



Live life to the fullest,
and focus on the
positive

December 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>*New Class*</p> <p><u>Mediation</u> Exercise the mind Build mental focus & improve attention Develop compassion Improve overall health</p>		<p>Nutrition Counseling Personal Training Total Emersion Swim Instruction with Celeste St. Pierre call for an appointment</p>			1 9AM YOGA Deb	2 9AM YOGA Deb
3 7:30AM EXERCIZE MIX 9AM YOGA Deb 9:30AM AQUA DVD 5:30PM YOGA Denise 7PM YOGA TALK	4 7:30AM PILATES 8:30AM Swim 6:30PM COED WEIGHT CLASS 5PM YOGA Doris	5 9AM YOGA Colleen 9AM AQUA DVD 5:30PM YOGA Doris	6 9AM Yoga Colleen 4PM GENTLE YOGA	7 9:30AM AQUA DVD 6:30PM COED WEIGHT CLASS	8 9AM YOGA Deb	9 9AM YOGA Colleen
10 9AM YOGA Colleen 9:30AM AQUA DVD 5:30PM YOGA Denise 7PM YOGA TALK	11 7:30AM PILATES 8:30AM Swim 6:30PM COED WEIGHT CLASS 5PM YOGA Doris	12 9AM YOGA Colleen 9AM AQUA DVD 5:30PM YOGA Deb	13 6:15AM Spin 7:30AM EXERCIZE MIX 9AM Yoga Colleen 4PM GENTLE YOGA Movie Night: 7PM Altruism	14 8AM MEDITATION 101 9:30AM AQUA DVD 6:30PM COED WEIGHT CLASS	15 9AM YOGA Deb	16 9AM YOGA Colleen
17 9AM YOGA Colleen 9:30AM AQUA DVD 5:30PM YOGA Denise 7PM YOGA TALK	18 7:30AM PILATES 8:30AM Swim 6:30PM COED WEIGHT CLASS 5PM YOGA Doris	19 7:30AM EXERCIZE MIX 9AM YOGA Colleen 9:30AM AQUA DVD 5:30PM YOGA Doris	20 6:15AM Spin 7:30AM EXERCIZE MIX 9AM Yoga Colleen 4PM GENTLE YOGA	21 8AM MEDITATION 101 9:30AM AQUA DVD 4PM YOGA Deb	22 9AM YOGA Deb	23 9AM YOGA Colleen
24 7:30AM PILATES 8:30AM Swim 9AM YOGA Colleen 9:30AM AQUA DVD	25 7:30AM PILATES 8:30AM Swim 6:30PM COED WEIGHT CLASS 5PM YOGA Doris	26 9AM YOGA Colleen 9:30AM AQUA DVD 5:30PM YOGA Doris	27 6:15AM Spin 7:30AM EXERCIZE MIX 9AM Yoga Colleen 4PM GENTLE YOGA	28 8AM MEDITATION 101 9:30AM AQUA DVD	29 9AM YOGA Deb	30 9AM YOGA Colleen
31 7:30AM PILATES 8:30AM Swim 9AM YOGA Colleen 9:30AM AQUA DVD						

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@mtclub.com

WELLNESS CENTER CLASSES

Yoga:

Deb: Kripalu, all levels

Colleen: Restorative, intro -Intermediate

Doris: Intro- Intermediate & Gentle

Denise: Intermediate – Advanced

Pilates: Core Strengthening with Celeste

Exercise Mix: Changing Variety of Workouts with Celeste

Coed Weight: Strength training class with Woody

Aqua DVD: Water Aerobics

Swim: Total Emersion instruction with Celeste

Spin: Group Cycling with Victoria

Mediation: ½ hour with Celeste

Yoga Talk: one hour with deb; Patanjali's Eight Limbs of Yoga
Decembers Focus: The Yama Series
Character Building, Restraints / Inquires