

THE  
**SPA**  
ONE STEAMBOAT PLACE

## June Complimentary Motion Studio Classes

\*Classes begin June 18<sup>th</sup>\*

### Monday

**8:30am – 9:30am: Core Challenge with Karen Van Scoyk**

Join Karen in an accelerated core-focused program, designed to tone and sculpt the abs and entire body. This workout will leave you feeling challenged and invigorated.

**9:45am - 11:30am: Skyline Hike with Karen Van Scoyk**

Meet Karen in the lobby on L1 at 9:30am for a 9:45am departure.

This hike begins at the water treatment plant where we will start the upward part of the trail. As we get to the top, the terrain changes to a beautiful single track that offers 360° views of beautiful Steamboat Springs. Here photo-ops are plentiful and information about the local flora and fauna will be provided by your guide Karen, who has been hiking here for the last 40+ years. Come enjoy the great outdoors!

### Tuesday

**7:30am – 8:30am: Rise & Shine Flow with Sabra Serveringhaus**

Join Sabra as she guides you through a gentle Vinyasa style class to enhance your performance and prepare you for next adventure.

**8:45am – 9:45am: Morning Yoga with Kaela Miller**

Wake up with Kaela in a vigorous align-and-flow style class designed to ground you and to get your body going and flowing into the rest of your day.

### Wednesday

**8:30am – 9:30pm: Core Challenge with Karen Van Scoyk followed by a Guided Meditation**

Join Karen in an accelerated core-focused program, designed to tone and sculpt the abs and entire body. This workout will leave you feeling challenged and invigorated.

*☸ Following class at 9:30 is guided meditation that will calm the body and mind ☸*

**TIME NEEDED: Sridaiva/Bowspring Alignment Yoga with Dawn Hehr**

Allow Dawn to bring your body back into alignment as she guides you through a postural alignment based yoga session that engages the myofascia in an energetic synchronicity.

### Thursday

**8:30am – 9:30am: Stress Relief & Self Massage with Shoshana Randell**

Learn how to release problem areas of tension within the body using various techniques, assisted with foam roller, straps, trigger point balls, blocks, and bolsters.

**4:00pm – 5:00pm: Sivananda Yoga with Shoshana Randell**

Join Shoshana through a classical and holistic approach to Hatha yoga that stretches, tones, relieves tension from the body, and leaves you in a profound state of relaxation.

**\*All classes are complimentary - Please call The Spa to reserve your spot\***