

## Artistic Expression

### Introduction to Drawing

Awaken your creativity with visual expression and discover your inner artist. Drawing differs from painting in that it is much more exploratory with emphasis on observation and composition. Leave inspired and with a picture that shows off your rejuvenated artistic side.

### Watercolor Painting

Explore new, hidden, or forgotten talents. A two hour class that offers you the opportunity to express your feelings through simple brushstrokes. Appreciate the true beauty of nature and our surroundings by taking time to stop and really notice the colors and textures and capture it all on paper. Leave with a finished work of art and a new or renewed creative side.

## Culinary

### Cooking Demo

Join our Chefs for a demonstration of selections from our gourmet spa cuisine menus. You will learn new cooking techniques, healthy and surprising ingredient alternatives and elegant and fun presentations.

## MindBody

### AM Stretch

Begin your day with active stretches for the total body. You will leave this class feeling awake and ready to begin your day!

### Breathe and Change Your Life!

Take control of your life and relax the body by harnessing the power of breath. Open the mind as you learn to focus your attention within and experience simple ways in which you can enhance your body's energy levels while cleansing and rebalancing.

### Fitness Yoga

This 21st century approach to the traditional practice of Hatha Yoga seamlessly blends ancient yoga poses and modern fitness movements to build muscle strength, flexibility, and balance with a fitness formula for all levels.

### Gentle Yoga

Explore the basics of Ancient Yoga through postures, breath work and meditation. Designed for beginners, though, all levels are welcome.

### Hatha Yoga

Open and energize the shoulder area as you enjoy a sequence of poses that help open, relax and heighten the senses.

### Healing Sounds Meditation

Sound penetrates our sense of separation and enables us to experience oneness with the musical universe. In this meditation we use soft vocal sounds to cleanse, tone and detoxify the organs. Crystal bowls then fill the room with healing vibrations to restore balance and serenity, facilitating an inner journey.

### Inner Smile Meditation

In this guided meditation, smiling energy is directed into the organs, muscles, glands, and body systems to produce a refined quality of internal energy which has the power to relax, heal, and rejuvenate. An ancient, exquisitely simple and loving practice that transforms stress into vitality.

### Meditation to Quiet the Mind

Come into the present moment with mindfulness meditation. This class guides you through steps of meditation with breath awareness and focusing the mind on a sound (mantra). The practice of meditation calms the mind, reduces stress, lowers blood pressure and relaxes the body.

### Qi Gong

Fire, Water, Earth, Metal, Wood are the five elements of traditional Chinese medicine. Movement and meditation are used to unite and harmonize the spirit of the five organs governed by each element. A series of exercises: Ocean Breathing, Inner Smile, Toning the Six Healing Sounds, activates the Qi (universal energy).

### T'ai Chi

T'ai Chi, a once secret martial art, is now practiced worldwide. The seemingly simple graceful forms and effortless motions swirl and spiral round to unite the energies of the heavens and earth. Participate in the flow of the universal energy (Chi).

### Vinyasa Flow

A flowing, dynamic form of yoga, linking smooth body movements with breath. Challenging postures will be used to help build endurance, flexibility and strength.

### Walking Meditation

Learn standing postures for grounding and centering, while practicing the art of walking peacefully along the path to mindfulness and relaxation. This class is beneficial for releasing stress and deepening your awareness of the present moment.

### Yoga For a Healthy Back

Improve overall back health by strengthening core muscles, increasing flexibility, and enhancing breathing capacity and awareness.

### Yoga For Restful Sleep

Enjoy a blissful combination of mindful stretching, relaxation and breathing that will ease the day's cares from your body and mind.

### Yoga Sculpt

This invigorating workout combines yoga inspired movements, innovative resistance exercises and breathing techniques to help build strength, stamina, and flexibility. This powerful combination will leave your whole body feeling recharged and refreshed.

## Work Out

### Ballroom Dancing

Have fun learning a variation of swing, cha cha, mambo as well as the traditional fox trot, waltz and rumba dances. This class introduces the basic steps and several variations. Learn about leading, following and style. No partner necessary.

### Below the Belt

Firm your abs and lower body by training the target muscle groups with quick paced high energy movements. Focus your workout on the lower body and feel the results. Who wouldn't love that!

