



Inhale the Future
 Exhale the Past

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
Nutrition Counseling, Personal Training, Total Immersion Swim Instruction with Celeste St. Pierre call for an appointment!		9AM YOGA Deb 9:30AM AQUA DVD 5:30PM INTERMEDIATE YOGA Doris	7:30AM EXERCISE MIX 4PM GENTLE YOGA Deb	8AM MEDITATION 101 9:30AM AQUA DVD 6:30PM COED WEIGHTS	9AM YOGA Deb	9AM YOGA Deb
6	7	8	9	10	11	12
7:30AM KUNDALINI YOGA Colleen 9:30AM AQUA DVD 5:30PM YOGA Denise	7:30AM PILATES 8:30AM SWIM 5:30pm YOGA Colleen 6:30PM COED WEIGHTS	9AM YOGA Deb 9:30AM AQUA DVD 5:30PM INTERMEDIATE YOGA Doris	6:15AM SPIN 7:30AM EXERCISE MIX 4PM GENTLE YOGA Deb	8AM MEDITATION 101 9:30AM AQUA DVD 6:30PM COED WEIGHTS	9AM YOGA Deb	9AM YOGA Colleen MOTHER'S DAY
13	14	15	16	17	18	19
7:30AM KUNDALINI YOGA Colleen 9:30AM AQUA DVD 5:30PM YOGA Denise	7:30AM PILATES 8:30AM SWIM 5:30PM YOGA Colleen 6:30PM COED WEIGHTS	9AM YOGA Deb 9:30AM AQUA DVD 5:30PM INTERMEDIATE YOGA Doris	6:15AM SPIN 7:30AM EXERCISE MIX 4PM GENTLE YOGA Deb	8AM MEDITATION 101 9:30AM AQUA DVD 6:30PM COED WEIGHTS	9AM YOGA Deb	9AM YOGA Colleen
20	21	22	23	24	25	26
7:30AM KUNDALINI YOGA Colleen 9:30AM AQUA DVD 5:30PM YOGA Denise	7:30AM PILATES 8:30AM SWIM 5:30pm YOGA Colleen 6:30PM COED WEIGHTS	9AM YOGA Deb 9:30AM AQUA DVD 5:30PM INTERMEDIATE YOGA Doris	7:30AM EXERCISE MIX 4PM GENTLE YOGA Deb	8AM MEDITATION 101 9:30AM AQUA DVD 6:30PM COED WEIGHTS	9AM YOGA Deb	9AM YOGA Colleen
27	28	29	30			
7:30AM KUNDALINI YOGA Colleen 9:30AM AQUA DVD 5:30PM YOGA Denise MEMORIAL DAY	7:30AM PILATES 8:30AM SWIM 5:30pm YOGA Colleen 6:30PM COED WEIGHTS	9AM YOGA Deb 9:30AM AQUA DVD 5:30PM INTERMEDIATE YOGA Doris	7:30AM EXERCISE MIX 4PM GENTLE YOGA Deb			

Closing hours: Sunday – Thursday 9 pm Fridays & Saturdays 10 pm
 Spa & Wellness Center at The Mountain Club on Loon Resort
 90 Loon Mountain Road, Lincoln, NH 03251
www.mtnclub.com 603-745-2244 x4201 spa@mtnclub.com

WELLNESS CENTER CLASSES

Yoga with Deb: All levels (Kripalu)

Yoga with Colleen: Intro to all levels (Hatha, Restorative & Kundalini)

Yoga with Doris: Gentle to intermediate

Yoga with Denise: All levels (Meditative Flow)

Pilates with Celeste: Core strengthening

Exercise Mix with Celeste: Variety of workouts

Coed Weights with Woody: Guided strength training class

Aqua DVD: Independent water aerobics

Swim with Celeste: Total immersion instruction

Spin with Victoria: Group cycling

Meditation: Exercise the mind for a 1/2 hour with Celeste
Build mental focus & improve attention,
Develop compassion & improve overall health