



# YOGA CLASS

Relax • Tone Muscles • Build Strength • Increase Flexibility

Join us at the Yoga Studio, located on Level 4 of the Elk Lodge. | \$20 per student

Monday	10 to 10:50 a.m.	Power Flow
Tuesday	10 to 10:50 a.m.	Gentle Yoga
Wednesday	10 to 10:50 a.m.	Warm Flow with Live Music
Thursday	10 to 10:50 a.m. 2 to 2:50 p.m.	Combo Flow Hiker/Biker Restorative
Friday	10 to 10:50 a.m. 5 to 5:50 p.m.	Core Flow Combo Flow
Saturday	11 to 11:50 a.m. 3 to 3:50 p.m.	Combo Flow Mindful Movement
Sunday	11 to 11:50 a.m.	Slow Flow

## YOUR CLASS INCLUDES:

- Access to self-parking garage.
- Access to resort amenities including Fitness Center, Adult Relaxation Pool, Sauna, Hot Tub and Indoor and Outdoor Pool.
- Option to upgrade to a Spa Amenity Pass for an additional \$20. Pass is valid for 2 hours and includes a locker with robe and sandals, use of dry cedar sauna, whirlpool with waterfall and a relaxation lounge with *complimentary* tea and snacks.