### Boot Camp

Boot camp training has swept the nation! In an action packed aerobic circuit, feel the burn using weights, body bars, and elastic bands. A quick paced, highly motivating workout that builds muscle and increases stamina.

### Cardio Kickboxing

This aerobic class integrates kicks, punches and drills into a high intensity cardio workout.

### Cardio Medley

Take your training program to the next level with an instructor to motivate and guide you through your workout on all our Precor cardio machines, along with intervals of strength training.

### Cardio Pump

An energetic, calorie burning aerobic workout that combines alternating bursts of cardio and strength training for increased power and endurance.

### Dance Fusion

This high energy aerobic dance class combines easy to follow choreography with a variety of music for all to enjoy.

### Drums Alive

This energizing class combines dynamic movements of aerobic dance with the pulsating rhythms of the drum. A wonderful workout for the entire body, mind and spirit.

### Got'a Hoop

Enjoy the latest craze and explore the rhythmic art of hula hooping. Achieve a total body workout while learning to hoop around various parts of your body. No experience is necessary. Class size is limited to 6.

### Let's Have a Ball

Challenge your body to increase muscular and neurological strength by utilizing a stability ball. This fun-filled class uses a large stability ball and focuses on balance, core strength, and muscle sculpting.

### The Love Your Body Workout

Access your own inner beauty and grace through this free form, self expressive style of dance class. Incorporates a variety of impromptu dance movements to help you relax and express your inner self.

### Muscle Toning

Cardio-tone using dynamic movements for upper and lower body. Proper weight training techniques with body bars/hand weights drive this intense and safe resistance training routine.

### Pilates Mat

Developed for beginners to intermediate levels, this popular Pilates mat form of "mind body" exercise helps improve core muscle strength, flexibility, balance, and posture.

### Step On It

A perfect combination of cardio and resistance training. This class is intended for all fitness levels and will incorporate the basics of step aerobics abd light weight training to burn calories and firm up your entire body.

### Stretch and Relax

This gentle class is designed for all fitness levels to help unwind and elongate muscles, and is a perfect complement before or after your vigorous workout.

### Stretch and Tone

Want longer and leaner muscles? What are you waiting for! Experience a total body workout that will improve your flexibility and circulation. Stretch to release stress and tension, while keeping your muscles long and agile.

### 20/20 Fitness

The best of both worlds with 20 minutes of intense cardio followed by 20 minutes of core strengthening using Pilates inspired movements, ending with 10 minutes of relaxing stretch.

### Ultimate Abs

The abs and low back are the focus utilizing breath, alignment and proper form for ultimate results.

### Zumba Gold

Zumba Gold fuses hypnotic Latin rhythms and easy to follow moves to help you experience an exhilarating, caloric-burning, body energizing blast of a class.

## Water

### Aqua Boot Camp

Ease into the Boot Camp craze with this non-weight bearing pool class that combines a circuit of cardiovascular, strength, abdominal, yoga and aerobic training to increase agility and flexibility.

### Aqua Chi

Combines the graceful flowing movements of Tai chi with the resistance of classic aqua fitness, in a workout that's easy on the joints, while it helps develop grace and balance.

### Aqua Toning

Weight training without weights. Firm your muscles with resistance aqua-equipment. Perfect for sensitive joints. Great variation on your present weight training routines.

### Hydro Challenge

Enjoy dynamic non-impact aerobics without strain on joints while delighting in our custom designed pool. Aqua-gloves, water tubes, floating water weights, those super fun noodles and more combine resistance training and cardio.



**THE LODGE  
AT WOODLOCH**  
*A Destination Spa*

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# February 2010 Class and Activity Schedule

# Outdoor Adventure

All Outdoor Adventure activities are subject to change or cancellation due to unsafe weather, travel, or trail conditions.

## Geocaching

Embark on a high-tech hunt for hidden “treasure” with help from our Outdoor Adventure Guides and a GPS. Usually off the beaten path and always a surprise, geocaching is a fun way to learn about navigation and overland travel. Please wear sturdy shoes.

