

THE CLIFF SPA

FITNESS SCHEDULE WINTER 2018-19

Pre-registration required 2 hours prior to start time,
and by 7 pm for 8:30 am classes the following day.

Class sizes are limited to registered guests on a first come, first serve basis.

MONDAY

7:30 am	Pilates
9:00 am	Roll & Stretch
10:30 am	Settled Life Yoga
12:30 pm	Mountain Yoga
5:00 pm	Power Vinyasa Flow
6:15 pm	Gentle Flow

TUESDAY

7:30 am	Power Vinyasa Flow
9:00 am	Roll & Stretch
10:30 am	Butts & Guts
12:30 pm	Settled Down Restore
5:00 pm	Settled Life Yoga
6:15 pm	Settled Down Restore

WEDNESDAY

7:30 am	Fluid Heart Yoga
9:00 am	Roll & Stretch
10:30 am	Butts & Guts
12:30 pm	Settled Life Yoga
5:00 pm	Power Vinyasa Flow
6:15 pm	Gentle Flow

THURSDAY

7:30 am	Settled Down Restore
9:00 am	Roll & Stretch
10:30 am	Power Hour
12:30 pm	Power Vinyasa Flow
5:00 pm	Sola Yoga
6:15 pm	Roll & Stretch

FRIDAY

7:30 am	Gentle Flow
9:00 am	Roll & Stretch
10:30 am	Mountain Yoga
12:30 pm	Power Hour
5:00 pm	Power Hour
6:15 pm	Roll & Stretch

SATURDAY

7:30 am	Mountain Yoga
9:00 am	Roll & Stretch
5:00 pm	Settled Life Yoga
6:15 pm	Settled Down Restore

SUNDAY

7:30 am	Mountain Yoga
9:00 am	Roll & Stretch
5:00 pm	Settled Life Yoga
6:15 pm	Settled Down Restore

Classes are included with
Spa treatment or access fee.

Classes may be altered due to
unforeseen reasons.

Private instruction or personal
training is available by appointment,
\$90 per hour.

Open Daily

The Cliff Lodge at Snowbird, Level 9

In House Extension 5900

801.933.2225

thecliffspa.com

THE CLIFF SPA

PILATES

This class aims to create balance with core strength and spinal flexibility. Pilates challenges your mind while strengthening from inside out, enabling you to perform complex movements safely with power and grace.

ROLL & STRETCH

This class focuses on releasing tension from the connective tissues of the body and stimulating myo-fascial release with the use of foam rollers and gentle yoga stretches.

POWER VINYASA FLOW

An invigorating and challenging yoga asana practice linking movement with breath, creating a moving meditation while working up a sweat.

SETTLED LIFE YOGA

An all levels, alignment-based practice integrating the principles of anatomy and biomechanics in asana with the ethical and philosophical tenets of the tradition to provide an empowering opportunity to work through any obstacles hindering our physical, mental and emotional well-being.

GENTLE FLOW

An all levels introductory yoga practice that welcomes everybody with plenty of options for modifications. A journey into the self, using postures as the means for integrating the body, mind and spirit.

YOGA NIDRA

Our yogic sleep is a guided relaxation and meditation technique that helps you identify a personal intention to enhance your well-being and hold it gently while you rest comfortably supported in savasana. One hour of Yoga Nidra is rumored to equal 4 hours of sleep.

SETTLE DOWN RESTORE

A yoga practice sequenced to maximize the relaxation response and promote deep physical and emotional settling. This practice is a nourishing and restful blend of gentle Yoga and restorative yoga alternating gentle movement with gentle yoga poses supported with bolsters and blankets that release tension while settled in deep states of relaxation.

POWER HOUR

A Strength and conditioning workout that focuses on developing core and body strength to enhance balance, stability and coordination. Shoes recommended.

MOUNTAIN YOGA

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

BUTTS AND GUTS

This high energy muscle conditioning class targets the hips, thighs, butt and core. A fun, stress relieving way to burn calories! Shoes recommended.

SOLA YOGA

Incorporates a wooden dowel for support in yoga asanas to maximize length, strength and function of each pose.

FLUID HEART YOGA

This light hearted, all levels Vinyasa Flow focuses on yoga postures that open the hips, shoulders, neck and heart.

SKI CONDITIONING

Get your body ready for first tracks and deep powder in this ski conditioning class, developing the strength and mobility to enhance performance and speed recovery time.