



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 17th through Wednesday, December 23rd

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9am	Winter Fitness with Jackie	Yoga with Anna				Yoga with Lianne	
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.