



YOUR GUIDE TO CLASSES & ACTIVITIES  
June 1st - 9th, 2019



**THE LODGE  
AT WOODLOCH**

A DESTINATION SPA RESORT



\*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8pm the previous day. For Cooking Demo and Wine Tasting, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.

Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. - - no physical restrictions.s.

## MORNING

### 6:30 AM - FITNESS WALK (I, II, III-)

(80 min, Meet in Garden Hall)  
Greet the day with an invigorating 3 mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/ sneakers required.

### 7:00 AM - BREAKFAST IN TREE

(7am-10:00am, Tree Restaurant)

### 8:00 AM - ZUMBA (I, II, III-)

(50 min, Oak Studio)  
Zumba fuses Latin rhythms and easy to follow moves to help you experience an exhilarating, caloric-burning, body energizing blast of a class. Sneakers are required.

### 8:00 AM - STRETCH & TONE (I, II, III)

(50 min, Linden Studio)  
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.

### 8:00 AM - FITNESS KAYAKING\*

(50 min, Lily Pad)  
Experience a fun and challenging upper-body workout on our scenic Little Lake Teedyuskung through a series of unique drills and exercises focusing on stamina and maneuverability.

### 8:00 AM - FISHING TRAVELS\*

(240 min, Meet in Garden Hall)  
Join our fishing guides for an off-property fishing excursion! You will get to experience the beauty of our surrounding area while learning how to fish. Be prepared for short walks as we find where the fish are biting. Various methods and equipment will be used during your fishing adventure. A PA fishing license is required for this off property activity. This can be purchased and printed online in our business center. Travel time 60 minutes.

### 8:00 AM - OPEN AIR PAINTING\*

(120 min, Art Studio)  
Become an open air painter... take a short hike to one of our breathtaking views and paint on site with our artist in residence to guide you along the way.

### 8:30 AM - GRACIOUS INTENTIONS: FRESH START ON A NEW DAY (I, II, III)

(15 min, Lotus Labyrinth)  
We invite you to join us every morning for Gracious Intentions at the Lotus Labyrinth: It is a simple, wonderful way to prepare yourself for a peaceful, stress free day here at The Lodge. You will be given an intention card, where you will write your intention. Walk the labyrinth while holding your card and focus on your intention. Keep your card for reflection during your stay.

### 9:00 AM - DRUMS ALIVE (I, II, III-)

(50 min, Oak Studio)  
Drum your way to fitness results! Unique and different from every other workout you've tried before, Drums Alive captures the essence of movement and rhythm and combines it with fun. Sneakers are required.

### 9:00 AM - ENERGY RIDE (II, III-)

(50 min, Spinning Studio)  
No need for caffeine in this indoor cycling class that is guaranteed to WAKE YOU UP!

### 9:00 AM - GARDEN HARVEST (\$)\*

(60 min, Blackmore Garden)  
Learn to pick greens, herbs, and vegetables the proper way to ensure healthy plants and bountiful harvest. Weekly, different plants will be chosen, and guests will be able to take home a bag full of fresh organic produce as well as new skills as gardeners. Cost is \$20 per person.

### 9:00 AM - SHOCKWAVE\* (II, III-)

(50 min, Rowing Room)  
Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

### 9:00 AM - THE GREAT WALL OF YOGA\* (I, II, III-)

(50 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

### 9:00 AM - CLIFF PARK HIKE\*

(240 min, Meet in Garden Hall)  
This moderate 4.5 mile hike travels mostly hilly, wide trails to Hacker's Falls and returns via a cliff side trail with sweeping overlooks of the Delaware River below. Gain views of Raymondskill Falls before departing the area. *Travel Time: 80 min., Hiking Time: 2 1/2 hours*

### 10:00 AM - TENKARA\*

(60 min, Meet in Garden Hall)  
Join our fly-fishing guides for an introduction to this simplified, Japanese style of fly-fishing. They will discuss a little bit of the history then go into equipment and set up. You will learn the differences between Tenkara and conventional fly tackle, flies, and have the opportunity to cast the rods.

### 10:00 AM - TOWER POWER\* (I, II, III-)

(50 min, Rowing Room)  
The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance posture awareness.

### 10:00 AM - YOGA FOUNDATIONS (I, II)

(50 min, Linden Studio)  
For beginners and those looking for a gentle and mindful class. Learn and practice basic yoga poses and breathing techniques. Feel your stress melt away in traditional relaxation.

### 10:00 AM - HIIT NRG (II, III-)

(50 min, Oak Studio)  
A high-intensity workout where every move is synced to a beat, pushing you harder to give it everything you've got, and then some.

### 10:00 AM - NATURE WALK\*

(90 min, Meet in Garden Hall)  
Join us on a leisurely stroll through the ever changing grounds of The Lodge at Woodloch. Use this opportunity to learn about local history as well as the resident flora and fauna.

### 10:00 AM - TRX: TOTAL BODY\* (II, III-)

(50 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

### 11:00 AM - TRX XPRESS: STRETCH\* (I, II, III-)

(30 min, CardioWeight Studio)  
Learn different ways to stretch your entire body using the TRX system.

### 11:00 AM - BARRY WHITE YOGA (I, II, III)

(50 min, Oak Studio)  
Feel energized and groovy as you learn very simple yoga inspired moves to fun music including songs by, Mr. Smooth himself, Barry White and a slew of his friends. Please wear comfortable workout clothes. No sneakers required.

### 11:00 AM - CHAKRA BOWL DEMONSTRATION (I, II, III)

(20 min, Meet in the Garden Hall)  
Learn more about how vibrational stimulation of Chakra Bowls will restore your sense of calm, peace, mental clarity, as well as physical and energetic balance.

### 11:00 AM - JOURNALING: OUTSIDE THE BOX (I, II, III)\*

(50 min, Meet in Garden Hall)  
We will bring our journals into the woods, down to the lake, or to the quiet of the labyrinth and discover a deep connection to ourselves and to the natural world as we meditate on birdsong and the breath of wind in the treetops. Instruction in the basics of journaling is provided; your journal is yours to keep and cherish.

### 11:00 AM - WEARABLE INTENTION BRACELET(\$)\*

(120 min, Art Studio)  
Create an intention and meaningful vision board of what you are striving to be, then seal it with a My Intent word bracelet. Live it, breathe it, and remind yourself of how precious our choices are. Cost is \$20 per person.

### 11:00 AM - COOKING DEMONSTRATION\*

(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising ingredient alternatives and elegant presentations. Saturday's demonstration will feature Rosemary Poached Chicken Salad with Toasted Garlic Vinaigrette and Grilled Belgian Endive.

### 11:30 AM - LUNCH IN TREE

(11:30am-2:00pm, Tree Restaurant)

### 11:30 AM - AQUA CHI (I, II, III)

(45 min, Aqua Garden)  
A gentle class that is done in the water and is for everybody. A mix of flowing yoga, with Tai Chi blended in. Linking breath with slow movements to increase balance, strength, and flexibility as well as lung capacity.



\*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8pm the previous day. For Cooking Demo and Wine Tasting, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.

Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. - - no physical restrictions.s.

## AFTERNOON

### 12:00 PM - FLOW AND GLOW YOGA: UNDERSEA ADVENTURE (I, II, III)

(50 min, Linden Studio)

How does doing a fun yoga flow with glow sticks sound? We will explore a symbolic undersea adventure through music, movement, and creative expression as we do a yoga flow using glow sticks to guide our way through a semi-dark yoga room that has become an ocean floor. Come have fun and explore movement in a unique, creative way that will leave you smiling and refreshed. No real water is involved.

### 12:00 PM - THE ZONE - FULL BODY\* (II, III-)

(50 min, Cardio Weight Studio)

An instructor guides you through an intense interval workout on our Precor cardio machines, along with strength-training segments. Sneakers are required.

\*\*This class offers guests a chance to wear the NEW "MYZONE" Heart Rate Monitoring System.

### 1:00 PM - COMPASSION MEDITATION (I, II, III)

(50 min, Willow Studio)

Be guided through a Zen Buddhist style compassion meditation (inspired by the teachings of Thich Nhat Hahn) and dharma talk focusing on cultivating compassion and gratitude for all the beautiful things already present in our lives.

### 1:00 PM - BLISSSED OUT: GONG BATH (I, II, III)

(50 min, Linden Studio)

Treat yourself to restorative yoga which prioritizes stillness and support. Pair that with a gong immersion to release tension, nourish the nervous system and quiet the mind! Bring your whole body into a deeply relaxed state!

### 1:00 PM - NORDIC WALKING\*

(50 min, Meet in Garden Hall)

Nordic walking is a total body version of walking using poles similar to ski poles. It's an energizing and fast paced power walk on and off pavement. Participants must wear walking/running shoes.

### 2:00 PM - CHAIR YOGA (I)

(50 min, Willow Studio)

Chair Yoga is a gentle class that uses modified yoga poses so that they can be done while seated in a chair, or standing and using the chair for support.

### 2:00 PM - THE BARRE (I, II, III)

(50 min, Oak Studio)

Experience a low-impact class that is a fusion of Pilates, yoga, and ballet-inspired moves for beautiful, sculpted, lean muscles. The exercises use the ballet barre and your body weight to challenge core stability and balance.

### 2:00 PM - HAPPY HIPS YOGA (I, II, III)

(50 min, Linden Studio)

Do you often have tight hips no matter how much you try to stretch them or work out? Stress and tension are often held in the hips, and it takes some deep, intentional work with them to help them find more relaxation. This hip-centric yoga class will offer yoga poses that strengthen, stretch, and restore key areas of your hips while empowering you to understand your hips in deeper ways. This class will be half work out, half chill out. Not recommended for anyone with serious hip injuries or issues.

### 2:00 PM - TRX FOR BEGINNERS\* (I)

(50 min, CardioWeight Studio)

This class is for the unexperienced individuals who have never tried TRX. Learn all about the TRX program and try a little bit of everything.

### 2:00 PM - NATUREPIX 101\*

(90 min, Owl's Nest)

Expand your horizons with smartphone photography. Learn the best kept secrets to getting the most out of your cell phone pictures. Join our Outdoor Adventure Guides as you practice your photo taking skills on The Lodge's beautiful grounds. Let's get snap happy!

### 2:00 PM - ACORN TO OAK - NATURAL LAWS OF PERSONAL GROWTH\*

(90 min, Meet in Garden Hall)

Acorn to OAK is a walking workshop that will help you uncover the natural laws of growth so you have the best chance of becoming the person you were created to be. This month's workshop will look at the role of intention and the environment we develop to facilitate growth.

### 2:00 PM - PAPER MARBLING\*

(60 min, Art Studio)

No experience or artistic talent necessary. Come have fun with inks, water and paper to create an original piece of art or stationery.

### 3:00 PM - SHADOW BOXING (I, II, III)

(50 min, Linden Studio)

A unique full-body workout that bridges the gap between boxing and fitness.

### 3:00 PM - BREATHING 101 FOR STRESS MANAGEMENT (I)

(50 min, Willow Studio)

In this class, you will be given a brief 15-minute talk about the nervous system and how breathing effects your stress management, and then you will walk through yoga breathing techniques that you can use every day to calm yourself down in a variety of stressful settings. You will leave feeling more equipped to understand your body, your breath, and how to manage stress.

### 3:00 PM - TBC (I,II,III-)

(50 min, Oak Studio)

Total body conditioning - pure weight training using everything but the kitchen sink.

### 3:00 PM - WINE & CHOCOLATE PAIRING (\$)\*

(50 min, Tree Dining Room)

Join our sommelier for an in depth look into the various characteristics of wine varietals from around the world and learn how they pair tastefully with delicious chocolates. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$30.00 per person.

### 3:00 PM - ARCHERY RANGE OPEN

(120 min, Archery Range)

### 3:30 PM - GNOME ROAM\*

(90 min, Meet in Garden Hall)

Get outside and have some fun with an Outdoor Adventure Guide. We will wander around our beautiful 500 acres searching for The Lodge At Woodloch Gnomes. This activity is based on the tradition of geocaching. We will use handheld GPS units to assist us in locating our forest neighbors. Bring your camera for some fun photos with you and the Gnomes.

### 4:00 PM - THE CYCLE ZONE\* (I, II, III)

(50 min, Spinning Studio)

Transform your indoor cycling program using the MyZone heart rate monitors. Feel the power as you climb the mountains or sprint to the finish line.