**Note:** Allotted time includes transportation to trailheads. Actual activity time is about 2 hours.

## Hiking

**Note:** Allotted hiking time includes transportation to trailheads. Actual hiking time is about 2 hours. Snowshoes will be available for use on hikes, weather permitting. Trail conditions may vary greatly on a daily basis during winter time. Pending weather and trail conditions, alternate venues may be used at the discretion of the hiking guides.

### Bruce Lake Natural Area

Enjoy a 4 mile hike passing by Egypt Meadow Lake and on to Bruce Lake, a glacial pond formed when the last ice age ended 20,000 years ago. Egypt Meadow Lake was created by the Civilian Conservation Corps and features a beautiful stonework dam. Winter exposes many glacial erratics and unique geology often hidden by summer foliage, making this an exceptional experience.

**Incline:** None      **Terrain:** Moderate

### Dorflinger-Suydam Wildlife Sanctuary

Once home to glassmaker Christian Dorflinger this estate is now the home to an extraordinary sanctuary. Enjoy a 3 mile hike through fields and open woods to two lakes. Snowy stands of pines and winter birds grace the trails of this easy to intermediate hike on the grounds of this beautiful and relaxing preserve.

**Incline:** Slight      **Terrain:** Easy

### Shuman Point Natural Area

Explore the 250 acres of Shuman Point Natural Area on a moderate 3 mile hike along the shores of Lake Wallenpaupack. Trails meander through mixed forests that were once pastures and farm fields. Waterfowl and occasional birds of prey can usually be seen throughout the winter as the trail meets the shoreline at several points. This is an exceptional hike for the novice or infrequent hiker.

**Incline:** Gradual      **Terrain:** Moderate

### Tusten Mountain

Bluestone mining quarries and logging camps once dotted this area at the turn of the 20th century. This challenging 3 mile hike traverses rocky outcroppings to a vista overlooking the Upper Delaware River, then meanders through a diverse forest landscape. Now maintained by the Ten Mile River Boy Scout Reservation, this area is home to many birds and mammals. Bald Eagle sightings in winter are not uncommon near the trailhead as nesting occurs here throughout the season.

**Incline:** Steep      **Terrain:** Challenging

## Skiing & Snowshoeing

Weather Permitting.

### Ski Big Bear

Enjoy downhill skiing or snowboarding at Ski Big Bear on Masthope Mountain. Big Bear offers a wide variety of terrain for all ability levels. Equipment rentals and lessons are available at the resort. Please contact the Spa Concierge for rates and hours of operation.

### Snowshoe Sojourn

Experience the true beauty of winter on snowshoes! Whether on Lodge grounds or moderate local trails, this activity is designed for both the novice and the experienced snowshoer, and provides an excellent aerobic and lower body workout. (2.5 hours including transportation to local trails if necessary. Subject to snow and trail conditions.)

