



# Mountain Waters Studio

Spring / Summer 2019

	Mon	Tue	Wed	Thu	Fri	Sat
9:00-10:15 am	Private Group		Private Group		Private Group	Workshops Wellness/Health Fitness/Yoga <i>See Online for Current Offerings</i>
10:15-11:00 am	TRX		TRX	Zumba	TRX	
12:00-12:45 pm	Bosu and the Ball	TRX	Bosu and the Ball	TRX	Bosu and the Ball	
1:00-2:00 pm	Personal Training Available		Drop in small group Training	Personal Training Available		
2:45-4:00 pm			Aerial		Prenatal <i>pre-registration</i>	
5:30-6:45 pm		Yin/Yang	Ropes Level 1			
7:00-8:15 pm		Aerial				

Legend: Workouts Gentle Yoga

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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