### 4:00 PM - JUMP FOR JOY (I, II, III)

(30 min, Oak Studio)

A low-impact mini-trampoline cardio class; 30 minutes of invigorating fun! Must have balance

### 4:00 PM - JUICY JOINTS: YOGA THERAPY TO REFRESH THE JOINTS (I, II, III)

(50 min, Linden Studio)

While we tend to focus on strengthening and stretching muscles, we rarely think about taking care of the joints. Most exercise programs are hard on the joints and can wear them out over time, taking the smooth, juicy quality away from the cartilage surrounding joints and causing arthritis and other issues longterm—so taking time to work with the joints can be vital. But joints need specific movements and care to enable them to stay mobile and healthy for longevity. Using a gentle yoga therapy technique, we will focus on juicing all of the joints of the body. You may be surprised at how great this makes you feel afterwards!

### 4:00 PM - INTRO TO FISHING

(120 min, Lily Pad)

Come down to our own Little Lake Teedyuskung to learn the basics of fishing. Our outdoor team will provide you with all the gear and assistance needed to enjoy this leisurely activity. This is an open activity, feel free to come and go as you please!

### 4:00 PM - Q&A WITH THE FARMERS

(50 min, Blackmore Garden)

Come sit down with our farmers for an open ended discussion on all things agriculture. Topics may include organic vs conventional growing, CSAs, good and bad bugs, or anything else you're interested in. We're always ready and able to help you plan your own garden. Bring your Q's 'cause we've got the A's!

### 4:30 PM - ALL ABOUT ABS (II, III-)

(25 min, Oak Studio)

Just abs. No butts about it. Must be able to get up and down off of the floor without assistance.

### 5:00 PM - CANDLELIGHT RESTORATIVE YOGA (I, II, III)

(50 min, Linden Studio)

Are you frazzled, stressed, depressed, or just plain tired? Restorative Yoga is for you. It's a form of yoga that helps you learn to calm your nervous system down so that you can fully relax and come into a place of stillness, peace, and rest. Using props for each pose in the light of a myriad of candles, you will melt into a state of tranquility. Restorative Yoga is also the perfect practice of yoga for the active, fit person who needs to reclaim balance in their bodies so that they don't overly stress their nervous system with higher intensity fitness.

## EVENING

### 5:30 PM - DINNER IN TREE

(5:30pm-8:30pm, Tree Restaurant)

Reservations Required

### 7:00 PM - EVENING KAYAKING\*

(60 min, Lily Pad)

End your day with a relaxing, guided exploration of the lake and wetlands as the lilies close and the fish seek out the evening hatch.

### 8:00 PM - FLY TYING\*

(60 min, Owl's Nest)

Learn how to tie the basic fly-fishing patterns. An introduction to the tools used in fly tying will also take place during this class. A Lodge at Woodloch fly box is your gift to take home!

### 8:00 PM - WATERCOLOR PAINTING\*

(120 min, Art Studio)

### 9:00 PM - EVENING ENTERTAINMENT

(Woodloch Pines)

Live Music & Broadway-Style Theme Show "Welcome to the 90's". Please sign up with the Hostess for shuttle service to the shows.

*EVENING ACTIVITIES ARE ALSO AVAILABLE AT OUR SISTER PROPERTY, WOODLOCH PINES RESORT. PLEASE CHECK WITH OUR FRONT DESK FOR MORE INFORMATION.*



*\*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8pm the previous day. For Cooking Demo and Wine Tasting, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.*

*Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. - - no physical restrictions.s.*

## MORNING

### 5:00 AM - SUNRISE PHOTO WALK\*

(90 min, Meet in Garden Hall)  
Explore the outstanding beauty of our grounds at a time often referred to by photographers as the "golden hour." No sunrise is the same and each one offers its own magical experience. Remember to bring your camera or cellphone!

### 6:30 AM - FITNESS WALK (I, II, III-)

(80 min, Meet in Garden Hall)  
Greet the day with an invigorating 3 mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required.

### 7:00 AM - BREAKFAST IN TREE

(7am-10:00am, Tree Restaurant)

### 8:00 AM - KAYAK FISHING\*

(60 min, Lily Pad)  
Come explore Little Lake Teedyuskung and spin fish from our specially designed fishing kayaks. Enjoy the calming beauty of the lake and its surroundings while you wait for the fish to bite! No prior fishing experience necessary.

### 8:00 AM - ZENDOODLE\*

(120 min, Art Studio)  
Join in a relaxation based, whimsical art class where you can explore your fun, creative side drawing pattern based, organized doodles. Learn how to develop them into beautiful designs that you can color or shade if so desired. No previous art experience is necessary, anyone can ZenDoodle!

### 8:00 AM - SPLASH DANCE\* (I, II, III)

(30 min, Aqua Garden)  
No experience or high heels needed in this fun Hydroider Aquatic Pole Dancing Class. Build strength and stamina while learning simple dance moves to music that will make you giggle. Yes, we actually use poles in the water.

### 8:00 AM - STRETCH & TONE (I,II,III)

(50 min, Linden Studio)  
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.

### 8:30 AM - GRACIOUS INTENTIONS:

**FRESH START ON A NEW DAY (I, II, III)**  
(15 min, Lotus Labyrinth)  
We invite you to join us every morning for Gracious Intentions at the Lotus Labyrinth: It is a simple, wonderful way to prepare yourself for a peaceful, stress free day here at The Lodge. You will be given an intention card, where you will write your intention. Walk the labyrinth while holding your card and focus on your intention. Keep your card for reflection during your stay.

### 9:00 AM - TUSTEN MOUNTAIN HIKE\*

(180 min, Meet in Garden Hall)  
This 3 mile hike offers challenging uphill terrain and traverses rocky outcroppings to a vista overlooking the Upper Delaware River. The landscape includes abandoned bluestone quarries and glacial erratics. Bald Eagle sightings near the river are not uncommon year round. *Total Travel Time: 60 min., Hiking Time: 2 Hours.*

### 9:00 AM - HATHA YOGA (I, II-)

(50 min, Linden Studio)  
Remove the stress brought on by daily living by concentrating on the practice of postures and breath control. These help energize both the body and mind, while increasing muscle strength and improving flexibility.

### 9:00 AM - SPINNING (II, III-)

(50 min, Spinning Studio)

### 9:00 AM - H2 WHOA (I,II,III)

(45 min, Aqua Garden)  
Are you a Barrista? Join us for this Barre inspired aqua class that straight up ROCKS!

### 10:00 AM - TOWER POWER\* (I, II, III-)

(50 min, Rowing Room)  
The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance posture awareness.

### 10:00 AM - PUMP (II, III-)

(50 min, Oak Studio)  
The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with high-rep, dynamic weight work! Sneakers are required.

### 10:00 AM - ROOT AND GROUND

(I, II, III)  
(50 min, Linden Studio)  
What does it really mean to be grounded, rooted, and stable? In our modern day stressful, chaotic, busy lives, this concept can often feel hard to grasp or elude us entirely. Through hatha yoga poses, restorative yoga, and a guided meditation, this class will explore the concept of being more rooted and grounded in your life for more peace, clarity, and stability.

### 10:00 AM - THE ZONE - LEGS\* (II, III-)

(50 min, Cardio Weight Studio)  
An instructor guides you through an intense interval workout on our Precor cardio machines, along with strength-training segments. Sneakers are required.  
\*\*This class offers guests a chance to wear the NEW "MYZONE" Heart Rate Monitoring System.

### 10:00 AM - INTRO TO FLY FISHING\*

(110 min, Meet in Garden Hall)  
Join our staff fly-fishing guide for an introduction to the world of fly-fishing, and all of its gadgets and accessories.

### 10:30 AM - BASICS OF MOUNTAIN

**BIKING\***  
(90 min, Meet in Garden Hall)  
Embark on a forest adventure! This trail ride, exploring our winding woodland trails and old logger paths, offers a moderate challenge. Mileage varies depending on trails used and desire of the group, but generally averages 3 miles.

### 11:00 AM - DRAWING WITH COLORED PENCILS\*

(120 min, Art Studio)  
Learn simple pencil techniques and create a framable drawing with colored pencils on toned paper in this fun and relaxed class.

### 11:00 AM - JOURNALING WITH THE KLESHAS\* (II, III)

(50 min, Willow Studio)  
According to yoga tradition, The Kleshas are the root causes of suffering and add countless stress to our lives. Come take this class as we delve into the concepts behind the five kleshas, as well as do some meditation and journaling to start thinking through how these concepts could be adding more stress and suffering to your own life.

### 11:00 AM - PILATES MAT (I, II, III-)

(50 min, Linden Studio)

### 11:00 AM - Z BOX (II, III)

(50 min, Oak Studio)  
Experience the difference. Z, short for ZEN, blends the hippest dance moves from yesterday and today mixed with basic boxing moves. You will complete Z-Box's total body workout with a host of resistance training, incredible abs and end with ZEN (Zone+Envision+Nature), a relaxation experience. You will feel exhilarated.

### 11:00 AM - SHOCKWAVE\* (II, III-)

(50 min, Rowing Room)  
Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

### 11:00 AM - APPALACHIAN TRAIL Q&A\*

(50 min, Owl's Nest)  
The Appalachian Trail stretches 2175 miles from Georgia to Maine and takes 6 months to hike, and we are lucky enough to have our own resident expert! Our Certified Herbalist Heather has hiked the AT from beginning to end, and is eager to answer any questions you may have and share tales of her journey!

### 11:30 AM - LUNCH IN TREE

(11:30am-2:00pm, Tree Restaurant)



\*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8pm the previous day. For Cooking Demo and Wine Tasting, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.

Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. - - no physical restrictions.s.

## AFTERNOON

### 12:00 PM - LUNCH HOUR YOGA FLOW (II, III)

(50 min, Willow Studio)  
Inspire and challenge yourself with an invigorating mid-day Vinyasa yoga practice that will leave you ready for a delicious lunch at TREE Restaurant. Taught in the style of Integrative Vinyasa(TM)—a unique type of yoga that will incorporate intentionality in breath, movement, poses, and music into a cohesive class that will leave you feeling empowered. Come refine your practice or try out Vinyasa in a warm, friendly environment!

### 12:00 PM - INSANITY (II, III-)

(50 min, Linden Studio)  
The Insanity program is based on the "max interval training" method. It's a total body workout that requires no gym, no equipment.....just you!

### 12:00 PM - POUND (II, III-)

(30 min, Oak Studio)  
POUND® is the world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

### 1:00 PM - WILD MEDICINAL TEA\*

(90 min, Meet in Garden Hall)  
Have you ever tried Pine Needle Tea? Join Heather, our Certified Herbalist, in brewing up a medicinal tea using wild plants harvested from the forests and meadows of Woodloch. Class will begin with a short walk to where we will meet the medicinal plant(s) in its natural habitat.

### 1:00 PM - POWER NAPPING (I, II, III)

(50 min, Linden Studio)  
Fall into that blissful state between dreaming and wakefulness with a guided meditation focusing on bringing the awareness to "Alert theta brainwaves." This is the closest you will feel to REM sleep without needing to actually hit the hay.

### 1:00 PM - POWER WALK (I, II, III)

(50 min, Meet in Garden Hall)  
Enjoy a vigorous 3 mile power walk on our scenic nature trail, which winds through the woods around The Lodge.

### 1:00 PM - BEGIN TO SPIN (I)

(30 min, Spinning Studio)  
Learn bike set-up, proper body alignment and indoor cycling terminology. A perfect ride for someone just starting or for the person who needs a quick review.

### 2:00 PM - YOU KNEAD THIS (I, II, III)

(50 min, Oak Studio)  
Learn to use therapeutic balls to achieve a self deep-tissue massage. Target specific muscles and connective tissue to relax and lengthen your muscles and fascia.

### 2:00 PM - TRX: TOTAL BODY\* (II, III-)

(50 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

### 2:00 PM - YIN AND FOAM ROLLER (I, II, III)

(50 min, Linden Studio)  
This class fuses Yin Yoga and Foam Rollers to feature slow sustained postures to access fascia and find release. Encourages purposeful and supported stress to joints and muscles to attain release to connective tissues and deep musculature (think deep tissue massage).

### 2:00 PM - CHAKRA YOGA (I, II, III)

(50 min, Willow Studio)  
Use yoga asanas to stimulate and balance your energy centers for physical, spiritual and mental wellness.

### 2:00 PM - PAINT AND SIP - LOTUS FLOWER ACRYLIC ON CANVAS (\$)\*

(120 min, Art Studio)  
Namaste and come create your own acrylic hand painted lotus flower on 12x12 inch canvas in a fun and laid back environment with a glass of wine. The lotus flower is symbolic of inner strength, overcoming obstacles, peace, and hope. Add a calming touch into a home, office, or studio with this serene painting. Cost is \$20 per person.

