

Bryce Canyon Winter Festival

February 18th, 19th & 20th



Nutrition Class

Cut through the marketing and learn the truth about nutrients and how your body uses them. Learn sustainable habits to help you perform better, lose weight, & stay on the diet roller coaster.

Brita has a Masters degree in Nutrition and worked for more than 5 years with school nutrition programs.

Run Better & Injury Free

A Focus on avoiding running injuries, while discussing efficient form and how to get faster. Dispel common running myths.

A must have for newer and experienced runners. Golden Harper holds a world-best for a 12-year old in the marathon at 2:45:34. He has a degree in Exercise Science and did his collegiate studies on running technique & running injuries. He grew up working & managing his family owned running store, & was an All-American Cross-Country runner.

Dinosaur Discoveries from the Grand Staircase

Scott takes you on a journey with him as he shows you several of the many dinosaur sites he has found over the last 20 years in the Grand Staircase Escalante National Monument. Included are Kosmocerotops richardsoni which is named after him, and Lythronax argestes, the oldest tyrannosaurid from North America.

Introduction to Skate Skiing and Classical Ski Clinics

Weather Permitting: This class is meant for skiers that would like to learn about skiing. We will go over the different ski and boot types and teach the basic skiing techniques.

High Fitness

Is a fun fitness class that incorporates interval training with pop music, and easy-to-follow fitness choreography. HIGH Fitness produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between cardio peaks and toning tracks.

Winter Adventure Center hours

Opens daily at 9:00am, closing hours change in the evenings due to other activities.

Friday – 9:00am - 9:00pm,
Ice ribbon- 1:00pm - 3:00pm, 3:45pm - 5:30pm,
6:15pm - 9:00pm

Saturday- 9:00am – 6:00,
Ice ribbon – 1:00pm - 3:00pm, 3:45pm - 5:30pm

Sunday- 9:00am – 6:00pm,
Ice ribbon – 1:00pm - 3:00pm, 3:45pm - 5:30pm

Monday- 9:00am – 8:00pm,
Ice ribbon- 1:00pm - 3:00pm, 3:45pm - 5:30pm,
6:15pm - 8:00pm

Rentals are limited, on a first come first serve basis and weather permitting. There will be NO snowshoes for rent during Winterfest. Please make sure you have the appropriate equipment rented BEFORE your ski classes start. Last minute rentals are not a guarantee. Please plan accordingly.

Cross Country Ski Races (\$10)*

Award Ceremony Monday at 12:30.