



Mountain Waters Studio

Summer 2018

Mon	Tue	Wed	Thu	Fri	Sat
		Love Your Body Workout 7-8am		Love Your Body Workout 7-8am	Private Training Sessions by appointment 7am-3pm
				Private Training Sessions by appointment 8:15am-12pm	
Gentle Restorative 10-11:15am	Vinyasa Core 9:30-10:30am	Foundations & Flow 10-11:15am			
Private Training Sessions by appointment 12-5pm		Private Training Sessions by appointment 11:30-4pm	Private Training Sessions by appointment 12-5pm	Bosu & the Ball 12-1pm	
				Private Training Sessions by appointment 1:15-4pm	
Weights for Women 5:30-6:30pm		Yoga and Healing Bowls 5:15-6:30pm	Weights For Women 5:30-6:30pm		
Body Balance 7-8pm			Body Balance 7-8pm		

Summer Studio Pass

5 classes for \$50

Expires August 31

Classes are subject to change. Please check relaxationredefined.com for updated information and pricing details.



Mountain Waters
Spa and Wellness

266 Baker Street, Nelson, BC

250-352-3280 toll free: 888-288-0813

MountainWatersSpa @MountainWaters

RelaxationRedefined.com