

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	● SLOW FLOW	KRISTEN
MONDAY		
8:00AM	● YIN YOGA	BECCA
4:30PM	■ ALIGN & FLOW	BRITTANIE
6:00PM	● MEDITATE & MOVE	KIM N.
TUESDAY		
8:00AM	■ ALIGN & FLOW	ELLEN
9:30AM	■ BREATHE & FLOW	ISABELLE
4:30PM	● RESTORATIVE	JESSICA
WEDNESDAY		
8:00AM	■ ALIGN & FLOW	CLAIRE
4:30PM	■ ALIGN & FLOW	JESS S.
5:45PM	◆ BARRE	JESS S.
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	CLAIRE

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

