



SPRING/SUMMER 2025

WELLNESS STUDIO SCHEDULE



Toll-Free Inquiries: (435) 645-6475 | Treatment Reservations: (877) 792-2104

CLASSES HELD IN VERDANDI WELLNESS STUDIO IN THE SPA

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 am	Rise and Align	Yoga Sculpt	Strengthen & Lengthen	Step Aerobics with Stretch	Stein Barre	Anusara Flow	Strengthen & Lengthen
1:00 pm			Roll & Recover		Roll & Recover		
4:00 pm				Gentle Flow		Recover Stretch	Sound Therapy

CLASS DESCRIPTIONS

Rise and Align

This gentle practice emphasizes breathwork, body awareness, and proper alignment in poses. Designed for all levels, building heat and energy through movement, from gentle stretches to more active postures.

Yoga Sculpt

The Vinyasa inspired yoga class provides energetic, fast-paced practice, seamlessly blending traditional yoga postures with strengthening moves for the entire body.

Strengthen and Lengthen

A stretch class focused on flexibility, skeletal alignment, relaxation, and stress reduction. The ultimate mind - body class blending the best elements of yoga and core training.

Roll and Recover

Foam rollers work by using the body's natural response to pressure. As you roll over tight spots or trigger points, the muscle relaxes. This kind of technique is useful in improving circulation, alleviating certain kinds of pain, and promoting good body responses.

Step Aerobics with Stretch

This fun engaging class aims to improve cardiovascular fitness, build strength, flexibility, and enhance balance and coordination.

Gentle Flow

This flow slowly awakens the muscles, allowing you to explore a variety of postures through breath and movement, building strength, gaining flexibility, and cultivating stillness within.

Stein Barre

Elements of Pilates, dance, yoga, and functional training are incorporated into this class. You will use the barre to sculpt, tone, and stretch your entire body.

Anusara Flow

Anusara yoga breaks poses down and isolates certain muscles groups in the body. This class will refine your alignment and teach a deeper awareness of your overall being.

Recover Stretch

After a day of hitting the mountains, you may be feeling some tension and tightness. Yoga is one of the best practices to alleviate muscle fatigue.

Sound Therapy

A deeply immersive full body listening experience using the sounds and vibration of singing bowls, chimes, and gongs to invite gentle yet powerful restorative processes to calm your body and mind.

Schedule is subject to change. Wellness sessions complimentary for Stein Eriksen Lodge guests. \$25 fee for non-property attendees. Please note that gratuity is not included. The Spa is reserved for guests over the age of 18.



SCAN QR CODE TO SIGN UP FOR CLASSES AND SESSION LOCATION.