

Meet Our Instructors

Senta Schleder

ACSM Certified Health Fitness Specialist

Senta received her B.A. degree in Corporate Fitness/Exercise Science from the University of St. Thomas in St. Paul, Minnesota. She has been working in the health and fitness industry for 13 years. For nine of those years, she lived and worked in Naples, Florida instructing her clientele on ways to increase core strength, avoid overuse injuries, and improve their golf performance. This sport specific experience has provided her with an understanding of how to strengthen the body even though posture imbalances and past injuries may exist. She has been with The Lodge and Spa at Cordillera since 2004 and works closely with the physical therapists of Howard Head Sports Medicine in post-rehabilitation exercise programs.

Daron Spaulding

Yoga teacher and registered massage therapist, Daron holds a certification in Prana Flow and maintains a deep focus on bio-energetic and sustainable alignment techniques. With an intrinsic understanding of human anatomy and movement, Daron's yoga classes are customized for students of all levels and ability. From simple to complex, Daron guides the body, mind, and spirit through movements that progressively open and strengthen, allowing the body to reach its full potential.

Janet Hill

Janet has enjoyed living in the Vail Valley for over 20 years. Her love of the outdoors sends her on many Hut to Hut cross country and snowshoe trips as well as long mountain bike rides through our beautiful wooded trails. Janet has been teaching Pilates in Colorado for over four years, both at the Westin Riverfront Resort and Spa as well as the Colorado Mountain College in Edwards. Janet was a student of "Basi Pilates" (Body Arts and Science International). She now instructs her students in this method of "Full Body Fitness" movement descriptions remain short, succinct and accurate, aimed at guiding you through each exercise. Janet's reward is being able to celebrate with clients as their fitness levels improve. By using Pilates as a tool we can advance to a higher level in the sport of choice, whether it be skiing, golf, tennis or biking.

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Katarina Glutova

Cordillera fitness instructor and personal trainer Katarina Glutova is an ISSA certified personal trainer. Has a Bachelor's degree in Physical Education, is AAI & ISMA certified as a total body strength conditioning fitness instructor. Katarina has the perfect combination of energy, expertise, and encouragement to give her clients invigorating and rewarding workouts. Her belief is that achieving your goals should be fun, enjoyable and passionate.

Robin Nash

A student of yoga for 14 years and counting, Robin delights in sharing the practice of yoga with all levels of yogis. Combining the Anusara alignment principles with an artist's eye, Robin will help you refine your yoga practice and discover new freedom within your body. Tuesday/Thursday yoga at the Spa has been named "Happy Hour Yoga" by the regular attendees - stretch gently and with joy - this practice incorporates traditional and restorative yoga to help you relax & unwind from your day.

Michele Keane

Michele has taught fitness classes for over 30 years. She's certified in: Group Fitness, Personal Training, Spin, Sports Nutrition, Health and Wellness Coaching and Zumba. She was a Vail Ski instructor for 7 years and raced mountain bikes professionally for 5 years. She still loves getting out on the trail when not teaching a Zumba class. She is passionate about health and wellness emphasizing not only exercise, but nutrition as well. She's always willing to share healthy recipes and cooking tips.

Geralynn Johnson

Geralynn has lived in the valley for over 27 years. She began skiing Vail with her family in 1965, fell in love with this area, and moved here in 1984. Growing up in a family that was very health conscious and fitness oriented, she naturally began to explore different areas of fitness. A friend in Denver began taking Pilates in the 80's and introduced her to this form of exercise. After taking classes for several years beginning in early 2000, her instructor suggested she get certified as a trainer and begin instructing. Geralynn began instructing after certification and opened her own studio several years later. She continues to teach privately and also does mat classes at The Lodge & Spa at Cordillera.



Spa Fitness Class Schedule



Service availability and pricing subject to change without notice.

The Lodge & Spa at Cordillera
2205 Cordillera Way
Edwards, CO 81632

p: 970.569.6359

f: 970.926.2486

www.cordilleralodge.com

Posted April 2012

Fitness Class Descriptions

Stability Ball Strength & Stretch

Using the stability ball provides you with a unique and challenging way to build strength throughout your whole body. This dynamic class alternates upper and lower body exercises and leaves you in awe of the many benefits of the BALL!

Geared for Golf Stretching

This class incorporates a variety of stretches and exercises geared towards improving your body's range-of-motion. We will stretch, rotate and stabilize in order to improve performance! This class will prepare you for the upcoming golf season and can also be used as your pre-game warm-up.

Basi Pilates

Floor Mat Pilates using balls, bands and straps to enhance core, balance and strength work. This is a great class for skiers, golfers and bikers.

Stretch Yoga - 60-minute

This class allows you to stretch, restore, renew and regenerate energy to release tension through breathing.

Vinyasa Yoga - 90-minute

Energetic Vinyasa flow style class with a deep focus on alignment and karmic evolutionary sequencing.

Cardio Ball

This creative and fun class combines dance moves, exhilarating body movements and creative fitness routines to burn fat and blast away calories. All levels

Total Core & Abs

This class will work many different muscles that stabilize the spine and pelvis, and run the entire length off torso. Intermediate with modifications for beginners

Better Back Pilates

This mat-based class teaches the body to tap into your true CORE. Teaching strength and flexibility, this class will challenge your abdominals, torso, back and balance...while maintaining your technique.

Zumba!

You won't even know that you are exercising! Low impact on your joints and you are dancing to great music!

Guided Snowshoe or Hike

Ready your camera and enjoy a picturesque stroll through Cordillera then enjoy a complimentary glass of wine or beer with your dinner at Grouse on the Green.

Fitness Class Therapies

Monday

- ❖ 8:30-9:30 am Basi Pilates - Janet
- ❖ 4:00-5:00 pm Zumba! - Michele
 - No class May 14 & 21

Tuesday

- ❖ 4:00-5:00 pm Stretch Yoga - Robin
 - 3 person minimum

Wednesday

- ❖ 9:00-10:00 am Geared for Golf Stretching - Senta
 - May 2 - Janet subbing

Thursday

- ❖ 8:30-9:30 am Basi Pilates - Janet
 - May 31 - Senta subbing
- ❖ 4:00-5:00 pm Stretch Yoga - Robin
 - 3 person minimum

Friday

- ❖ 9:00-10:00 am Zumba! - Michele
 - No class May 11 & 18

Saturday

- ❖ 9:00-10:00 am Stability Ball Stretch & Strength - Senta
- ❖ 10:15-11:15 am Zumba! - Michel
 - No class May 12 & 19



Sign Up Policy

24-hour advance sign up required for all classes. There will be a minimum number of participants for class to be held.

p: 970.569.6359 • Lodge ext. 359

Fitness Therapies

Personal Training:

60 min.....\$90

Whether you're a professional athlete, an occasional sportsman or have never exercised before, you'll benefit from a private workout session with a certified personal trainer. Each session is customized to meet your individual needs and reach your unique fitness goals.

Group Training:

Two people.....\$60 per person, per session

Three to Five people.....\$50 per person, per session

Train with a friend or friends who have similar goals and interests.

Group Exercise Classes:

\$10 per person, per session for Lodge Guests & Members

Our schedule changes seasonally and includes a variety of classes designed to improve strength, flexibility, balance and core function.

Private Group Classes:

60 min.....\$120

90 min.....\$150

Includes a variety of classes designed for up to 8 people to improve strength, flexibility, balance and core function.

Private Yoga or Pilates:

60 min.....\$90

Our instructors have trained with industry leaders and continue to set the standard for alignment-based exercises and professional development. You can expect precision in posture, hands-on attention and recommendations specific to fit your needs.

