



WINTER 2025/2026 WELLNESS STUDIO SCHEDULE

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

TIME	SUNDAY	MONDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am	Stretch to Ski	Gentle Flow	Anusara Flow	Anusara Flow	Stretch to Ski

CLASS DESCRIPTIONS

Stretch to Ski

A focused class incorporating poses that mimic or complement skiing motions, using both dynamic stretches and long-held, static stretches to help skiers build strength.

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.

Anusara Flow

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



Schedule is subject to change. Wellness sessions are 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.