

STUDIO K

KEYSTONE'S FITNESS CENTER

FITNESS STUDIO LOCATED ON BEAUTIFUL KEYSTONE LAKE

TIME	CLASS	INSTRUCTOR
SUNDAY		
9:00AM	PIYO	KRIS
4:30PM	YIN YOGA	TRACY
6:00PM	GENTLE FLOW	KRISTEN
MONDAY		
8:00AM	YIN YOGA	BECCA
4:30PM	ALIGN & FLOW	BRITTANIE
6:00PM	MEDITATE & MOVE	KIM N.
TUESDAY		
6:45AM	BREATHE & FLOW	ISABELLE
8:00AM	ALIGN & FLOW	ELLEN
4:30PM	RESTORATIVE	JESSICA
WEDNESDAY		
8:00AM	ALIGN & FLOW	CLAIRE
4:30PM	ALIGN & FLOW	TBD
THURSDAY		
8:00AM	ALIGN & FLOW	BECCA
4:30PM	YIN YOGA	BECCA
FRIDAY		
6:45AM	MINDFUL FLOW	EMILY
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.

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