



We ask participants to arrive 15 minutes early for class to ensure participation

Class Fees	Inn Guest	Member	Non Member
Land or Water Class	Free	Free	\$23
10 Visit Class Pass			\$150

Class Includes use of pool/workout areas before & after

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM	Full body Fitness with Wendy	Gentle Yoga with Nicole	Full body Fitness with Wendy	Gentle Yoga with Nicole	Hatha Yoga with Wendy		
In the Pool	Splash Aerobics with Cheryl		Splash Aerobics with Cheryl		Splash Aerobics with Cheryl		
9:00 AM							Sunday A.M. Qi -Gong with Shalimar
9:30 AM	Core Body Strength with Wendy		Core Body Strength with Wendy		Gentle Yoga with Wendy		
10:30 AM							
12:15 PM	Functional Fitness with Brendan		Functional Fitness with Brendan				
4:30 PM							
5:00 PM		Splash Aerobics with Cheryl		Splash Aerobics with Shalimar			
5:00PM		Mind Body Yoga Mix with Laurie					
6:00 PM	Vinyasa Flow Yoga with Nicole						

Gentle Yoga: This Gentle Vinyasa Flow class will focus on building shapes from the ground up and the core out. Students will explore how to safely transition through different asana postures from a functional anatomy approach and discover what works best for your individual body while combining breath, movement, and intention with fluidity and grace. All students welcome. **Starts @ 8:30-9:30**

Hatha Yoga: Awaken the body, mind & spirit & get energy flowing in this class for beginners to intermediates suited for all body types. **1 Hour**

Sun A.M. Qi Gong: Thai Chi foundational practice that massages meridians & pressure points through specific poses and movements. This is a gentle moving meditation & practice for all, especially those living with chronic health problems, or returning to exercise after a break. Class starts at **9:00am**. New participants please arrive at **8:45am. 75 minutes.**

Splash Aerobics: The ultimate in a low impact/high benefit water workout for all ages and abilities. **1 Hour**

Mind Body Yoga Mix: Includes basic yoga poses uniquely designed in a flowing format and interspersed with short holds and stretches to work on strength, flexibility and breath with mixes of Tai Chi and Qi Gong at times. All levels are welcome and modifications are given to meet each participants needs. These sessions are in a contained safe place infused with lovely healing energy. **1hr 15mins**

Core Body Strength: Gentle effective exercises improve functional fitness & reduce pain through proper mobilization & stabilization of the core. For all levels. **50 minutes**

Full Body Fitness: Intermediate/advanced level, higher intensity strength and endurance workout using body weight, free weights, balls and bands. **50 minutes**

Functional Fitness: Strength & Cardio interval class for all levels combining full body strength using dumbbells, fit balls, medicine balls, BOSU & bands and kicking up cardio with an interval circuit. Weather permitting, We often enjoy our short cardio intervals outside. **1 Hour**

Functional Interval Training: Effective fat burning interval training class, alternate between bursts of activity & periods of rest creating body movements to create a challenging cardiovascular & overall body strengthening workout. All levels welcome. **45 minutes.**

Kick Mix: Combination of cardio kickboxing sequences & weight training using free weights, balls and bands. Class will feature a special core training circuit. **45 minutes**

Tabata: A high intensity interval training workout alternating bursts of activity & short rest to create a total body workout. All levels welcome! **1 Hour**

Vinyasa Flow Yoga: This Vinyasa Flow class will focus on building postures utilizing strength, mobility, and intention. You will explore creative and fun transitions while building heat and developing body and breath awareness. You will also learn to safely expand your practice from a functional anatomy approach and what works best for your body. **1 Hour**

Please respect the health and safety of everyone around us and wear a mask in all areas of our property. Fabric masks are available for purchase in the Spa Boutique.

Please remain at home if not feeling well or experiencing symptoms.