



Give this world good energy!

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Nutrition Counseling, Personal Training, Total Immersion Swim Instruction with Celeste St. Pierre call for an appointment!</p>	<p>New Clinics! Intro to Weights and Cycling Skills with Celeste</p>	<p>Clinics are sign-up ahead only. Thank You!</p>			<p>1 9AM YOGA Colleen</p>	<p>2 9AM YOGA Colleen</p>
<p>3 7:30AM KUNDALINI YOGA Colleen 9:30AM AQUA DVD 5:30PM YOGA Denise</p>	<p>4 7:30AM PILATES 8:30AM SWIM 5:30pm YOGA Colleen 6:30PM COED WEIGHTS</p>	<p>5 9AM YOGA Deb 9:30AM AQUA DVD 5:30PM INTERMEDIATE YOGA Doris 6:30 INRTO TO WEIGHTS</p>	<p>6 7:30AM EXERCISE MIX 4PM GENTLE YOGA Deb</p>	<p>7 8AM MEDITATION 101 9:30AM AQUA DVD 6:30PM COED WEIGHTS</p>	<p>8 9AM YOGA Deb</p>	<p>9 9AM YOGA Deb</p>
<p>10 7:30AM KUNDALINI YOGA Colleen 9:30AM AQUA DVD 5:30PM YOGA Denise</p>	<p>11 7:30AM PILATES 8:30AM SWIM 5:00PM Cycling Skills 5:30PM YOGA Colleen 6:30PM COED WEIGHTS</p>	<p>12 9AM YOGA Deb 9:30AM AQUA DVD 5:30PM INTERMEDIATE YOGA Deb</p>	<p>13 7:30AM EXERCISE MIX 4PM GENTLE YOGA Deb</p>	<p>14 9:30AM AQUA DVD 6:30PM COED WEIGHTS</p>	<p>15 9AM YOGA Deb</p>	<p>16 9AM YOGA Deb</p>
<p>17 7:30AM KUNDALINI YOGA Colleen 9:30AM AQUA DVD 5:30PM YOGA Denise</p>	<p>18 5:30pm YOGA Colleen 6:30PM COED WEIGHTS</p>	<p>19 9AM YOGA Deb 9:30AM AQUA DVD 5:30PM INTERMEDIATE YOGA Doris</p>	<p>20 4PM GENTLE YOGA Deb</p>	<p>21 9:30AM AQUA DVD 6:30PM COED WEIGHTS</p>	<p>22 9AM YOGA Deb</p>	<p>23 9AM YOGA Deb</p>
<p>24 7:30AM KUNDALINI YOGA Colleen 9:30AM AQUA DVD 5:30PM YOGA Denise</p>	<p>25 5:30pm YOGA Colleen 6:30PM COED WEIGHTS</p>	<p>26 9AM YOGA Deb 9:30AM AQUA DVD 5:30PM INTERMEDIATE YOGA Doris</p>	<p>27 7:30AM EXERCISE MIX 8:30AM SWIM 4PM GENTLE YOGA Deb</p>	<p>28 8AM MEDITATION 101 9:30AM AQUA DVD 6:30PM COED WEIGHTS</p>	<p>29 9AM YOGA Deb</p>	<p>30 9AM YOGA Colleen</p>

(Class description see reverse side)

Hours: 7am-9pm cardio & weight room open at 6am Monday - Friday

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

Intro to Weights: With Celeste learn how to use the equipment in the weight room and design a program for yourself. Class is 1 hour. Must pre-register and be 15yrs or older.

Bicycle Handling Skills: With Celeste learn a few basics for handling, balance, and shifting the bike in a fun supported, non-competitive group
1-hour class for ages 15yrs or older.