

September Class Schedule

Club Hours: Monday - Friday 5:30a-9p, Saturday - Sunday 6a-9p

970-476-7400

1300 Westhaven Drive, Vail CO

www.ariaclub.com

MONDAY

6:15a	Spin	Nancy
8:00a	All Levels Yoga	Libby
9:30a	Power and Strength	Patti
12:00p	FUNctional Bootcamp	Adir
12:00p	Level 2/3 Yoga †	Aislinn
4:30p	Pilates Group Equipment \$*	Lara
5:30p	Boxing & Core Conditioning	Adir
5:30p	Pilates Mat	Lara
5:30p	Spin	Toni
6:30p	Core Conditioning	Toni

TUESDAY

8:00a	Level 1 Yoga	Nicola
9:15a	Pilates Mat	Emily
10:15a	Barre	Zoe
12:00p	Level 2/3 Yoga †	Leisha
5:00p	Core Conditioning ‡	Kenzie
5:15p	Level 2 Yoga	Geordy
5:30p	Spin	Kenzie
6:30p	Barre	Beth

WEDNESDAY

6:15a	Spin	Dan
8:00a	Level 2 Yoga	Jan
9:30a	Wednesday Warrior	Beth
11:00a	Pilates Group Equipment \$*	Adryen
12:00p	Level 2 Yoga with Meditation †	Elena
12:00p	Spin	Emily
5:30p	Bhakti Flow Yoga Lvl. 2 †	Joe Joe
5:30p	Circuit Rage †	Patti
5:30p	Pilates Mat	Beth

THURSDAY

8:00a	Level 2 Yoga	Aislinn
9:05a	Pilates Mat	Beth
10:05a	Barre	Tracy
12:00p	Level 2/3 Yoga †	Leisha
5:00p	Core Conditioning ‡	Emily
5:30p	Spin	Emily

FRIDAY

6:15a	Spin	Dan
8:00a	Level 1/2 Yoga	Linda
9:30a	Butts and Guts	Kenzie
10:45a	Pilates Mat	Lara
12:00p	Pilates Group Equipment \$*	Lara
12:00p	FUNctional Bootcamp	Adir
5:30p	Stretch & Restore Yoga	Bronson

SATURDAY

8:30a	All Levels Yoga	Bronson
9:15a	Weekend Warrior	Adir
10:00a	Tai Chi	Bronson
11:00a	Zumba	Nikki
5:00p	Anjali Yoga	Nicola
	*September 2nd Only	

SUNDAY

9:00a	Level 2 Yoga	Margeaux
5:00p	Stretch and Restore Yoga	Bronson

HIGHLIGHTED CLASSES ARE SPECIAL WORKSHOPS, A NEW TIME, A NEW INSTRUCTOR OR A NEW CLASS TYPE.

‡ DENOTES A 20 MINUTE CLASS

† DENOTES A 75 MINUTE CLASS

• DENOTES A 90 MINUTE CLASS

* DENOTES SIGN-UP AT DESK REQUIRED

athletic club & spa
VAIL, COLORADO

September Class Schedule

Club Hours: Monday - Friday 5:30a-9p, Saturday - Sunday 6a-9p

970-476-7400

1300 Westhaven Drive, Vail CO

www.ariaclub.com

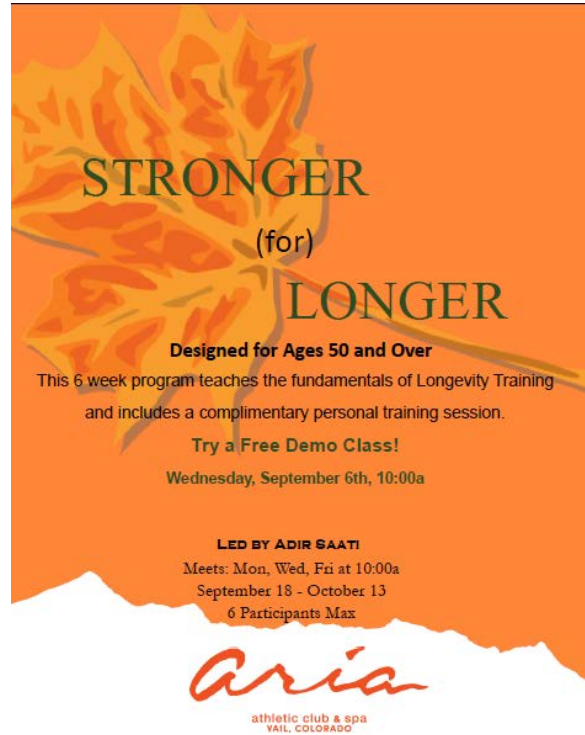


BOOT CAMP
BOOST your ENERGY. UPGRADE your WORKOUT.
GET RESULTS.

\$99
Includes Before and After Measurements
JUMPSTART METABOLISM
LOSE BODY FAT GAIN LEAN MUSCLE

Led by Kenzie Kohler
Begins September 5th
Tuesday and Thursday mornings at 6:30 AM
8 Sessions Total

Sign up at the Front Desk



STRONGER
(for)
LONGER

Designed for Ages 50 and Over
This 6 week program teaches the fundamentals of Longevity Training
and includes a complimentary personal training session.

Try a Free Demo Class!
Wednesday, September 6th, 10:00a

LED BY ADIR SAATI
Meets: Mon, Wed, Fri at 10:00a
September 18 - October 13
6 Participants Max

Aria
athletic club & spa
VAIL, COLORADO



Friday Afternoon
Yoga Reunion

Join Charry for a 1.5 hour class that serves the heart.

...Simple stretches,
easy breathing,
lots of laughter,
and a proper relaxation...
woven together by the thread of friendship.

Complimentary wine and cheese provided post savasana.

Instructor: Charry Shakti Om
Friday, September 22nd
6:30pm
All levels welcome. No experience necessary.
Class cost: \$15 if you sign-up ahead and \$20 day of.

