



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 10th through Wednesday, December 16th

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------|----------------------------|---------------------|-------------------------------|------------------------------|----------------------------|-------------------------------|---------------------|
| 8-9am | Winter Fitness with Jackie | Yoga with Anna | | | | | |
| 9:30-10:30am | | | | Nia with Hatton | | | |
| 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.