



SPRING/SUMMER 2026

WELLNESS STUDIO SCHEDULE



Toll-Free Inquiries and Reservations: (435) 940-6604 | Classes will be held on the Lower Level (LL)

FRIDAY - 8:30 a.m.	SATURDAY - 8:30 a.m.	SUNDAY - 8:30 a.m.
Anusara Fundamentals Anusara practice breaks down poses, this class focuses on the four areas we all need to stretch. Necks, shoulders, backs, and hips will feel the focus and relief.	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.	Awaken Flow Incorporate fluid movements, breathwork, and asanas (postures) to create a sense of flow and connection between body and mind.

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