FEBRUARY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	FEBRUARY	
7:00 - 9:30	<b>Breakfast in Tree</b>								7:00 - 9:30
8:30 - 8:50	AM Stretch - L	AM Stretch - L	AM Stretch - L	AM Stretch - L	AM Stretch - L	AM Stretch - L	AM Stretch - L	8:30 - 8:50	
9:00 - 9:50	Fitness Yoga - L Step On It - O	Pilates Mat- L The Love Your Body Workout - O	Fitness Yoga - L Drums Alive - O	T'ai Chi - W Yoga Sculpt - L	Dance Fusion - O Pilates Mat - L	Vinyasa Flow - L Drums Alive - O	Gentle Yoga - L Zumba Gold - O	9:00 - 9:50	
9:00 - 11:00	Intro to Drawing - A	Intro to Drawing - A				Intro to Drawing - A	Intro to Drawing - A	9:00 - 11:00	
9:00 - 12:00	Dorflinger Hike - GH	Shuman Point Hike - GH	Tusten Mountain Hike - GH	Dorflinger Hike - GH	Shuman Point Hike - GH	Tusten Mountain Hike - GH	Bruce Lake Hike - GH	9:00 - 12:00	
10:00 - 10:50	Gentle Yoga - L Muscle Toning - O	Hatha Yoga - L Dance Fusion - O	Pilates Mat - L Below the Belt - O	Walking Meditation - W Zumba Gold - O	Yoga For a Healthy Back - L Below the Belt - O	Gentle Yoga - L The Love Your Body Workout - O	Pilates Mat - L Cardio Kickboxing - O	10:00 - 10:50	
11:00 - 11:50	Aqua Boot Camp - AG Zumba Gold - O	Aqua Toning - AG Let's Have a Ball - O	Hydro Challenge - AG Cardio Kickboxing - O	Aqua Boot Camp - AG Qi Gong - W	Aqua Toning - AG Cardio Pump - O	Cardio Kickboxing - O Aqua Chi - AG Got'a Hoop - L	Hatha Yoga - L Muscle Toning - O Hydro Challenge - AG	11:00 - 11:50	
11:30 - 2:00	<b>Lunch in Tree</b>								11:30 - 2:00
1:00 - 1:50	Stretch and Tone - L	Stretch and Tone - L	Stretch and Tone - L	Stretch and Tone - L	Stretch and Tone - L	Stretch and Tone - L Meditation to Quiet the Mind - W	Stretch and Tone - L	1:00 - 1:50	
1:00 - 3:00	Watercolor Painting - A	Watercolor Painting - A	Watercolor Painting - A	Watercolor Painting - A	Watercolor Painting - A	Watercolor Painting - A	Watercolor Painting - A	1:00 - 3:00	
2:00 - 2:50	Pilates Mat - L  Breathe & Change Your Life - W	Gentle Yoga - L  Below the Belt - O	Inner Smile Meditation - W  Yoga Sculpt - L	Hatha Yoga - L  Muscle Toning - O	Healing Sounds Meditation - W Step On It - O	Ballroom Dancing - O  Pilates Mat - L	Qi Gong - W  Let's Have a Ball - O	2:00 - 2:50	
2:00 - 4:30	Snowshoe Sojurn - GH	Geocaching - GH	Snowshoe Sojurn - GH	Geocaching - GH	Snowshoe Sojurn - GH	Geocaching - GH		2:00 - 4:30	
3:00 - 3:50	Cardio Pump - O  Hatha Yoga - L	Breathe & Change Your Life - W Cardio Kickboxing - O	Qi Gong - W  Let's Have a Ball - O	Pilates Mat - L  Got'a Hoop - O	T'ai Chi - W  Cardio Medley - CWS	Yoga For Restful Sleep - L  Cardio Pump - O	Walking Meditation - W  Boot Camp - O	3:00 - 3:50	
3:00 - 3:50	Cooking Demo - DK		Cooking Demo - DK	Cooking Demo - DK	Cooking Demo - DK	Cooking Demo - DK		3:00 - 3:50	
4:00 - 4:50	Cardio Medley - CWS  Meditation to Quiet the Mind - W	Yoga for Restful Sleep- L  20/20 Fitness - O	Healing Sounds Meditation - W Dance Fusion - O	Vinyasa Flow - L  Meditation to Quiet the Mind - W	Inner Smile Meditation - W  Gentle Yoga - L	Hatha Yoga - L  Let's Have a Ball - O	Healing Sounds Meditation - W Ultimate Abs - O	4:00 - 4:50	
5:00 - 5:50					Yoga for Restful Sleep - L	Stretch and Relax - L		5:00 - 5:50	
6:00 - 8:30	<b>Dinner in Tree</b>								6:00 - 8:30

**MEETING LOCATION KEY:**      *A* — Art Studio      *AG* — Aqua Garden      *CWS* — CardioWeight Studio      *D* — Dock      *DK* — Demo Kitchen      *F* — Fireside Room  
*GH* — Garden Hall      *L* — Linden Studio      *O* — Oak Studio      *P* — Fire Circle Patio      *W* — Willow Studio

**PLEASE NOTE:**

- Schedules are created on a monthly basis, and are subject to change.
- If you have arrived at the end of this schedule, and did not receive next month's schedule, please check with Spa Concierge.
- Please sign-up for all Outdoor Activities and Art Classes by 6:00 pm the previous day.
- For activities highlighted in green please sign-up with Spa Concierge or by calling Ext. 711.
- For Cooking Demo please sign up by 12:00 noon day of.
- We ask for the consideration of others, you join any class no later than the scheduled time.
- Please notify your instructor of any medical condition that may affect or limit your participation in the above activities.

