

Fitness Activities



Morning BODYBALANCE® Classes

Sponsor: Les Mills

Wednesday 8:00–8:45 am

Thursday 6:30–7:15 am

Friday 6:30–7:15 am

LES MILLS
BODYBALANCE

Evening Les Mills Dance Class

Thursday 7:00–8:00 pm

LES MILLS
DANCE

Les Mills Reception

(Appetizers and Cash Bar)

Thursday 8:00–9:30 pm

LES MILLS

Golf anyone?

A few options for those interested in getting out on the green.

Breckenridge Golf Club has three championship nines, the BEAR, the BEAVER and the ELK. All three nines are Jack Nicklaus Signature courses. Playing at 9,300+ feet in elevation, each nine offers a mountain golf experience. Panoramic views of the snowcapped Colorado Rockies can be seen on every hole.

Green Valley Ranch Golf Club has great views of the Rocky Mountain front range, players can enjoy an award-winning 18-hole championship course, a popular 9-hole par-3 course and a full range practice facility.

Arrowhead Golf Course is one of the top 10 most photographed golf courses in the Denver area!

Join us for BODYBALANCE® from Les Mills which is a new generation yoga class that will improve your mind, body and your life with an inspiring soundtrack. This workout includes elements of yoga, tai chi and pilates that build flexibility and strength that leaves you feeling centered and calm.

Tips to Prepare for Exercise at High Altitude from Fitness Sponsor Les Mills

Increase Iron in Diet PRIOR to Trip

This will increase your red blood cells ability to transport oxygen to your muscles while training at a higher altitude.

Hydrate

Your respiration rate will increase at a high altitude thus leading your body to lose water at a much higher rate than it would at sea level.

Decrease Intensity and Adjust Expectations of Yourself

When training at a higher altitude your maximum aerobic power is decreased which leads to quicker muscle fatigue. Resist the urge to push yourself to hard and take breaks when needed.

Sleep Well to Promote Recovery

Due to free radical damage and thin air, our bodies are slower to recover at a high altitude if your not acclimatized.

Know the symptoms of altitude sickness and when to rest or seek medical assistance.

Symptoms include but are not limited to:

Headache

Dizziness/Lightheadedness

Fatigue

Insomnia

Loss of Appetite

Nausea/Vomiting

Vision Changes (seek immediate medical assistance)