

November 2022



A ROCKRESORT

thevailcollection.com/lodgeatvailspa  
970-754-7828



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9 Yoga 9:00am   Julie	10	11 Yoga 9:00am   Kylin	12
13 Yoga 8:00am   Nicola	14	15	16 Yoga 9:00am   Julie	17	18 Yoga 9:00am   Kylin	19 Yoga 9:00am   Kylin
20 Yoga 8:00am   Nicola	21	22	23 Yoga 9:00am   Julie	24	25	26
27 Yoga 8:00am   Nicola	28	29	30 Yoga 9:00am   Julie			

**YOGA**

Yoga for Every Body! Whether you are new to yoga or are a seasoned practitioner, please come join us. This is a fun and open class designed to inspire everybody to find the joy and benefits of practicing yoga.

**PILATES**

Mat Pilates is a strength and flexibility-based workout focusing on the core muscles. Each class will work, tone, and stretch every major muscle group while teaching the importance of breath and total-body balance.

**DROP IN RATE \$10**

**Locals/\$15 Non/Free to  
LAV, Lodge Tower, Austria  
Haus Owners and guests  
and VMC members**