

STUDIO K

KEYSTONE'S FITNESS CENTER

FITNESS STUDIO LOCATED ON BEAUTIFUL KEYSTONE LAKE

TIME	CLASS	INSTRUCTOR
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SUNDAY

9:00AM

PIYO

KRIS

4:30PM

YIN YOGA

TRACY

MONDAY

8:00AM

YIN YOGA

BECCA

4:30PM

ALIGN & FLOW

TBD

TUESDAY

8:00AM

ALIGN & FLOW

ELLEN

4:30PM

RESTORATIVE

JESSICA

WEDNESDAY

8:00AM

YIN & VIN

KIMBERLY

4:30PM

ALIGN & FLOW

TBD

THURSDAY

8:00AM

ALIGN & FLOW

BECCA

4:30PM

YIN YOGA

BECCA

FRIDAY

8:00AM

ALIGN & FLOW

BECCA

9:30AM

YOGA SCULPT

BECCA

4:30PM

BREATHE & FLOW

BECCA

SATURDAY

9:00AM

SLOW FLOW

MIKE

10:15AM

ALIGN & FLOW

JESSICA

4:30PM

BREATHE & FLOW

TBD

WARNING EXERCISE HAS BEEN KNOWN TO CAUSE HEALTH HAPPINESS.

DROP IN FOR ONE CLASS OR DEVELOP A HEALTHIER
YOU WITH REGULAR HIGH ALTITUDE FITNESS CLASSES.

KEYSTONERESORT.COM | 970.496.4118



KEYSTONE
A mountain of possibilities.

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