### 2:00 PM - ORCHARD TOUR

(50 min, Blackmore Garden)  
Join the orchardist for a tour of our 2-acre orchard. We will discuss the dynamics of a diverse orchard ecosystem, highlighting soil biology, companion planting, beneficial insects, and proper fruit and berry plant management. Please dress appropriately for the weather, including mud!

### 2:30 PM - PRIMITIVE FIRE MAKING\*

(90 min, Lily Pad)  
Test your determination and patience learning how to make fire. With traditional fire starting tools take home this skill and impress anyone by creating fire using primitive methods.

### 3:00 PM - KETTLEBELL BOOT CAMP (II, III-)

(50 min, Oak Studio)  
Boot camp training has swept the nation! In an action packed aerobic circuit, feel the burn using kettlebells. A quick paced, highly motivating workout that builds muscle and increases stamina.

### 3:00 PM - THE ZONE - ARMS & CORE\* (II, III-)

(50 min, Cardio Weight Studio)  
An instructor guides you through an intense interval workout on our Precor cardio machines, along with strength-training segments. Sneakers are required.  
\*\*This class offers guests a chance to wear the NEW "MYZONE" Heart Rate Monitoring System.

### 3:00 PM - THE GREAT WALL OF YOGA\* (I, II, III-)

(50 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

### 3:00 PM - COOKING DEMONSTRATION\*

(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising ingredient alternatives and elegant presentations. Sunday's demonstration will feature Plum Upside Down Cake with Candied Ginger Cream and Raspberry Coulis.

### 3:00 PM - A BEGINNER'S GUIDE TO ESSENTIAL OILS

(50 min, Fireside Room East)  
A look into the world of Aromatherapy and essential oils. This introductory class will highlight the most common ways to utilize essential oils for a holistic compliment to your wellness routine. You will learn how to utilize these aromatic oils safely and effectively. Discover how aromatherapy is the embodiment of letting nature nurture!

### 3:00 PM - ARCHERY RANGE OPEN

(120 min, Archery Range)

### 4:00 PM - LEG DAY (I, II, III-)

(50 min, Oak Studio)  
Firm up your assets by training the glutes, thighs, calves, and core. Focus your workout on the lower body and feel the results. Sneakers are required.

### 4:00 PM - A TASTE OF KOMBUCHA

(50 min, Fireside Room West)  
Intrigued at the idea of Kombucha, but not quite sure where to start? In this introductory class, we will dive into the origin of kombucha, the myriad of health benefits it offers, and how you can start making your own at home!

### 4:00 PM - VINYASA FLOW (II, III-)

(50 min, Linden Studio)  
A flowing, dynamic form of yoga, linking smooth body movements with breath. Challenging postures will be used to help build endurance, flexibility, and strength. Prior yoga experience recommended.

### 4:00 PM - INDO-ROW\* (I, II, III-)

(50 min, Rowing Room)  
The unique format of Indo-Row captures all the elements of competitive, on-water rowing, creating a class that is fast-paced and engaging from the first minute. From "Skills and Drills" to "Waves and Recoveries," and the final build up to a friendly but competitive "Race," Indo-Row quickly converts first-timers to devoted team members.

### 4:00 PM - BOTANICAL HIKE\*

(120 min, Meet in Garden Hall)  
Take a hike with Heather, our resident Certified Herbalist, on a nearby trail to meet the plants up close and personal. While immersed in the beauty of the woods, learn helpful hints for identifying these plants and simple methods for using them yourself.

### 5:00 PM - GAZING MEDITATION (TRATAKA) (I, II, III)

(50 min, Willow Studio)  
Participants are taught a gazing technique to help improve concentration so deeper meditation can be achieved during practice.

## EVENING

### 5:30 PM - DINNER IN TREE

(5:30pm-8:30pm, Tree Restaurant)  
Reservations Required

### 8:00 PM - INTRO TO DRAWING\*

(120 min, Art Studio)

### 8:00 PM - S'MORES & MORE

(120 min, Owl's Nest)  
Join us at the Owl's Nest for s'mores, a cozy campfire and classic outdoor games. You can try your hand out at checkers, cornhole, jumbo Jenga, Yahtzee, and Connect Four. In case of inclement weather the games will be brought inside Owl's Nest.

### 8:30 PM - MOVIE NIGHT

(124 min, Garden View Room)  
Join us for a viewing of *A River Runs Through It*. Two fly-fishing brothers, straitlaced scholar Norman (Craig Sheffer) and trouble-finding gambler Paul (Brad Pitt), struggle to mollify their Presbyterian preacher father's (Tom Skerritt) lofty moral -- and fishing -- standards.

### 8:30 PM - THE LIGHT OF LIFE

(50 min, Fireside Room)  
Join us for an in-depth look at LED Light Therapy - we will be discussing the science behind this modern marvel, as well as the many health benefits. Short light therapy demonstrations will be given! Private light therapy treatments are available through Spa Concierge.

*EVENING ACTIVITIES ARE ALSO AVAILABLE AT OUR SISTER PROPERTY, WOODLOCH PINES RESORT. PLEASE CHECK WITH OUR FRONT DESK FOR MORE INFORMATION.*



\*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8pm the previous day. For Cooking Demo and Wine Tasting, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.  
Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. - - no physical restrictions.

## MORNING

### 6:30 AM - FITNESS WALK (I, II, III-)

(80 min, Meet in Garden Hall)  
Greet the day with an invigorating 3 mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required.

### 7:00 AM - BREAKFAST IN TREE

(7am-9:30am, Tree Restaurant)

### 8:00 AM - MY MORNING YOGA PRACTICE (I, II, III-)

(50 min, Linden Studio)  
Start your day with this full body sequence to get you stretched and ready for an awesome day.

### 8:00 AM - THE CYCLE ZONE\* (I, II, III)

(50 min, Spinning Studio)  
Transform your indoor cycling program using the MyZone heart rate monitors. Feel the power as you climb the mountains or sprint to the finish line.

### 8:00 AM - FITNESS KAYAKING\*

(50 min, Lily Pad)  
Experience a fun and challenging upper-body workout on our scenic Little Lake Teedyuskung through a series of unique drills and exercises focusing on stamina and maneuverability.

### 8:00 AM - ZENDOODLE\*

(120 min, Art Studio)  
Join in a relaxation based, whimsical art class where you can explore your fun, creative side drawing pattern based, organized doodles. Learn how to develop them into beautiful designs that you can color or shade if so desired. No previous art experience is necessary, anyone can ZenDoodle!

### 8:30 AM - GRACIOUS INTENTIONS: FRESH START ON A NEW DAY (I, II, III)

(15 min, Lotus Labyrinth)  
We invite you to join us every morning for Gracious Intentions at the Lotus Labyrinth: It is a simple, wonderful way to prepare yourself for a peaceful, stress free day here at The Lodge. You will be given an intention card, where you will write your intention. Walk the labyrinth while holding your card and focus on your intention. Keep your card for reflection during your stay.

### 9:00 AM - PILATES ON THE BALL (II, III-)

(50 min, Oak Studio)  
Uses the exercise ball to enhance your Pilates workout by adding resistance, challenge and variety to the matwork.

### 9:00 AM - CORE FUSION (I, II-)

(50 min, Willow Studio)  
Join us for intense functional training to strengthen and tone the core, and help promote body awareness and better posture.

### 9:00 AM - THE GREAT WALL OF YOGA\* (I, II, III-)

(50 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

### 9:00 AM - SHOCKWAVE\* (II, III-)

(50 min, Rowing Room)  
Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

### 9:00 AM - PROMPTON PARK HIKE\*

(240 min, Meet in Garden Hall)  
Truly engulf yourself in nature while hiking the 5-mile single track route that traverses abandoned wooded roads where unique wildflowers grow. Incline along much of the route is gradual and trails here can be wet and muddy, especially after rainy periods. *Total Travel Time: 80min., Hiking Time: 2 1/2 Hours*

### 10:00 AM - TERRARIUMS (\$)\*

(80 min, Owl's Nest)  
Like a miniature greenhouse, these microworlds create their own natural water cycle to produce their own moisture. Your terrarium is yours to keep. Cost is \$10 per person.

### 10:00 AM - WARRIOR YOGA (II, III-)

(50 min, Willow Studio)  
Access your inner warrior with this powerful, vinyasa style yoga class focusing on strength and balance.

### 10:00 AM - YOU KNEAD THIS (I, II, III)

(50 min, Linden Studio)  
Learn to use therapeutic balls to achieve a self deep-tissue massage. Target specific muscles and connective tissue to relax and lengthen your muscles and fascia.

### 10:00 AM - DRUMS ALIVE (I, II, III-)

(50 min, Oak Studio)  
Drum your way to fitness results! Unique and different from every other workout you've tried before, Drums Alive captures the essence of movement and rhythm and combines it with fun. Sneakers are required.

### 10:00 AM - THE ZONE - FULL BODY\* (II, III-)

(50 min, Cardio Weight Studio)  
An instructor guides you through an intense interval workout on our Precor cardio machines, along with strength-training segments. Sneakers are required.  
\*\*This class offers guests a chance to wear the NEW "MYZONE" Heart Rate Monitoring System.

### 11:00 AM - DOT MANDALA STONES\*

(120 min, Art Studio)  
Practice balance, free your inner artist and paint beautiful Dot Mandala Stones! A 'mandala' is a term taken from Hinduism and Buddhism, that represents the universe. The Mandala design has also fascinated psychologists throughout the years, linking your Mandala design to your self, ego, and personality. Participants will learn to use dotting tools on rounded stones to create these stunning pieces.

### 11:00 AM - BOG TALK\*

(50 min, Lily Pad)  
Surrounding our glacial lake is an ecosystem teeming with life. Join our Naturalist Joshua as he breaks down and identifies the different forms of life the bog has to offer. Edibles, medicinals, and endangered species of plants are just a small part of the bog that is ever changing and fascinating.

### 11:00 AM - HIIT NRG (II, III-)

(50 min, Linden Studio)  
A high-intensity workout where every move is synced to a beat, pushing you harder to give it everything you've got, and then some.

### 11:00 AM - THE BARRE (I, II, III)

(50 min, Oak Studio)  
Experience a low-impact class that is a fusion of Pilates, yoga, and ballet inspired moves for beautiful, sculpted, lean muscles. The exercises use the ballet barre and your body weight to challenge core stability and balance.

### 11:00 AM - MINDFUL INTERMEDIATE VINYASA YOGA (II, III-)

(50 min, Willow Studio)  
A well balanced practice including sun salutations, standing poses, and seated poses, set to awesome music. This class will marry breath and movement with attention to alignment and intelligent sequencing. Participants will gain a deeper understanding of vinyasa practice as well as clarity and inner quiet. Recommended for those with a regular yoga practice.

### 11:30 AM - SPLASH DANCE\* (I, II, III)

(30 min, Aqua Garden)  
No experience or high heels needed in this fun Hydorrider Aquatic Pole Dancing Class. Build strength and stamina while learning simple dance moves to music that will make you giggle. Yes, we actually use poles in the water.

### 11:30 AM - LUNCH IN TREE

(11:30am-2:00pm, Tree Restaurant)



\*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8pm the previous day. For Cooking Demo and Wine Tasting, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.

Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. - - no physical restrictions.

## AFTERNOON

### 12:00 PM - HONEY LOUNGE YOGA (I, II, III)

(50 min, Linden Studio)

A combination of some very slow and held postures, breath work, and supported restorative with an extended vrasana and brief meditation. You'll be walking on clouds. May be taken as it's own experience; Highly recommended following Mindful Intermediate Vinyasa.

### 12:00 PM - JUMP FOR JOY (I, II, III)

(30 min, Oak Studio)

A low-impact mini-trampoline cardio class; 30 minutes of invigorating fun! Must have balance.

### 12:30 PM - ALL ABOUT ABS (II, III-)

(25 min, Oak Studio)

Just abs. No butts about it. Must be able to get up and down off of the floor without assistance.

### 1:00 PM - SURRENDER (I, II, III)

(50 min, Linden Studio)

Nurture mind and body with this gentle restorative yoga class. All poses are done on the floor with yoga bolsters and other props to relax the body into restful postures.

### 1:00 PM - BEGIN TO SPIN (I)

(30 min, Spinning Studio)

Learn bike set-up, proper body alignment and indoor cycling terminology. A perfect ride for someone just starting or for the person who needs a quick review.

### 1:00 PM - POWER WALK (I, II, III)

(50 min, Meet in Garden Hall)

Enjoy a vigorous 3 mile power walk on our scenic nature trail, which winds through the woods around The Lodge.

### 1:00 PM - BASICS OF BIRDING\*

(90 min, Meet in Garden Hall)

With binoculars and books in hand, join the Outdoor Adventure staff for a walk around our lush 500 acre property to seek out and identify these winged beauties. This class, designed for beginners, will give tips and pointers on how to prepare for and get started in the world of birding.

