



# Mountain Waters Studio

Beginning January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Gentle</b> 10-11am Monse	<b>Gentle Restorative</b> 10-11:15am Monse	<b>Vinyasa Core</b> 9:30-10:30am Chevay	<b>RM2 Yoga</b> 10-11:15am Amy	<b>Gentle</b> 10-11:15am Shannon D.	<b>Joyful &amp; Energized</b> 10-11:15am Tahni	<b>Core &amp; More</b> 10-11am Tess
<b>Prenatal</b> 12-1:15pm Drea (Drop in)	<b>Privates</b> (Pre-book) 11:30am-1pm				<b>Core lunch</b> 12-1pm Trisha	
					<b>Yin</b> 2:30-3:45pm Penthesilea	
<b>Yoga for the Slopes</b> 4:30-5:45pm Monse	<b>Release &amp; Re-align</b> Yoga with Rope Wall 5:30-6:45pm Ellissa	<b>Pranayama and Meditation</b> 5:30-6:45pm Penthesilea		<b>Gentle Flow</b> 5:30-6:45pm Angela		
		<b>Yin</b> 7-8:15pm Drea	<b>Restorative</b> 7-8:15pm	<b>Gentle Wind Down</b> 7-8:15pm Monse		

**All classes FREE**  
January 2-6

**Winter Special**  
\$50 for 5 classes +  
1 infrared sauna.  
Expires February 28.

Classes are subject to change. Please check [relaxationredefined.com](http://relaxationredefined.com) for updated information and pricing details.



**Mountain Waters**  
Spa and Wellness

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MountainWatersSpa @MountainWaters

[RelaxationRedefined.com](http://RelaxationRedefined.com)