

Class times and offerings are subject to change. No pre-registration required.



THE CLUB
AT SPRUCE PEAK

Fun, Fitness & Family Schedule

December, 2018



THE LODGE
AT SPRUCE PEAK

All classes are complimentary with same day spa treatments \$50 or more, or with a spa daily access fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM YOGALATES 50 MIN. \$20	9:00 AM TABATA 50 MIN. \$20	9:00 AM ZUMBA FITNESS® 50 MIN. \$20	9:00 AM BARRE/PILATES FUSION 50 MIN. \$20 (EXCEPT 12/20)	9:00 AM YOGALATES 50 MIN. \$20	9:00 AM BARRE/PILATES FUSION 50 MIN. \$20	9:00 AM ZUMBA FITNESS® 50 MIN. \$20
10:00 AM STRAIGHT UP STRENGTH 45 MIN. \$20	10:00 AM BARRE/PILATES FUSION 50 MIN. \$20	10:00 AM BOOT CAMP 50 MIN. \$20	10:00 AM INDOOR CYCLING 50 MIN. \$20 (EXCEPT 12/20)	10:00 AM TABATA 50 MIN. \$20	10:00 AM TABATA 50 MIN. \$20	10:00 AM BOOT CAMP 50 MIN. \$20
				11:00 AM YOGA 75 MIN. \$20	11:00 AM YOGA 75 MIN. \$20	11:00 AM YOGA 75 MIN. \$20
12:00 PM INDOOR CYCLING 50 MIN. \$20	12:00 PM YOGALATES 50 MIN. \$20 (EXCEPT 12/25)	12:00 PM ZUMBA FITNESS® 50 MIN. \$20	12:00 PM STRAIGHT UP STRENGTH 45 MIN. \$20 (EXCEPT 12/20)			12:30 PM MEDITATION 30 MIN. \$10
1:00 PM BARRE/PILATES FUSION 50 MIN. \$20	1:00 PM ZUMBA FITNESS® 50 MIN. \$20	1:00 PM YOGA 75 MIN. \$20	1:00 PM TABATA 50 MIN. \$20 (EXCEPT 12/20)	1:00 PM ZUMBA FITNESS® 50 MIN. \$20	1:00 PM ZUMBA FITNESS® 50 MIN. \$20	1:00 PM ZUMBA FITNESS® 50 MIN. \$20
	3:00 PM ZUMBA FITNESS® 50 MIN. \$20	2:30 PM MEDITATION 30 MIN. \$10		3:00 PM BOOT CAMP 50 MIN. \$20	3:00 PM BOOT CAMP 50 MIN. \$20	
4:00 PM YOGA 75 MIN. \$20	4:00 PM BOOT CAMP 50 MIN. \$20		4:00 PM YOGA 75 MIN. \$20	4:00 PM ZUMBA FITNESS® 50 MIN. \$20	4:00 PM KIDS' FITNESS 30 MIN. \$10	
5:30 PM MEDITATION 30 MIN. \$10	5:00 PM BOOT CAMP 50 MIN. \$20		5:30 PM MEDITATION 30 MIN. \$10	5:00 PM BOOT CAMP 50 MIN. \$20	5:00 PM YOGA 75 MIN. \$20	
6:30 PM ZUMBA FITNESS® 50 MIN. \$20					6:30 PM MEDITATION 30 MIN. \$10	