### 1:00 PM - REFRESHING YOUR SPIRIT

(50 min, Garden View Room)

Refreshing Your Spirit is a workshop that provides an arena of reflection for guests to review old beliefs and habits and move toward renewed awareness by providing alternate strategies in managing their stress.

### 2:00 PM - BASIC TRAINING BOOT CAMP (III-)

(50 min, Oak Studio)

A circuit style of training with timed intervals, trampolines, kettlebells, and steps plus much, much more.

### 2:00 PM - BREATHE (I, II, III)

(50 min, Willow Studio)

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.

### 2:00 PM - HONEY BEE TALK

(50 min, Blackmore Garden)

Spend some time with our resident beekeeper, in discussion of the life cycle of the honey bee and their environmental importance. Various hive components and tools will be on display, and plenty of information given to be able to start your very own apiary!

### 2:00 PM - GENTLE YOGA (I, II-)

(50 min, Linden Studio)

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

### 2:00 PM - PEBBLE ART (\$)\*

(120 min, Art Studio)

Using river bed pebbles, ink, pencil and found items, create scenes of your own personal joy, practice gratefulness, and engage in symbolism while creating your own unique and meaningful piece of art. Discover the true integration of art making and practicing joy! Cost is \$10 per person.

### 2:00 PM - FOREST BATHING\*

(110 min, Meet in Garden Hall)

Join one of our Certified Forest Bathing experts for a slow and contemplative walk that will focus on keeping the body and mind in the present while teaching techniques for deep breathing and mind-body awareness. Research shows that there is a marked decrease in stress-related hormones, a decrease in heart rates, lowered blood pressure, among other monumental benefits. Come and enjoy the healing powers of the nature that surrounds us.

### 2:30 PM - BASICS OF MOUNTAIN BIKING\*

(90 min, Lily Pad)

Embark on a forest adventure! This trail ride, exploring our winding woodland trails and old logger paths, offers a moderate challenge. Mileage varies depending on trails used and desire of the group, but generally averages 3 miles.

### 3:00 PM - ARCHERY RANGE OPEN

(120 min, Archery Range)

### 3:00 PM - CHAIR YOGA (I)

(50 min, Willow Studio)

Chair Yoga is a gentle class that uses modified yoga poses so that they can be done while seated in a chair, or standing and using the chair for support.

### 3:00 PM - BUTTS & GUTS (I, II, III)

(50 min, Oak Studio)

This class uses the step, bands, kettlebells and your own body weight to primarily work on the glutes and abdominal muscles. Remember: The Only Bad Workout is the One You Didn't Do.

### 3:00 PM - HOT ASANA (III-)

(50 min, Rowing Room)

Bring your water bottle, towel and lots of energy to this advanced yoga class. The heated studio helps relax your muscles, enabling them to stretch deeper into the yoga poses. You will leave purified and detoxified while gaining physical strength and stamina. For those with a regular yoga practice. Not appropriate for those with injuries or blood pressure regulative issues.

### 3:30 PM - NATUREPIX 101\*

(90 min, Owl's Nest)

Expand your horizons with smartphone photography. Learn the best kept secrets to getting the most out of your cell phone pictures. Join our Outdoor Adventure Guides as you practice your photo taking skills on The Lodge's beautiful grounds. Let's get snap happy!

### 4:00 PM - JOURNALING FOR SELF-DISCOVERY\*

(50 min, Meet in Garden Hall)

Learn the basics of writing a journal through guided self-exploration using your own observations, thoughts, and feelings. Your journal is yours to keep and cherish.

### 4:00 PM - TRX TABATA\* (III)

(50 min, CardioWeight Studio)

This is a Level 3 class for anyone looking to push their fitness to the next level. Includes timed intervals of TRX and plyometrics.

### 4:00 PM - WINE & CHOCOLATE PAIRING (\$)\*

(50 min, Tree Dining Room)

Join our sommelier for an in depth look into the various characteristics of wine varietals from around the world and learn how they pair tastefully with delicious chocolates. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$30.00 per person.

### 5:00 PM - MEDITATION TO QUIET THE MIND (I, II, III)

(50 min, Linden Studio)

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.

## EVENING

### 5:30 PM - DINNER IN TREE

(5:30pm-8:30pm, Tree Restaurant)

Reservations Required

### 7:00 PM - EVENING KAYAKING\*

(60 min, Lily Pad)

End your day with a relaxing, guided exploration of the lake and wetlands as the lilies close and the fish seek out the evening hatch.

### 8:00 PM - PATCHWORK PAINTING\*

(120 min, Art Studio)

Explore patterns, composition, color and abstraction and create your own mixed media patchwork painting. Guests will be taught how to layer media types and create their own expressive, abstract artworks.

### 9:00 PM - GAME NIGHT

(60 min, Garden View Room)

Join us for game night, full of fun, laughs, and of course prizes! Games can include bingo, trivia, or classic board games.

*EVENING ACTIVITIES ARE ALSO AVAILABLE AT OUR SISTER PROPERTY, WOODLOCH PINES RESORT. PLEASE CHECK WITH OUR FRONT DESK FOR MORE INFORMATION.*



*\*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8pm the previous day. For Cooking Demo and Wine Tasting, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.  
Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. - - no physical restrictions.*

## MORNING

**7:00 AM - BREAKFAST IN TREE**  
(7am-9:30am, Tree Restaurant)

**7:00 AM - MY MORNING YOGA PRACTICE (I, II, III~)**  
(50 min, Linden Studio)  
Start your day with this full body sequence to get you stretched and ready for an awesome day.

**8:00 AM - AM STRETCH (I, II, III)**  
(25 min, Linden Studio)

**8:00 AM - BASIC CALLIGRAPHY AND DECORATIVE LETTERING\***  
(120 min, Art Studio)  
Learn basic letterforms for decorative hand writing with calligraphy style marking pens and create a small displayable sign on colored paper with your newly acquired talent. No previous art experience necessary.

**8:00 AM - STAND UP PADDLEBOARDING\***  
(50 min, Lily Pad)  
Experience this popular water sport on Little Lake Teedyuskung, our Outdoor Adventure Guides will be available to assist you with tips and techniques as you paddle on our beautiful 15 acre glacial lake.

**8:30 AM - INTRO TO CHAKRA MEDITATION (I, II, III)**  
(25 min, Linden Studio)  
Understanding the seven Chakras and how they affect the body and mind is important in this meditation practice. The main focus will be on the Root Chakra since it is important that this Chakra be made strong and healthy before any other Chakra in the body.

**8:30 AM - GRACIOUS INTENTIONS: FRESH START ON A NEW DAY (I, II, III)**  
(15 min, Lotus Labyrinth)  
We invite you to join us every morning for Gracious Intentions at the Lotus Labyrinth: It is a simple, wonderful way to prepare yourself for a peaceful, stress free day here at The Lodge. You will be given an intention card, where you will write your intention. Walk the labyrinth while holding your card and focus on your intention. Keep your card for reflection during your stay.

**9:00 AM - BRUCE LAKE HIKE\***  
(210 min, Meet in Garden Hall)  
This 4 mile hike visits two very different lakes - the man made Egypt Meadow Lake, and the glacially formed Bruce Lake. Hikers will experience a variety of terrain, including rocky sections and open woods roads. *Travel Time: 60 min., Hiking Time 2 1/2 hours*

**9:00 AM - INTENSATI (I, II, III)**  
(50 min, Linden Studio)  
This class combines aerobics, martial arts, dance, and yoga to create a full body cardio workout. With the addition of positive affirmations, you are sure to leave confident, happy, and empowered outside and in.

**9:00 AM - PILATES MAT (I, II, III~)**  
(50 min, Willow Studio)

**9:00 AM - THE BARRE (I, II, III)**  
(50 min, Oak Studio)  
Experience a low-impact class that is a fusion of Pilates, yoga, and ballet-inspired moves for beautiful, sculpted, lean muscles. The exercises use the ballet barre and your body weight to challenge core stability and balance.

**10:00 AM - TOWER POWER\* (I, II, III~)**  
(50 min, Rowing Room)  
The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand, or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance posture awareness.

**10:00 AM - DECORATIVE BIRDHOUSES (\$)\***  
(120 min, Owl's Nest)  
Birdhouses are beautiful and unique. We provide the birdhouse, crafts, and natural items. You provide the creativity and inspiration to create and decorate a beautiful birdhouse to take home with you and display. Cost is \$10 per person.

**10:00 AM - AQUA TONING (I, II, III)**  
(50 min, Aqua Garden)  
Weight-training without weights. Firm your muscles with resistance aqua-equipment. Perfect for sensitive joints. A great variation to your present weight-training routines.

**10:00 AM - SHRED (II, III~)**  
(50 min, Oak Studio)  
High repetition and short rest periods will burn fat, build endurance, and increase strength. Allow 2 hours after eating before taking this advanced level class. Sneakers are required. Not recommended for those with recent injuries.

**10:00 AM - SHADOW BOXING (I, II, III)**  
(50 min, Linden Studio)  
A unique full-body workout that bridges the gap between boxing and fitness.

**11:00 AM - POUND (II, III~)**  
(30 min, Oak Studio)  
POUND® is the world's first cardio jam session inspired by the infectious, energizing, and sweatdripping fun of playing the drums.

**11:00 AM - THE GREAT WALL OF YOGA\* (I, II, III~)**  
(50 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

**11:00 AM - THE ZONE - FULL BODY\* (II, III~)**  
(50 min, Cardio Weight Studio)  
An instructor guides you through an intense interval workout on our Precor cardio machines, along with strength-training segments. Sneakers are required. \*\*This class offers guests a chance to wear the NEW "MYZONE" Heart Rate Monitoring System.

**11:00 AM - FLORALS WITH COLORED PENCILS\***  
(120 min, Art Studio)  
Learn simple, yet effective techniques for highlighting, shadowing and blending of color using colored pencils while creating a beautiful floral drawing you will be proud to display or give as a gift. Previous art experience is helpful, but not necessary.

**11:30 AM - LUNCH IN TREE**  
(11:30am-2:00pm, Tree Restaurant)



\*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8pm the previous day. For Cooking Demo and Wine Tasting, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.

Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. - - no physical restrictions.

## AFTERNOON

### 12:00 PM - DANCE FIT (I, II, III)

(50 min, Oak Studio)

Can't Stop This Feeling? Just Dance, Dance, Dance.

### 12:00 PM - FOREST YOGA (I, II, III)

(50 min, Meet in Garden Hall)

Get outdoors! Enjoy standing yoga poses along the trail that meanders through the Woodland Forest. Breathe in the fresh mountain air. Allow nature to nurture and soothe you. Slow down to nourish your mind, body and spirit!

### 12:00 PM - YOU KNEAD THIS (I, II, III)

(50 min, Linden Studio)

Learn to use therapeutic balls to achieve a self deep-tissue massage. Target specific muscles and connective tissue to relax and lengthen your muscles and fascia.

### 1:00 PM - STRETCH & TONE (I, II, III)

(50 min, Oak Studio)

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.

### 1:00 PM - POWER WALK (I, II, III)

(50 min, Meet in Garden Hall)

Enjoy a vigorous 3 mile power walk on our scenic nature trail, which winds through the woods around The Lodge.

### 1:00 PM - BLISSED OUT: GONG BATH (I, II, III)

(50 min, Linden Studio)

Treat yourself to restorative yoga which prioritizes stillness and support. Pair that with a gong immersion to release tension, nourish the nervous system and quiet the mind! Bring your whole body into a deeply relaxed state!

### 1:00 PM - THE RITUAL OF TEA\*

(50 min, Owl's Nest)

It is no secret that tea may be the perfect complement to the rush of a busy, complicated life. Come join our Naturalist Joshua for tea and we will show you how to make your favorite tea time into a mindful experience that also connects you more deeply to the Earth and the environment surrounding you.

### 2:00 PM - WATERCOLOR PAINTING\*

(120 min, Art Studio)

### 2:00 PM - MALA MEDITATION (I, II, III)

(50 min, Willow Studio)

Mala beads are a wonderful tether to assist in mantra meditation as they help in escaping our busy conscious thought stream. Concluding with a group sharing.

### 2:00 PM - VINYASA FLOW (II, III-)

(50 min, Linden Studio)

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

### 2:00 PM - GARDEN TOUR

(50 min, Blackmore Garden)

Join one of our farmers on a tour of Blackmore Farm's vegetable and flower garden. We will discuss high tunnel growing, composting, companion planting, and many other gardening topics. Please dress appropriately for the weather, including mud!

