



Invest in yourself!

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
Nutrition Counseling Personal Training Total Immersion Swim Instruction with Celeste St. Pierre call for an appointment	6:30PM COED WEIGHT CLASS 5:30pm YOGA Colleen HAPPY NEW YEAR!	7:30AM YOGA Colleen 9AM AQUA DVD 5:30PM INTERMEDIATE YOGA Doris	6:15AM SPIN 7:30AM EXERCISE MIX 9AM YOGA Colleen 4PM GENTLE YOGA Doris	8AM MEDITATION 101 9:30AM AQUA DVD 6:30PM COED WEIGHT CLASS	9AM YOGA 10:15AM YOGA SUTRA Deb	9AM YOGA Colleen
7	8	9	10	11	12	13
9AM YOGA Deb 9:30AM AQUA DVD 5:30PM YOGA Denise	7:30AM PILATES 8:30AM SWIM 6:30PM COED WEIGHT CLASS 5:30pm YOGA Colleen	7:30AM YOGA Colleen 9AM AQUA DVD 5:30PM INTERMEDIATE YOGA Doris	6:15AM SPIN 7:30AM EXERCISE MIX 9AM YOGA Colleen 4PM GENTLE YOGA Doris	8AM MEDITATION 101 9:30AM AQUA DVD 6:30PM COED WEIGHT CLASS	9AM YOGA 10:15AM YOGA SUTRA Deb	9AM YOGA Colleen
14	15	16	17	18	19	20
9AM YOGA Deb 9:30AM AQUA DVD 5:30PM YOGA Denise	7:30AM PILATES 8:30AM SWIM 6:30PM COED WEIGHT CLASS 5:30pm YOGA Colleen	7:30AM YOGA Colleen 9AM AQUA DVD 5:30PM INTERMEDIATE YOGA Doris	6:15AM SPIN 7:30AM EXERCISE MIX 9AM YOGA Colleen 4PM GENTLE YOGA Doris	8AM MEDITATION 101 9:30AM AQUA DVD 6:30PM COED WEIGHT CLASS	9AM YOGA 10:15AM YOGA SUTRA Deb	9AM YOGA Colleen
21	22	23	24	25	26	27
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28	29	30	31			
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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 with Deb: All levels (Kripula)

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 Sutra: 1 hour with Deb; Patanjali's Eight Limbs of Yoga
This practice is an inward journey on your path to freedom of the body, mind and spirit.