


stress less fitness may

at u r e s p a

t snow

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Look Good Feel Great Fitness class \$12 10 classes/\$80 Monthly \$100	1	2	3	4	5
9am yoga	8am cardio express	10:30am aquafit 6pm yoga	8am pilates 5:30pm hot yoga	10:30am aqua fit 530pm gym class	4:30pm yoga	9am yoga 11am aqua fit
6	7	8	9	10	11	12
13	14	15	16	17	18	19
9am yoga	8am cardio express	8am hot yoga	8am pilates 5:30pm hot yoga			
20	21	22	23	24	25	26
	8am fitness hike	8am hot yoga	8am pilates 5:30pm hot yoga			
27	28	29	30	31		
	8am fitness hike	8am hot yoga	8am pilates 5:30pm hot yoga		guided hikes	sva yoga

www.mountsnownaturespa.com
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