### 2:00 PM - SPINNING (II, III-)

(50 min, Spinning Studio)

### 3:00 PM - A BEGINNER'S GUIDE TO ESSENTIAL OILS

(50 min, Owl's Nest)

A look into the world of Aromatherapy and essential oils. This introductory class will highlight the most common ways to utilize essential oils for a holistic compliment to your wellness routine. You will learn how to utilize these aromatic oils safely and effectively. Discover how aromatherapy is the embodiment of letting nature nurture!

### 3:00 PM - T'AI CHI (I, II, III)

(50 min, Willow Studio)

The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

### 3:00 PM - BOSU (I, II, III-)

(50 min, Oak Studio)

The BOSU is used to help improve kinesthetic awareness, strength, and joint stability. Sneakers are required. Not recommended for those with balance issues and/or knee or ankle injuries.

### 3:00 PM - TRX TABATA\* (III)

(50 min, CardioWeight Studio)

This is a Level 3 class for anyone looking to push their fitness to the next level. Includes timed intervals of TRX and plyometrics.

### 3:00 PM - ARCHERY RANGE OPEN

(120 min, Archery Range)

### 3:00 PM - TENKARA\*

(50 min, Lily Pad)

Join our fly-fishing guides for an introduction to Tenkara, a simplified, Japanese style of fly fishing. They will discuss a little bit of the history, then go into equipment and set up. You will learn the differences between Tenkara and conventional fly tackle, flies, and also have the opportunity to cast these unique rods.

### 3:00 PM - PRIMITIVE FIRE MAKING\*

(90 min, Lily Pad)

Test your determination and patience learning how to make fire. With traditional fire starting tools take home this skill and impress anyone by creating fire using primitive methods.

### 3:00 PM - COOKING DEMONSTRATION\*

(50 min, Chef's Kitchen)

Learn new cooking techniques, healthy and surprising ingredient alternatives and elegant presentations. Tuesday's demonstration will feature Chilled Pea Soup with Poached Shrimp and Basil Mousse.

### 3:30 PM - NATURE WALK\*

(90 min, Meet in Garden Hall)

Join us on a leisurely stroll through the ever changing grounds of The Lodge at Woodloch. Use this opportunity to learn about local history as well as the resident flora and fauna.

### 4:00 PM - YOGA FOR BEGINNERS (I)

(50 min, Linden Studio)

Learn the basics you'll need to begin exploring the wonderful world of yoga.

### 4:00 PM - TBC (I,II,III-)

(50 min, Oak Studio)

Total body conditioning - pure weight training using everything but the kitchen sink.

### 4:00 PM - A TASTE OF KOMBUCHA

(50 min, Garden View Room)

Intrigued at the idea of Kombucha, but not quite sure where to start? In this introductory class, we will dive into the origin of kombucha, the myriad of health benefits it offers, and how you can start making your own at home!

### 4:00 PM - SHOCKWAVE\* (II, III-)

(50 min, Rowing Room)

Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high intensity intervals while its functional strength stations are designed to sculpt the legs, core, and arms.

### 5:00 PM - CHAKRA MEDITATION WITH SINGING BOWLS (I, II, III)

(50 min, Linden Studio)

The 7 Chakras are the energy centers in our body in which energy flows through. Sometimes chakras become blocked because of stress, emotional, or physical problems. If the body's 'energy system' cannot flow freely it is likely to make you feel off and not yourself. Enjoy the healing sounds of our Crystal Singing Bowls as they help open up your 7 Chakras making you feel energized and revitalized.

### 5:00 PM - ACORN TO OAK - NATURAL LAWS OF PERSONAL GROWTH\*

(90 min, Meet in Garden Hall)

Acorn to OAK is a walking workshop that will help you uncover the natural laws of growth so you have the best chance of becoming the person you were created to be. This month's workshop will look at the role of intention and the environment we develop to facilitate growth.

## EVENING

### 5:30 PM - DINNER IN TREE

(5:30pm-8:30pm, Tree Restaurant)

Reservations Required

### 8:00 PM - S'MORES & MORE

(120 min, Owl's Nest)

Join us at the Owl's Nest for s'mores, a cozy campfire, and classic outdoor games. You can try your hand out at checkers, cornhole, Jumbo Jenga, Yahtzee, and Connect Four. In case of inclement weather the games with be brought inside Owl's Nest.

### 8:00 PM - PAINT AND SIP - LOTUS FLOWER ACRYLIC ON CANVAS (\$)\*

(120 min, Art Studio)

Namaste and come create your own acrylic hand painted lotus flower on 12x12 inch canvas in a fun and laid back environment with a glass of wine. The lotus flower is symbolic of inner strength, overcoming obstacles, peace, and hope. Add a calming touch into a home, office, or studio with this serene painting. Cost is \$20 per person.

### 8:30 PM - THE LIGHT OF LIFE

(50 min, Garden View Room)

Join us for an in-depth look at LED Light Therapy - we will be discussing the science behind this modern marvel, as well as the many health benefits. Short light therapy demonstrations will be given! Private light therapy treatments are available through Spa Concierge.

*EVENING ACTIVITIES ARE ALSO AVAILABLE AT OUR SISTER PROPERTY, WOODLOCH PINES RESORT. PLEASE CHECK WITH OUR FRONT DESK FOR MORE INFORMATION.*



\*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8pm the previous day. For Cooking Demo and Wine Tasting, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.

Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. - - no physical restrictions.

## MORNING

### 6:30 AM - FITNESS WALK (I, II, III-)

(80 min, Meet in Garden Hall)

Greet the day with an invigorating 3 mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required.

### 7:00 AM - BREAKFAST IN TREE

(7am-9:30am, Tree Restaurant)

### 8:00 AM - AM STRETCH (I, II, III)

(25 min, Linden Studio)

### 8:00 AM - FITNESS KAYAKING\*

(50 min, Lily Pad)

Experience a fun and challenging upper-body workout on our scenic Little Lake Teedyuskung through a series of unique drills and exercises focusing on stamina and maneuverability.

### 8:00 AM - ZENDALA DRAWING\*

(120 min, Art Studio)

Join in a relaxation based, fun, light hearted class where you will discover how to create a beautiful mandala using ZenDoodle patterns and designs. Color or shade your ZenDala if you so desire, and feel the centering calm only creative focus can achieve. No previous art experience is necessary.

### 8:30 AM - INTRO TO PRANAYAMA (I, II, III)

(25 min, Linden Studio)

Learn different ways to calm or invigorate the body through different breathing techniques such as breath of fire, alternate nostril breath, and belly breath.

### 8:30 AM - GRACIOUS INTENTIONS: FRESH START ON A NEW DAY (I, II, III)

(15 min, Lotus Labyrinth)

We invite you to join us every morning for Gracious Intentions at the Lotus Labyrinth: It is a simple, wonderful way to prepare yourself for a peaceful, stress free day here at The Lodge. You will be given an intention card, where you will write your intention. Walk the labyrinth while holding your card and focus on your intention. Keep your card for reflection during your stay.

### 9:00 AM - DRUMS ALIVE (I, II, III-)

(50 min, Oak Studio)

Drum your way to fitness results! Unique and different from every other workout you've tried before, Drums Alive captures the essence of movement and rhythm and combines it with fun. Sneakers are required.

### 9:00 AM - THE ZONE - LEGS\* (II, III-)

(50 min, Cardio Weight Studio)

An instructor guides you through an intense interval workout on our Precor cardio machines, along with strength-training segments. Sneakers are required.

\*\*This class offers guests a chance to wear the NEW "MYZONE" Heart Rate Monitoring System.

### 9:00 AM - TOWER POWER\* (I, II, III-)

(50 min, Rowing Room)

The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance posture awareness.

### 9:00 AM - CLIFF PARK HIKE\*

(240 min, Meet in Garden Hall)

This moderate 4.5 mile hike travels mostly hilly, wide trails to Hacker's Falls and returns via a cliff side trail with sweeping overlooks of the Delaware River below. Gain views of Raymondskill Falls before departing the area. *Travel Time: 80 min., Hiking Time: 2 1/2 hours*

### 9:00 AM - YOGA FOR A HEALTHY BACK (I, II-)

(50 min, Linden Studio)

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

### 10:00 AM - INDO-ROW\* (I, II, III-)

(50 min, Rowing Room)

The unique format of Indo-Row captures all the elements of competitive, on-water rowing, creating a class that is fast-paced and engaging from the first minute. From "Skills and Drills" to "Waves and Recoveries," and the final build up to a friendly but competitive "Race," Indo-Row quickly converts first-timers to devoted team members.

### 10:00 AM - BARRY WHITE YOGA (I, II, III)

(50 min, Linden Studio)

Feel energized and groovy as you learn very simple yoga inspired moves to fun music including songs by, Mr. Smooth himself, Barry White and a slew of his friends. Please wear comfortable workout clothes. No sneakers required.

### 10:00 AM - JOURNALING WITH THE KLESHAS\* (I, II, III)

(50 min, Willow Studio)

According to yoga tradition, The Kleshas are the root causes of suffering and add countless stress to our lives. Come take this class as we delve into the concepts behind the five kleshas, as well as do some meditation and journaling to start thinking through how these concepts could be adding more stress and suffering to your own life.

### 10:00 AM - A 1000 MILE HIKE\*

(90 min, Owl's Nest)

Join our Herbalist, aka the Botanical Hiker, for a presentation about her latest adventure on the Florida Trail, where she encountered not only wondrous plants and beauty, but also gators, wild hogs, poisonous snakes, and black water swamps. It's a jungle out there!

### 10:00 AM - CORE FUSION (I, II-)

(50 min, Oak Studio)

Join us for intense functional training to strengthen and tone the core, and help promote body awareness and better posture.

### 11:00 AM - PEBBLE ART (\$)\*

(120 min, Art Studio)

Using river bed pebbles, ink, pencil and found items, create scenes of your own personal joy, practice gratefulness, and engage in symbolism while creating your own unique and meaningful piece of art. Discover the true integration of art making and practicing joy! Cost is \$10 per person.

### 11:00 AM - KETTLEBELL BOOT CAMP (II, III-)

(50 min, Oak Studio)

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

### 11:00 AM - STRENGTHEN AND RESTORE (II, III)

(50 min, Willow Studio)

This class will include 30 minutes of invigorating, muscle-activating slow flow Vinyasa and 20 minutes of meditative Restorative Yoga. It's the perfect balance of work out and relaxation. This class will also be incorporating candles and other lunar-driven techniques to relax your nervous system.

### 11:00 AM - THE GREAT WALL OF YOGA\* (I, II, III-)

(50 min, Linden Studio)

Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

### 11:00 AM - ESCAPE THE INDOORS\*

(50 min, Lily Pad)

June is National Great Outdoors Month, and we could not be more excited to celebrate! Hop on a bike with our Naturalist Joshua as we pedal through the lush landscapes of the Lodge. We'll end at the Lilypad and treat ourselves to refreshing Sport Tea and local Black and Brass coffee chocolate!

### 11:00 AM - OPEN RIDE (III-)

(50 min, Spinning Studio)

For the experienced indoor cyclists only. Join us and enjoy Great Music in Awesome Atmosphere where you can Do Your Own Thing.

### 11:30 AM - LUNCH IN TREE

(11:30am-2:00pm, Tree Restaurant)



\*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8pm the previous day. For Cooking Demo and Wine Tasting, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.

Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. - - no physical restrictions.

## AFTERNOON

### 12:00 PM - TRX: TOTAL BODY\* (II, III-)

(50 min, CardioWeight Studio)

The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

### 12:00 PM - SPLASH DANCE\* (I, II, III)

(30 min, Aqua Garden)

No experience or high heels needed in this fun Hydroider Aquatic Pole Dancing Class. Build strength and stamina while learning simple dance moves to music that will make you giggle. Yes, we actually use poles in the water.

### 12:00 PM - EXPLORING POETRY THROUGH NATURE (I, II, III)

(50 min, Meet in Garden Hall)

Both nature and poetry offer us ways to contemplate the world in a deeper manner, allowing more gratitude and joy for the small details that make up our world to soak into us. If you love nature, poetry, or are curious to become more mindful and expressive using creativity, this class is for you. We will take a brief walk through nature and then learn to use expressive techniques to craft a poem. No previous poetry experience necessary, just an open mind. Note: If weather is bad, the class will forego the short walk through nature.

### 1:00 PM - HAPPY FACE CHI GONG (I, II, III)

(50 min, Willow Studio)

We exercise our bodies to stay fit, but often forget that we can also exercise our facial muscles to keep our faces youthful and radiant. In this class we'll learn a simple routine that combines acupressure with fun (and funny) facial exercises to relax and nourish our skin and eyes as we reveal the beauty and grace of a happy face.

