



# Wellness Studio

## BIG SKY RESORT WELLNESS STUDIO CLASSES

Yoga, Pilates, Ski Conditioning, Nia, Belly Dance, & Cardio Kickboxing

Employee Season Pass            \$75  
 Drop-In Pass                         \$10

**Wellness Challenge Activity!!!**

**Purchase your Wellness Pass today at the Front Desk, Concierge, or Accounting Office.**

**You must purchase pass PRIOR to attending classes. NO exceptions please.**

**Classes are in the Wellness Studio located in the Village Center.**

**For Thursday, December 3rd through Wednesday, December 9th**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9am	Winter Fitness with Jackie	Yoga with Anna					
9:30-10:30am							
3:30-4:30pm		Pilates with Jolene					Pilates with Jolene
4:30-5:30pm	Yoga with Anna		Yoga with John	Cardio Kickboxing with Chris	Winter Fitness with Jackie	Cardio Kickboxing with Chris	
5:00-6:00pm		Yoga with Callie					Yoga with John
6:00-7:00pm			Body Conditioning with Maggie	Belly Dancing with Katie		Body Conditioning with Maggie	

**Please bring your Wellness Pass and Sign In before the start of class.**

**All classes subject to change and availability.**

**Mats are provided, please wear comfortable clothing and bring water.**