

FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 CORE	7:00 KRANK	7:00 CORE		7:00 CORE		
7:30 Boot Camp		7:30 Boot Camp		7:30 Boot Camp	7:30 Trail Run	
8:30 Mtntside Yoga	8:30 HIIT	8:30 Pilates	8:30 HIIT 8:30 Kids Yoga	8:30 Mtntside Yoga	8:30 Mtntside Meditate	8:30 Mtntside Yoga
		10:00 Mtntop Trail Run		10:00 Water Yoga	9:00 Mtntside Yoga	10:00 Water Yoga
	4:30 Mtntside Yoga		4:30 Mtntside Yoga	12:00 Noon Water Zumba!!		

*Please reserve your space with Spa front desk. \$15 charge per class and 12 hour cancellation. 435.640.8035

FITNESS SCHEDULE



Please meet at the front desk of the **Grand Summit Spa** for your instructor 5 minutes prior to class dressed and prepared for your activity.

Core: This :30 minute class covers your whole mid section to include abs, back and glutes. A strong center means a fit total body.

Boot Camp: (Warmer weather) Outdoors, fresh air, high altitude. This program will kick your bottom line into high gear! Be prepared to do agility work, body weight resistance strength training, plyometrics and speed work. Bring water and a towel!

HIIT: High Intensity Interval Training at its best! You will be challenged with your cardio as well as resistance training using your own body weight. Be prepared.

KRANK: This is an 8 week program designed to assist you with achieving a healthier lifestyle. It consist of physical activity along with a weekly discussion seminar. Reservations a must, please call the spa for more information. \$250.00 per 8 week session.

Pilates: A mat class incorporating the disciplines of Joseph Pilates. We focus on the core strength to lengthen and strengthen the whole body. In 10 sessions you start to feel a difference, in 20 you notice a difference, and in 30 sessions you're on your way to a new body.

Trail Running: Outdoors. This is designed for the novice runner, ages 10 and over. Learn to improve your running stride and distance as we do anywhere from 1.5 miles to 5 miles.

Mtinside Yoga: Relax, rejuvenate, stretch and breathe. Classes held outdoors and designed with your needs in mind.

Water Yoga: A session in the pool which will work the total body to include core and flexibility.

Water Zumba: This class will really get you moving to the beat! A Latin dance fitness class that will burn between 600-700 calories. So much fun, you'll forget that you're working out! You may choose to do the class in the pool or on the pool deck side by side with our instructor.

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Private and group personal training is available. Please call the Spa Front Desk @ 435-615-8035 for more information.