### 1:00 PM - NORDIC WALKING\*

(50 min, Meet in Garden Hall)

Nordic walking is a total body version of walking using poles similar to ski poles. It's an energizing and fast paced power walk on and off pavement. Participants must wear walking/running shoes.

### 1:00 PM - POWER NAPPING (I, II, III)

(50 min, Linden Studio)

Fall into that blissful state between dreaming and wakefulness with a guided meditation focusing on bringing the awareness to "Alert theta brainwaves." This is the closest you will feel to REM sleep without needing to actually hit the hay.

### 1:30 PM - EDIBLE AND MEDICINAL PLANT WALK\*

(90 min, Meet in Garden Hall)

Join Heather, our Certified Herbalist, for a walk along one of Woodloch's woodland trails to discover the edible and medicinal plants that can be found not only throughout the region but in your very own backyard. Heather will share helpful hints for proper identification, as well as easy and efficient methods for harvesting and preparing these plants at home.

### 2:00 PM - THE BARRE (I, II, III)

(50 min, Oak Studio)

Experience a low-impact class that is a fusion of Pilates, yoga, and ballet-inspired moves for beautiful, sculpted, lean muscles. The exercises use the ballet barre and your body weight to challenge core stability and balance.

### 2:00 PM - INTRO TO DOSHAS (I, II, III)

(50 min, Linden Studio)

Come learn the basics about doshas from the Indian medical system of Ayurveda! We will take a test to identify your particular doshas and learn how to use the dosha system to help you gain more balance in your everyday life.

### 2:00 PM - INNER SMILE MEDITATION (I, II, III)

(50 min, Willow Studio)

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

### 2:00 PM - DOT MANDALA STONES\*

(120 min, Art Studio)

Practice balance, free your inner artist and paint beautiful Dot Mandala Stones! A 'mandala' is a term taken from Hinduism and Buddhism, that represents the universe. The Mandala design has also fascinated psychologists throughout the years, linking your Mandala design to your self, ego, and personality. Participants will learn to use dotting tools on rounded stones to create these stunning pieces.

### 2:00 PM - FOREST BATHING\*

(110 min, Blackmore Garden)

Join one of our Certified Forest Bathing experts for a slow and contemplative walk that will focus on keeping the body and mind in the present while teaching techniques for deep breathing and mind-body awareness. Research shows that there is a marked decrease in stress-related hormones, a decrease in heart rates, lowered blood pressure, among other monumental benefits. Come and enjoy the healing powers of the nature that surrounds us.

### 2:30 PM - GNOME ROAM\*

(90 min, Meet in Garden Hall)

Get outside and have some fun with an Outdoor Adventure Guide. We will wander around our beautiful 500 acres searching for The Lodge At Woodloch Gnomes. This activity is based on the tradition of geocaching. We will use handheld GPS units to assist us in locating our forest neighbors. Bring your camera for some fun photos with you and the Gnomes.

### 3:00 PM - BUTTS & GUTS (I, II, III)

(50 min, Oak Studio)

This class uses the step, bands, kettlebells and your own body weight to primarily work on the glutes and abdominal muscles. Remember: The Only Bad Workout is the One You Didn't Do.

### 3:00 PM - CHI GONG (I, II, III)

(50 min, Willow Studio)

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, and Toning the Six Healing Sounds, activates the Chi (universal energy).

### 3:00 PM - WARRIOR YOGA (II, III-)

(50 min, Linden Studio)

Access your inner warrior with this powerful, vinyasa style yoga class focusing on strength and balance.

### 3:00 PM - ARCHERY RANGE OPEN

(120 min, Archery Range)

### 3:00 PM - COOKING DEMONSTRATION\*

(50 min, Chef's Kitchen)

Learn new cooking techniques, healthy and surprising ingredient alternatives and elegant presentations. Wednesday's demonstration will feature Tempura Battered Soft Shell Crab with Shitake Mushroom Green Squash Salad.

### 4:00 PM - THE GREAT WALL OF YOGA\* (I, II, III-)

(50 min, Linden Studio)

Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

### 4:00 PM - JUMP FOR JOY (I, II, III)

(30 min, Oak Studio)

A low-impact mini-trampoline cardio class; 30 minutes of invigorating fun! Must have balance.

### 4:00 PM - BREATHE (I, II, III)

(50 min, Willow Studio)

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.

### 4:00 PM - SEASONAL FORAGING: EDIBLE AND MEDICINAL GREENS AND FLOWERS\*

(50 min, Owl's Nest)

Ever wonder what plants you could eat in the wild? Did you know that those weeds you pull from your garden could make a delicious salad? Join Heather, our Certified Herbalist, in discovering what edible and medicinal plants you may have growing near you.

### 4:30 PM - ALL ABOUT ABS (II, III-)

(25 min, Oak Studio)

Just abs. No butts about it. Must be able to get up and down off of the floor without assistance.

### 5:00 PM - GONG CHI: THE SOUND OF SILENCE (I, II, III)

(50 min, Linden Studio)

In this silent meditation, you will lie down and be bathed by the ancient healing and restorative power of the Gong. Immersed and floating in a gentle ocean of vibrations, you will open to the spacious silence within you for a blissful journey into inner peace, cellular harmony, and total body/mind rejuvenation.

## EVENING

### 5:30 PM - DINNER IN TREE

(5:30pm-8:30pm, Tree Restaurant)

Reservations Required

### 7:00 PM - EVENING KAYAKING\*

(60 min, Lily Pad)

End your day with a relaxing, guided exploration of the lake and wetlands as the lilies close and the fish seek out the evening hatch.

### 8:00 PM - PATCHWORK PAINTING\*

(120 min, Art Studio)

Explore patterns, composition, color and abstraction and create your own mixed media patchwork painting. Guests will be taught how to layer media types and create their own expressive, abstract artworks.

### 8:00 PM - EVENING ENTERTAINMENT

(Woodloch Pines)

Live Music & Broadway-Style Theme Show "Welcome to the 90's." Please sign up with the Hostess for shuttle service to the shows.

### 8:30 PM - MOVIE NIGHT

(105 min, Garden View Room)

Join us for a viewing of *The House with a Clock in Its Walls*. Based on the beloved children's classic book, the magical adventure tells the spine-tingling tale of 10-year-old Lewis, who goes to live with his uncle in a creaky old house with a mysterious tick-tocking heart. But his new town's sleepy facade jolts to life with a secret world of warlocks and witches.

EVENING ACTIVITIES ARE ALSO AVAILABLE AT OUR SISTER PROPERTY, WOODLOCH PINES RESORT. PLEASE CHECK WITH OUR FRONT DESK FOR MORE INFORMATION.



\*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8pm the previous day. For Cooking Demo and Wine Tasting, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.

Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. - - no physical restrictions.

## MORNING

### 5:00 AM - SUNRISE PHOTO WALK\*

(90 min, Meet in Garden Hall)

Explore the outstanding beauty of our grounds at a time often referred to by photographers as the "golden hour." No sunrise is the same and each one offers its own magical experience. Remember to bring your camera or cellphone!

### 7:00 AM - BREAKFAST IN TREE

(7am-9:30am, Tree Restaurant)

### 7:00 AM - MY MORNING YOGA

PRACTICE (I, II, III-)

(50 min, Linden Studio)

Start your day with this full body sequence to get you stretched and ready for an awesome day.

### 8:00 AM - AM STRETCH (I, II, III)

(25 min, Linden Studio)

### 8:00 AM - DISCOVERY KAYAKING\*

(50 min, Lily Pad)

Enjoy a leisurely paddle around our lake as the morning mist lifts and the wildlife welcomes a new day. A guide will be with you to offer insight and interesting facts about this truly unique eco-system and its inhabitants. Let the calming sounds of the water and the strokes of the paddle set your pace for the rest of the day.

### 8:00 AM - INTRO TO FLY FISHING\*

(110 min, Owl's Nest)

Join our staff fly fishing guide for an introduction to the world of fly fishing, and all of its gadgets and accessories.

### 8:00 AM - MOSAICS (\$)\*

(120 min, Art Studio)

Using a mix of tiles and glass pieces, design a beautiful and colorful work of art to display or use in your home. Your mosaic piece is yours to keep. \*Please note that mosaic pieces will not be available until 1 hour after class time to allow the grout to set. Cost is \$10 per person.

### 8:30 AM - INTRO TO MINDFUL

MEDITATION (I, II, III)

(25 min, Linden Studio)

Learn the basics and value of paying attention on purpose.

### 8:30 AM - GRACIOUS INTENTIONS: FRESH

START ON A NEW DAY (I, II, III)

(15 min, Lotus Labyrinth)

We invite you to join us every morning for Gracious Intentions at the Lotus Labyrinth: It is a simple, wonderful way to prepare yourself for a peaceful, stress free day here at The Lodge. You will be given an intention card, where you will write your intention. Walk the labyrinth while holding your card and focus on your intention. Keep your card for reflection during your stay.

### 9:00 AM - WALKING MEDITATION

ON THE LOTUS LABYRINTH (I, II, III)

(50 min, Lotus Labyrinth)

Learn standing postures for grounding and centering, while practicing the art of walking peacefully along the path to mindfulness and relaxation.

### 9:00 AM - GENTLE MORNING HATHA

SLOW FLOW (I, II, III)

(50 min, Oak Studio)

Start your morning in a refreshing way with a slower-paced hatha yoga flow that gets your juices rolling for the rest of the day through intentional movement, stretching, and breathing. All levels will find something to enjoy, but this class can be especially helpful for beginner yogis.

### 9:00 AM - HIIT-ING THE WAVES (I, II, III)

(45 min, Aqua Garden)

A challenging pool workout using the Tabata technique of high-intensity cardio and alternating rest periods for a great, non-impact total body workout.

### 9:00 AM - THE GREAT WALL OF YOGA\* (I, II, III-)

(50 min, Linden Studio)

Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

### 9:00 AM - TUSTEN MOUNTAIN HIKE\*

(180 min, Meet in Garden Hall)

This 3 mile hike offers challenging uphill terrain and traverses rocky outcroppings to a vista overlooking the Upper Delaware River. The landscape includes abandoned bluestone quarries and glacial erratics. Bald Eagle sightings near the river are not uncommon year round. *Total Travel Time: 60 min., Hiking Time: 2 Hours.*

### 10:00 AM - ORCHARD TOUR

(50 min, Blackmore Garden)

Join the orchardist for a tour of our 2-acre orchard. We will discuss the dynamics of a diverse orchard ecosystem, highlighting soil biology, companion planting, beneficial insects, and proper fruit and berry plant management. Please dress appropriately for the weather, including mud!

### 10:00 AM - DIGESTIVE HEALTH-THE ART OF MINDFUL EATING

(50 min, Garden View Room)

One of the most constructive changes is to adopt a mindful-eating practice. Mindful eating helps you become aware of your thoughts and feelings, and empowers you to make healthier choices. Private nutritional consultations are available through the Spa Concierge.

### 10:00 AM - PILATES ON THE BALL (II, III-)

(50 min, Oak Studio)

Uses the exercise ball to enhance your Pilates workout by adding resistance, challenge, and variety to the matwork.

### 10:00 AM - SPINNING (II, III-)

(50 min, Spinning Studio)

### 10:00 AM - HAPPY HIPS YOGA (I, II, III)

(50 min, Linden Studio)

Do you often have tight hips no matter how much you try to stretch them or work out? Stress and tension are often held in the hips, and it takes some deep, intentional work with them to help them find more relaxation. This hip-centric yoga class will offer yoga poses that strengthen, stretch, and restore key areas of your hips while empowering you to understand your hips in deeper ways. This class will be half work out, half chill out. Not recommended for anyone with serious hip injuries or issues.

### 10:00 AM - T'AI CHI (I, II, III)

(50 min, Willow Studio)

The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

### 10:30 AM - BASICS OF MOUNTAIN BIKING\*

(90 min, Lily Pad)

Embark on a forest adventure! This trail ride, exploring our winding woodland trails and old logger paths, offers a moderate challenge. Mileage varies depending on trails used and desire of the group, but generally averages 3 miles.

### 11:00 AM - GARDEN TOUR

(50 min, Blackmore Garden)

Join one of our farmers on a tour of Blackmore Farm's vegetable and flower garden. We will discuss high tunnel growing, composting, companion planting, and many other gardening topics. Please dress appropriately for the weather, including mud!

### 11:00 AM - YOUR BRAIN ON SUGAR

(50 min, Garden View Room)

It is a well-documented fact that sugar is a contributing factor to all around poor health, not to mention weight gain. When serotonin levels drop, your brain craves a sugar high again. This presentation will discuss the effect sugar has on our body and the problems that may arise from eating too much sugar.

