

JANUARY 2025

AT THE CLUB AT TAMARACK



THE CLUB AT
TAMARACK



RSVP FOR EVENTS
CLUBTAMARACK.COM

SUNDAY **MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY**

			1 New Year Meditation 12:30 PM - 1:15 PM	2 Core & Center 9:00 AM - 9:45 AM Slopes to Serenity 4:00 PM - 5:00 PM	3 Limb by Limb 2:00 PM - 3:30 PM	4 Member's Breakfast 8:00 AM - 10:00 AM First Tracks Meet at 8:30 AM Special Class - HIIT Pilates 11:30 AM - 12:30 PM Slopes to Serenity 3:00 PM - 4:00 PM
5 Member's Breakfast 8:00 AM - 10:00 AM Athletic Flow 11:30 AM - 12:30 PM Rest & Restore 12:45 PM - 1:45 PM	6 Total Body Flow 1:00 PM - 2:00 PM Sit & Breathe 2:15 PM - 2:45 PM	7 Athletic Flow 10:00 AM - 11:00 AM Rest & Restore 11:15 AM - 12:15 PM Vinyasa Yoga 4:00 PM - 5:00 PM	8 Yoga Foundations 9:00 AM - 10:00 AM Peak Performance 10:00 AM - 12:00 PM (\$) Barre 10:30 AM - 11:30 AM	9 Core & Center 9:00 AM - 9:45 AM Slopes to Serenity 4:00 PM - 5:00 PM	10 Morning at Mid-Mountain 10:00 AM - 12:00 PM Full Moon Yoga 4:00 PM - 5:15 PM (\$) Wine & Snowshoe Full Moon Walk 4:00 PM - 5:15 PM	11 Continental Breakfast 8:00 AM - 10:00 AM First Tracks Meet at 8:30 AM Ski Conditioning 11:00 AM - 12:00 PM Foam Roll Flow 12:15 PM - 1:15 PM Slopes to Serenity 3:00 PM - 4:00 PM
12 Continental Breakfast 8:00 AM - 10:00 AM Cross Country Classic Ski Lessons (\$) Athletic Flow 11:30 AM - 12:30 PM Rest & Restore 12:45 PM - 1:45 PM	13 Total Body Flow 1:00 PM - 2:00 PM Sit & Breathe 2:15 PM - 2:45 PM	14 Athletic Flow 10:00 AM - 11:00 AM Rest & Restore 11:15 AM - 12:15 PM Vinyasa Yoga 4:00 PM - 5:00 PM	15 Yoga Foundations 9:00 AM - 10:00 AM Peak Performance 10:00 AM - 12:00 PM (\$) Barre 10:30 AM - 11:30 AM	16 Core & Center 9:00 AM - 9:45 AM Slopes to Serenity 4:00 PM - 5:00 PM	17 Snowga 12:00 PM - 12:45 PM Mobility Flow 2:00 PM - 3:00 PM Ski with an Olympian 2:00 PM - 4:00 PM Après Ski at the Club 5:00 PM - 7:00 PM	18 Continental Breakfast 8:00 AM - 10:00 AM First Tracks Meet at 8:30 AM Ski Conditioning 11:00 AM - 12:00 PM Foam Roll Flow 12:15 PM - 1:15 PM Slopes to Serenity 3:00 PM - 4:00 PM
19 Continental Breakfast 8:00 AM - 10:00 AM Athletic Flow 11:30 AM - 12:30 PM Rest & Restore 12:45 PM - 1:45 PM	20 Total Body Flow 1:00 PM - 2:00 PM Sit & Breathe 2:15 PM - 2:45 PM	21 Athletic Flow 10:00 AM - 11:00 AM Rest & Restore 11:15 AM - 12:15 PM Vinyasa Yoga 4:00 PM - 5:00 PM	22 Yoga Foundations 9:00 AM - 10:00 AM Peak Performance 10:00 AM - 12:00 PM (\$) Barre 10:30 AM - 11:30 AM	23 Core & Center 9:00 AM - 9:45 AM Slopes to Serenity 4:00 PM - 5:00 PM	24 Snowshoe to Mid-Mountain 9:30 AM - 11:30 AM Mobility Flow 2:00 PM - 3:00 PM Member Wine Dinner (\$) 6:00 PM - 9:00 PM	25 Continental Breakfast 8:00 AM - 10:00 AM First Tracks Meet at 8:30 AM Ski Conditioning 11:00 AM - 12:00 PM Foam Roll Flow 12:15 PM - 1:15 PM Slopes to Serenity 3:00 PM - 4:00 PM
26 Continental Breakfast 8:00 AM - 10:00 AM Cross Country Skate Ski Lessons (\$) Somatic Breathwork 11:00 AM - 12:30 PM Athletic Flow 11:30 AM - 12:30 PM Rest & Restore 12:45 PM - 1:45 PM	27 Total Body Flow 1:00 PM - 2:00 PM Sit & Breathe 2:15 PM - 2:45 PM	28 Athletic Flow 10:00 AM - 11:00 AM Rest & Restore 11:15 AM - 12:15 PM Vinyasa Yoga 4:00 PM - 5:00 PM	29 Yoga Foundations 9:00 AM - 10:00 AM Peak Performance 10:00 AM - 12:00 PM (\$) Barre 10:30 AM - 11:30 AM	30 Core & Center 9:00 AM - 9:45 AM Slopes to Serenity 4:00 PM - 5:00 PM	31 Mobility Flow 2:00 PM - 3:00 PM	

Member's Lounge	Fitness Center	Nordic Center	Fern & Feather	Amphitheater
The Arling Center	Waterfront	Village Plaza	Off-Site Excursion	Event Fee

*MAY BE SUBJECT TO CHANGE