

naturespa

seek peace

mount snow's new natural wellness spa

www.mountsnownaturespa.com

802-464-6606

stress less fitness april

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Look Good Feel Great Fitness class \$12 10 classes/\$80 Monthly \$100						1 8am core strength 9am yoga 11am yoga 11am aqua fit 2pm yoga 4pm yoga
2 9am yoga 11am aqua fit	3 11am yoga 530pm yoga	4 1030a aquafit 430 PiYo 530p Boot Camp 6p yoga	5 7am PiYo 9am gentle yoga 530p grateful yoga	6 1030a aqua fit 530p Buddy Boot Camp	7 9am yoga 4:30pm yoga	8 8am core strength 9am yoga 11am yoga 11am aqua fit 2pm yoga 4pm yoga
9 9am yoga 11am aqua fit	10 11am yoga 530pm yoga	11 1030a aquafit 430 PiYo 530p Boot Camp 6p yoga	12 7am PiYo 9am gentle yoga 530p grateful yoga	13 1030a aqua fit 530p Buddy Boot Camp	14 9am yoga 4:30pm yoga	15 8am core strength 9am yoga 11am aqua fit 2pm yoga 4pm yoga
16 9am yoga	17 11am yoga 530pm yoga	18 530p Boot Camp 6p yoga	19 9am gentle yoga 530p grateful yoga	20 530p Buddy Boot Camp	21 4:30pm yoga	22 8am core strength 9am yoga 4pm yoga
23 9am yoga	24 11am yoga 530pm yoga	25 1030a aquafit 430 PiYo 530p Boot Camp 6p yoga	26 7am PiYo 9am gentle yoga 530p grateful yoga	27 1030a aqua fit 530p Buddy Boot Camp	28 4:30pm yoga	29 8am core strength 9am yoga 11am aqua fit 4pm yoga