### 11:00 AM - WEARABLE INTENTION

BRACELET(\$)\*

(120 min, Art Studio)

Create an intention and meaningful vision board of what you are striving to be, then seal it with a My Intent word bracelet. Live it, breathe it, and remind yourself of how precious our choices are. Cost is \$20 per person.

### 11:00 AM - CHAKRA BOWL DEMONSTRATION

(I, II, III)

(20 min, Meet in the Garden Hall)

Learn more about how vibrational stimulation of Chakra Bowls will restore your sense of calm, peace, mental clarity, as well as physical and energetic balance.

### 11:00 AM - TRX XPRESS: LOWER BODY\* (II, III-)

(30 min, CardioWeight Studio)

The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

### 11:00 AM - DANCE FIT (I, II, III)

(50 min, Oak Studio)

Can't Stop This Feeling? Just Dance, Dance, Dance.

### 11:00 AM - BREATHING 101 FOR STRESS MANAGEMENT (I)

(50 min, Linden Studio)

In this class, you will be given a brief 15-minute talk about the nervous system and how breathing effects your stress management, and then you will walk through yoga breathing techniques that you can use every day to calm yourself down in a variety of stressful settings. You will leave feeling more equipped to understand your body, your breath, and how to manage stress.

### 11:00 AM - HEALING SOUNDS

MEDITATION (I, II, III)

(50 min, Willow Studio)

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.

### 11:30 AM - LUNCH IN TREE

(11:30am-2:00pm, Tree Restaurant)



\*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8pm the previous day. For Cooking Demo and Wine Tasting, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.

Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. - - no physical restrictions.

## AFTERNOON

### 12:00 PM - INSANITY (II, III-)

(50 min, Oak Studio)

The Insanity program is based on the "max interval training" method. It's a total body workout that requires no gym, no equipment.....just you!

### 12:00 PM - YOU KNEAD THIS (I, II, III)

(50 min, Linden Studio)

Learn to use therapeutic balls to achieve a self deep-tissue massage. Target specific muscles and connective tissue to relax and lengthen your muscles and fascia.

### 12:00 PM - UNRAVEL AND RELEASE (I, II, III)

(50 min, Willow Studio)

Release fascia and tension throughout the entire body and get loose as a goose by using somatic movement. Somatic movement focuses on the internal experience of the movement rather than the external appearance or result of the movement. This class is intended to help recover from and prevent injury by bringing physical awareness in our bodies, especially for the hips and shoulders.

### 12:00 PM - LUNCH WITH THE NUTRITIONIST\*

(60 min, Tree Dining Room)

Between the hours of 12 and 1, join our Nutritionist for a discussion on foods for a healthy brain.

### 1:00 PM - MEDITATION TO RUMI'S POETRY

(I, II, III)

(50 min, Willow Studio)

Rumi, the great 13th century mystic poet, expressed his awakened consciousness through his passionate poetry. Today he is the most widely read poet in the world. In this meditation we'll listen deeply to Rumi's words, immersing in the beauty and blazing fire of his divine love. We'll invite him into our hearts to inspire and illuminate our lives.

### 1:00 PM - POWER WALK (I, II, III)

(50 min, Meet in Garden Hall)

Enjoy a vigorous 3 mile power walk on our scenic nature trail, which winds through the woods around The Lodge.

### 1:00 PM - POWER NAPPING (I, II, III)

(50 min, Linden Studio)

Fall into that blissful state between dreaming and wakefulness with a guided meditation focusing on bringing the awareness to "Alert theta brainwaves." This is the closest you will feel to REM sleep without needing to actually hit the hay.

### 2:00 PM - CHAN LUU STYLE BRACELETS (\$)\*

(120 min, Art Studio)

Learn how to make a Chan Luu style wrap bracelet. It involves sewing beads in a channel of leather cord. No experience necessary. Cost is \$20 per person.

### 2:00 PM - ARMS & CORE (I, II, III-)

(50 min, Oak Studio)

This class will guide you through exercises that incorporate the body's smaller muscle groups within the shoulders, biceps, and triceps...plus core. Sneakers are required.

### 2:00 PM - TRX: TOTAL BODY\* (II, III-)

(50 min, CardioWeight Studio)

The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

### 2:00 PM - YOGA FOR BEGINNERS (I)

(50 min, Linden Studio)

Learn the basics you'll need to begin exploring the wonderful world of yoga.

### 2:00 PM - DREAM SHIFTING JOURNEY (I, II, III)

(50 min, Willow Studio)

Ancient cultures were deeply connected to the intelligence of the Universe. They believed that the world is the way we dream it, and that everything we do, we dream first. Using the sound of a drum or a rattle, we'll journey into the space between worlds to experience the power of dreamshifting. We'll meet a spirit guide and ask for information about our personal dream and the actions we need to take to fulfill our roles as conscious dreamshifters in the modern world.

### 2:30 PM - PRIMITIVE FIRE MAKING\*

(90 min, Meet in Garden Hall)

Test your determination and patience learning how to make fire. With traditional fire starting tools take home this skill and impress anyone by creating fire using primitive methods.

### 3:00 PM - GAZING MEDITATION (TRATAKA)

(I, II, III)

(50 min, Willow Studio)

Participants are taught a gazing technique to help improve concentration so deeper meditation can be achieved during practice.

### 3:00 PM - TRX XPRESS: STRETCH\* (I, II, III-)

(30 min, CardioWeight Studio)

Learn different ways to stretch your entire body using the TRX system.

### 3:00 PM - THE ZONE - FULL BODY\* (II, III-)

(50 min, Cardio Weight Studio)

An instructor guides you through an intense interval workout on our Precor cardio machines, along with strength-training segments. Sneakers are required.

\*\*This class offers guests a chance to wear the NEW "MYZONE" Heart Rate Monitoring System.

### 3:00 PM - ARCHERY RANGE OPEN

(120 min, Archery Range)

### 3:00 PM - LIGHT AND EASY HEALTHY DISHES\*

(50 min, Chef's Kitchen)

Introducing more fresh food into your diet is a great way to eat less meat, less processed food, and more fruits and vegetables.

### 4:00 PM - W.A.V.E.\* (I,II,III)

(45 min, Aqua Garden)

Water Aerobics using Vertical Energy on the Hydro Trampoline.

### 4:00 PM - THE GREAT WALL OF YOGA\* (I, II, III-)

(50 min, Linden Studio)

Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

### 4:00 PM - GONG WITH THE WIND (I, II, III-)

(50 min, Willow Studio)

Be ready to be blown away and feel at total peace by allowing the gong's phenomenal vibration to pass through you as if you weren't even there. Tuning to this positive vibration will give you a sense of well-being, success and happiness.

### 5:00 PM - SURRENDER (I, II, III)

(50 min, Linden Studio)

Nurture mind and body with this gentle restorative yoga class. All poses are done on the floor with yoga bolsters and other props to relax the body into restful postures.

## EVENING

### 5:30 PM - DINNER IN TREE

(5:30pm-8:30pm, Tree Restaurant)

Reservations Required

### 6:30 PM - GARDEN DINNER (\$)\*

(120 min, Meet at the Hostess Stand)

Executive Chef Josh Tomson is switching up the typical Farm to Table dinner by bringing the Table to the Farm! Intimate chef-led tasting dinners will seat up to 12 guests and will take place right on the deck at the Garden Shed. The two-hour tasting will be led by Chef Josh as he selects the harvest focus for the dinner. Sommelier Leslie Britt will pair the dinner with a wine, telling stories and sharing experiences related to the wine she selects. There is a slight up-charge for the intimate dinner experience of \$75 per person which includes the beer or wine pairing. Dinners are weather dependent and requires a minimum of 10 participants each week. \*Please sign-up for this activity with the Hostess.

### 8:00 PM - S'MORES & MORE

(120 min, Owl's Nest)

Join us at the Owl's Nest for s'mores, a cozy campfire and classic outdoor games. You can try your hand out at checkers, cornhole, jumbo Jenga, Yahtzee, and Connect Four. In case of inclement weather the games will be brought inside Owl's Nest.

### 8:00 PM - UNCORKED (\$)\*

(120 min, Art Studio)

Wine a little, laugh a lot. Drink a glass of wine and create a painting. Join us for the perfect cocktail of creativity and conversation. Guests must be 21 or older. Cost is \$20 per person.

### 8:30 PM - THE MIND DIET

(50 min, Garden View Room)

There is growing scientific evidence that dietary intake can actually reduce the risk of developing dementia and Alzheimer's disease. Recent studies suggest that a specific diet called the MIND diet may reduce these risks. The MIND diet emphasizes foods shown to support a healthy brain, and recommends limiting potentially damaging choices.

### 9:00 PM - BINGO

(60 min, Fireside Room)

Join us for a rousing game of Bingo- winners will receive a special Lodge gift!

*EVENING ACTIVITIES ARE ALSO AVAILABLE AT OUR SISTER PROPERTY, WOODLOCH PINES RESORT. PLEASE CHECK WITH OUR FRONT DESK FOR MORE INFORMATION.*



*\*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8pm the previous day. For Cooking Demo and Wine Tasting, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.*

*Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. - - no physical restrictions.s.*

## MORNING

### 6:30 AM - FITNESS WALK (I, II, III~)

(80 min, Meet in Garden Hall)  
Greet the day with an invigorating 3 mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required.

### 7:00 AM - BREAKFAST IN TREE

(7am-9:30am, Tree Restaurant)

### 8:00 AM - AM STRETCH (I, II, III)

(25 min, Linden Studio)

### 8:00 AM - STAND UP PADDLEBOARDING\*

(50 min, Lily Pad)  
Experience this popular water sport on Little Lake Teedyuskung, our Outdoor Adventure Guides will be available to assist you with tips and techniques as you paddle on our beautiful 15 acre glacial lake.

### 8:00 AM - THE MAGIC OF BEADS (\$)\*

(120 min, Art Studio)  
Come design a beautiful bracelet and learn the meaning behind the beads you've chosen for your creation. Basic fundamentals and design techniques will be shared. Cost is \$20 per person.

### 8:30 AM - MEDITATION 101 (I)

(25 min, Linden Studio)  
Explore the many styles of meditation. Perfect for the newbie or the curious. Handouts will be given to help you continue your practice when you get home.

### 8:30 AM - GRACIOUS INTENTIONS: FRESH START ON A NEW DAY (I, II, III)

(15 min, Lotus Labyrinth)  
We invite you to join us every morning for Gracious Intentions at the Lotus Labyrinth: It is a simple, wonderful way to prepare yourself for a peaceful, stress free day here at The Lodge. You will be given an intention card, where you will write your intention. Walk the labyrinth while holding your card and focus on your intention. Keep your card for reflection during your stay.

### 9:00 AM - DORFLINGER HIKE\*

(180 min, Meet in Garden Hall)  
The former estate of glassmaker Christian Dorflinger is now the home to an extraordinary sanctuary. This easy 3 mile hike winds through the woods, crosses several fields, and visits two ponds. The terrain is mostly level and trail conditions can be wet. *Total Travel Time: 30 min., Hiking Time: 2 hours*

### 9:00 AM - GUIDED LABYRINTH WALK (I, II, III)

(50 min, Meet in Garden Hall)  
Learn how to use the labyrinth for meditation practice, a serene mindfulness in motion. This is a wonderful practice for those who find it difficult to quiet the mind and body during seated meditation.

### 9:00 AM - SPINNING (II, III~)

(50 min, Spinning Studio)

### 9:00 AM - MINDFUL INTERMEDIATE VINYASA YOGA (II, III~)

(50 min, Linden Studio)  
A well balanced practice including sun salutations, standing poses, and seated poses, set to awesome music. This class will marry breath and movement with attention to alignment and intelligent sequencing. Participants will gain a deeper understanding of vinyasa practice as well as clarity and inner quiet. Recommended for those with a regular yoga practice.

### 9:00 AM - Z BOX (II, III)

(50 min, Oak Studio)  
Experience the difference. Z, short for ZEN, blends the hippest dance moves from yesterday and today mixed with basic boxing moves. You will complete Z-Box's total body workout with a host of resistance training, incredible abs and end with ZEN (Zone+Envision+Nature), a relaxation experience. You will feel exhilarated.

### 9:00 AM - THE RITUAL OF TEA\*

(50 min, Owl's Nest)  
It is no secret that tea may be the perfect complement to the rush of a busy, complicated life. Come join our Naturalist Joshua for tea and we will show you how to make your favorite tea time into a mindful experience that also connects you more deeply to the Earth and the environment surrounding you.

### 10:00 AM - CHAIR YOGA (I)

(50 min, Willow Studio)  
Chair Yoga is a gentle class that uses modified yoga poses so that they can be done while seated in a chair or standing and using the chair for support.

