6:15 pm Settle Down Restore

WEDNESDAY

8:30 am Fluid Heart Vinyasa Yoga
10:30 am Settled Body Foam Rolling
12:30 pm Settled Life Hatha Yoga
5:00 pm Power Vinyasa Flow
6:15 pm Settled Life Hatha Yoga

THURSDAY

8:30 am Settle Down Restore
10:30 am Power Hour
12:30 pm Power Vinyasa Flow
5:00 pm Sola Yoga
6:15 pm Settled Body Foam Rolling

FRIDAY

8:30 am Gentle Flow
10:30 am Mountain Yoga
12:30 pm Power Hour
5:00 pm Power Hour
6:15 pm Settled Body Foam Rolling

SATURDAY

8:30 am Mountain Yoga
5:00 pm Settled Life Hatha Yoga
6:15 pm Settle Down Restore

SUNDAY

8:30 am Mountain Yoga
5:00 pm Settled Life Hatha Yoga
6:15 pm Settle Down Restore

Classes are complimentary with the purchase of a spa treatment or 1-day pass.

Classes may be altered due to unforeseen circumstances.

Private sessions available for \$90 per hour. Reservations required.

Open Daily

The Cliff Lodge at Snowbird, Level 9

In-House Extension 5900

801.933.2225

thecliffspa.com

THE CLIFF SPA

PILATES

Develops balance, core strength and spinal flexibility. Pilates challenges the mind while strengthening the body from inside out, enabling complex movements to be performed safely, powerfully and gracefully.

SETTLED BODY FOAM ROLLING

Incorporates foam rollers and gentle yoga stretches to release tension from the connective tissues of the body and stimulate myofascial release.

POWER VINYASA FLOW

An invigorating and challenging vinyasa practice that links movement with breath, creating a strenuous, moving meditation.

SETTLED LIFE YOGA

An all level alignment-based practice, that integrates the anatomical principles and biomechanics of yoga asanas with the ethical and philosophical tenets of the tradition. Provides an empowering opportunity to work through any obstacles that hinder physical, mental and emotional well-being.

GENTLE FLOW

An introductory yoga practice that provides plenty of modifications to make individuals of any skill level feel welcome. Uses postures as a guide for a journey into the self, thereby integrating the body, mind and spirit.

SETTLE DOWN RESTORE

A yoga practice sequenced to maximize the relaxation response and promote deep physical and emotional settling. Alternates gentle movement and poses while settled in deep relaxation. Incorporates the support of bolsters and blankets to release tension.

POWER HOUR

A strength and conditioning workout that enhances balance, stability and coordination through the development of core and body strength. Shoes recommended.

MOUNTAIN YOGA

An alignment-based practice that focuses on balancing strength and mobility in the hips, back and legs: the most-used areas of the body by mountain enthusiasts.

BUTTS AND GUTS

A fun, stress relieving way to burn calories! Shoes recommended. A high-energy session that conditions muscles and targets the hips, thighs, glutes and core.

SOLA YOGA

Incorporates a wooden dowel to provide additional support in yoga asanas and to maximize the length, strength and functionality of each pose.

FLUID HEART YOGA

A lighthearted Vinyasa Flow for all levels that focuses on yoga postures that opens hips, shoulders, neck, and heart.