



# February 2019

*Move the body ~ Still the mind*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>Nutrition Counseling,                      Personal Training,                      Total Immersion Swim                      Instruction with Celeste                      St. Pierre call for an                      appointment!</b>	1 8AM MEDITATION 101 6:30PM COED WEIGHT CLASS	2 <b>Groundhog Day!</b> 9AM YOGA Deb 10:15AM YOGA DANCE Deb	3 9AM YOGA Colleen
4 9AM YOGA Deb 5:30PM YOGA Denise	5 7:30AM PILATES 8:30AM SWIM 5:30pm YOGA Colleen 6:30PM COED WEIGHT CLASS	6 7:30AM YOGA Colleen 5:30PM INTERMEDIATE YOGA Doris	7 7:30AM EXERCISE MIX 9AM YOGA Colleen 4PM GENTLE YOGA Doris	8 8AM MEDITATION 101 6:30PM COED WEIGHT CLASS	9 9AM YOGA Deb 10:15AM YOGA DANCE Deb	10 9AM YOGA Colleen
11 9AM YOGA Deb 5:30PM YOGA Denise	12 7:30AM PILATES 8:30AM SWIM 5:30pm YOGA Colleen 6:30PM COED WEIGHT CLASS	13 7:30AM YOGA Colleen 5:30PM INTERMEDIATE YOGA Doris	14 6:15AM SPIN 7:30AM EXERCISE MIX 9AM YOGA Colleen 4PM GENTLE YOGA Doris <b>Happy Valentine's                      Day!</b>	15 8AM MEDITATION 101 6:30PM COED WEIGHT CLASS	16 9AM YOGA Deb 10:15AM YOGA DANCE Deb	17 8AM YOGA Deb 9:30AM (7-11yrs) YOGA PLAYSHOP 10:30AM (3-6yrs) YOGA PLAYSHOP 3:30PM (11-15yrs) YOGA PLAYSHOP
18 9AM YOGA Deb 5:30PM YOGA Denise <b>President's Day!</b>	19 7:30AM PILATES 8:30AM SWIM 5:30pm YOGA Colleen 6:30PM COED WEIGHT CLASS	20 7:30AM YOGA Colleen 9:30AM YOGA REFRESH RETREAT 5:30PM INTERMEDIATE YOGA Doris	21 6:15AM SPIN 7:30AM EXERCISE MIX 9AM YOGA Colleen 4PM GENTLE YOGA Doris	22 8AM MEDITATION 101 6:30PM COED WEIGHT CLASS	23 8AM YOGA Deb 9:30AM YOGA SNOWSHOE HIKE	24 9AM YOGA Colleen
25 9AM YOGA Deb 5:30PM YOGA Denise	26 7:30AM PILATES 8:30AM SWIM 5:30pm YOGA Colleen 6:30PM COED WEIGHT CLASS	27 7:30AM YOGA Colleen 5:30PM INTERMEDIATE YOGA Doris	28 6:15AM SPIN 7:30AM EXERCISE MIX 9AM YOGA Colleen 4PM GENTLE YOGA Doris			

**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  
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## 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

**Yoga Dance with Deb:** Experience a new way for the mind, body and soul to let go through mindful movements