### 10:00 AM - H2 WHOA (I,II,III)

(45 min, Aqua Garden)  
Are you a Barrista? Join us for this Barre inspired aqua class that straight up ROCKS!

### 10:00 AM - SHOCKWAVE\* (II, III~)

(50 min, Rowing Room)  
Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

### 10:00 AM - HONEY LOUNGE YOGA (I, II, III)

(50 min, Linden Studio)  
A combination of some very slow and held postures, breath work, and supported restorative with an extended svasana and brief meditation. You'll be walking on clouds. May be taken as it's own experience; Highly recommended following Mindful Intermediate Vinyasa.

### 10:00 AM - BASICS OF BIRDING\*

(90 min, Meet in Garden Hall)  
With binoculars and books in hand, join the Outdoor Adventure staff for a walk around our lush 500 acre property to seek out and identify these winged beauties. This class, designed for beginners, will give tips and pointers on how to prepare for and get started in the world of birding.

### 11:00 AM - HEALTHY SMOOTHIE DEMONSTRATION\*

(50 min, Chef's Kitchen)  
One of the easiest and simplest ways to get all the nutrients your body needs is to consume a smoothie. Holistic nutritionist and plant-based chef Talia will introduce you to a few combinations of nutritious and delicious smoothies.

### 11:00 AM - SILK SCARF PAINTING (\$)\*

(120 min, Art Studio)  
Brush paint freely onto a silk scarf to create a beautiful one of a kind wearable piece of art. No experience necessary. Cost is \$10 per person.

### 11:00 AM - INTRO TO MALA MEDITATION (I, II, III)

(25 min, Willow Studio)  
Mala beads are a wonderful tool to assist in mantra meditation as they help in escaping the busy mind.

### 11:00 AM - INTRO TO DOSHAS (I, II, III)

(50 min, Linden Studio)  
Come learn the basics about doshas from the Indian medical system of Ayurveda! We will take a test to identify your particular doshas and learn how to use the dosha system to help you gain more balance in your everyday life.

### 11:00 AM - THE ZONE - LEGS\* (II, III~)

(50 min, Cardio Weight Studio)  
An instructor guides you through an intense interval workout on our Precor cardio machines, along with strength-training segments. Sneakers are required. \*\*This class offers guests a chance to wear the NEW "MYZONE" Heart Rate Monitoring System.

### 11:00 AM - INTENSATI (I, II, III)

(50 min, Oak Studio)  
This class combines aerobics, martial arts, dance, and yoga to create a full body cardio workout. With the addition of positive affirmations, you are sure to leave confident, happy, and empowered outside and in.

### 11:30 AM - LUNCH IN TREE

(11:30am-2:00pm, Tree Restaurant)

### 11:30 AM - AQUA TONING (I, II, III)

(45 min, Aqua Garden)  
Weight-training without weights. Firm your muscles with resistance aqua-equipment. Perfect for sensitive joints. A great variation to your present weight-training routines.



\*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8pm the previous day. For Cooking Demo and Wine Tasting, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.

Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. - - no physical restrictions.

## AFTERNOON

### 12:00 PM - INTRO TO ROW\* (I)

(30 min, Rowing Room)

This 30 minute class will teach you how to effectively row on any indoor rower plus help you prepare for one of our Indo-Row or Shockwave classes.

### 12:00 PM - EXPLORING POETRY THROUGH NATURE (I, II, III)

(50 min, Meet in Garden Hall)

Both nature and poetry offer us ways to contemplate the world in a deeper manner, allowing more gratitude and joy for the small details that make up our world to soak into us. If you love nature, poetry, or are curious to become more mindful and expressive using creativity, this class is for you. We will take a brief walk through nature and then learn to use expressive techniques to craft a poem. No previous poetry experience necessary, just an open mind. Note: If weather is bad, the class will forego the short walk through nature.

### 12:30 PM - INTRODUCTION TO AYURVEDA

(50 min, Fireside Room East)

The word "Ayurveda" in Sanskrit means life-knowledge. Ayurveda is a very sophisticated mind-body health system developed thousands of years ago in India. In the system of Ayurvedic medicine, balance of body and mind is the key to health, happiness, productivity and wellness.

### 1:00 PM - POWER WALK (I, II, III)

(50 min, Meet in Garden Hall)

Enjoy a vigorous 3 mile power walk on our scenic nature trail, which winds through the woods around The Lodge.

### 1:00 PM - TRX XPRESS: CORE\* (II, III-)

(30 min, CardioWeight Studio)

The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

### 1:00 PM - GONG CHI: THE SOUND OF SILENCE (I, II, III)

(50 min, Linden Studio)

In this silent meditation, you will lie down and be bathed by the ancient healing and restorative power of the Gong. Immersed and floating in a gentle ocean of vibrations, you will open to the spacious silence within you for a blissful journey into inner peace, cellular harmony, and total body/mind rejuvenation.

### 1:00 PM - WILDFLOWER WALK\*

(90 min, Meet in Garden Hall)

Join our Nature Guide as we explore the beautiful forests and fields that surround The Lodge at Woodloch seeking out the seasonal floral gifts Mother Nature provides us.

### 1:00 PM - FOREST BATHING\*

(110 min, Meet in Garden Hall)

Join one of our Certified Forest Bathing experts for a slow and contemplative walk that will focus on keeping the body and mind in the present while teaching techniques for deep breathing and mind-body awareness. Research shows that there is a marked decrease in stress-related hormones, a decrease in heart rates, lowered blood pressure, among other monumental benefits. Come and enjoy the healing powers of the nature that surrounds us.

### 1:30 PM - TENKARA\*

(50 min, Lily Pad)

Join our fly-fishing guides for an introduction to Tenkara, a simplified, Japanese style of fly fishing. They will discuss a little bit of the history, then go into equipment and set up. You will learn the differences between Tenkara and conventional fly tackle, flies and also have the opportunity to cast these unique rods.

### 1:30 PM - THE ART OF MINDFUL EATING

(50 min, Fireside Room East)

One of the most constructive changes is to adopt a mindful-eating practice. Mindful eating helps you become aware of your thoughts and feelings, and empowers you to make healthier choices.

### 2:00 PM - ALCOHOL INKS ON PORCELAIN TILES\*

(120 min, Art Studio)

Create a set of four coasters using alcohol inks on porcelain tiles. You can bring your own ideas or be inspired by the samples in the studio. No experience necessary.

### 2:00 PM - BREATHE (I, II, III)

(50 min, Willow Studio)

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.

### 2:00 PM - BOSU (I, II, III-)

(50 min, Oak Studio)

The BOSU is used to help improve kinesthetic awareness, strength, and joint stability. Sneakers are required. Not recommended for those with balance issues and/or knee or ankle injuries.

### 2:30 PM - GEOCACHING\*

(90 min, Meet in Garden Hall)

Explore The Lodge grounds 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 as many of the geocaches are hidden off trail.

### 3:00 PM - ARCHERY RANGE OPEN

(120 min, Archery Range)

### 3:00 PM - HEALTHY DESSERTS MADE EASY\*

(50 min, Chef's Kitchen)

In this class we will show you how to satisfy your sweet tooth by making easy and delicious desserts using only healthy, natural ingredients!

### 3:00 PM - TRX TABATA\* (III)

(50 min, CardioWeight Studio)

This is a Level 3 class for anyone looking to push their fitness to the next level. Includes timed intervals of TRX and plyometrics.

### 3:00 PM - HATHA YOGA (I, II, III-)

(50 min, Linden Studio)

Remove the stress brought on by daily living by concentrating on the practice of postures and breath control. These help energize both the body and mind, while increasing muscle strength and improving flexibility.

### 3:00 PM - CHI GONG (I, II, III)

(50 min, Willow Studio)

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, and Toning the Six Healing Sounds, activates the Chi (universal energy).

### 4:00 PM - SURRENDER (I, II, III)

(50 min, Linden Studio)

Nurture mind and body with this gentle restorative yoga class. All poses are done on the floor with yoga bolsters and other props to relax the body into restful postures.

### 4:00 PM - INNER SMILE MEDITATION (I, II, III)

(50 min, Willow Studio)

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

### 4:00 PM - KENPO CARDIO (II, III-)

(50 min, Oak Studio)

This P90X Plus workout is a fusion of cardio and Kenpo karate with the intensity cranked up to 11. It's a fast-paced, all-out session that will improve your stamina, balance, and agility. Sneakers are required.

### 4:00 PM - DECORATIVE BIRDHOUSES (\$)\*

(120 min, Owl's Nest)

Birdhouses are beautiful and unique. We provide the birdhouse, crafts and natural items. You provide the creativity and inspiration to create and decorate a beautiful birdhouse to take home with you and display. Cost is \$10 per person.

### 4:00 PM - WINE & HERBS WINE TASTING (\$)\*

(50 min, Meet in Garden Hall)

Wine is like people, the vine takes all the influences in life all around it, it absorbs them, and it gets its personality. Spend some time in our Tree House Herb Garden and then use your senses to find the flavors and aromas in your wines. Guests must be at least 21 years of age to participate. Cost is \$30.00 per person.

### 5:00 PM - CHAKRA MEDITATION WITH SINGING BOWLS (I, II, III)

(50 min, Linden Studio)

The 7 Chakras are the energy centers in our body in which energy flows through. Sometimes chakras become blocked because of stress, emotional or physical problems. If the body's 'energy system' cannot flow freely it is likely to make you feel off and not yourself. Enjoy the healing sounds of our Crystal Singing Bowls as they help open up your 7 Chakras making you feel energized and re-vitalized.

### 5:00 PM - SUMMER ART RECEPTION

(90 min, Gallery Hallway)

Come to meet the artists and join us for a glass of wine to celebrate our Art Program!

## EVENING

### 5:30 PM - DINNER IN TREE

(5:30pm-8:30pm, Tree Restaurant)

Reservations Required

### 7:00 PM - EVENING KAYAKING\*

(60 min, Lily Pad)

End your day with a relaxing, guided exploration of the lake and wetlands as the lilies close and the fish seek out the evening hatch.

### 8:00 PM - INTRO TO DRAWING\*

(120 min, Art Studio)

### 8:00 PM - S'MORES & MORE

(120 min, Owl's Nest)

Join us at the Owl's Nest for s'mores, a cozy campfire and classic outdoor games. You can try your hand out at checkers, cornhole, jumbo Jenga, Yahtzee, and Connect Four. In case of inclement weather the games will be brought inside Owl's Nest.

### 8:30 PM - SPRING INTO SUMMER WITH ESSENTIAL OILS

(60 min, Fireside Room)

Jill Gropper will be teaching all about the health and wellness benefits of using and diffusing essential oils. Be prepared to relax and breathe while Jill facilitates a wonderful beginner Aromatic Meditation.

*EVENING ACTIVITIES ARE ALSO AVAILABLE AT OUR SISTER PROPERTY, WOODLOCH PINES RESORT. PLEASE CHECK WITH OUR FRONT DESK FOR MORE INFORMATION.*



\*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8pm the previous day. For Cooking Demo and Wine Tasting, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.

Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. - - no physical restrictions.s.

## MORNING

### 6:30 AM - FITNESS WALK (I, II, III-)

(80 min, Meet in Garden Hall)  
Greet the day with an invigorating 3 mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required.

### 7:00 AM - BREAKFAST IN TREE

(7am-10:00am, Tree Restaurant)

### 8:00 AM - ZUMBA (I, II, III-)

(50 min, Oak Studio)  
Zumba fuses Latin rhythms and easy to follow moves to help you experience an exhilarating, caloric-burning, body energizing blast of a class. Sneakers are required.

### 8:00 AM - STRETCH & TONE (I, II, III)

(50 min, Linden Studio)  
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.

### 8:00 AM - FITNESS KAYAKING\*

(50 min, Lily Pad)  
Experience a fun and challenging upper-body workout on our scenic Little Lake Teedyuskung through a series of unique drills and exercises focusing on stamina and maneuverability.

### 8:00 AM - OPEN AIR PAINTING\*

(120 min, Art Studio)  
Become an open air painter... take a short hike to one of our breathtaking views and paint on site with our artist in residence to guide you along the way.

### 8:30 AM - GRACIOUS INTENTIONS: FRESH START ON A NEW DAY (I, II, III)

(15 min, Lotus Labyrinth)  
We invite you to join us every morning for Gracious Intentions at the Lotus Labyrinth: It is a simple, wonderful way to prepare yourself for a peaceful, stress free day here at The Lodge. You will be given an intention card, where you will write your intention. Walk the labyrinth while holding your card and focus on your intention. Keep your card for reflection during your stay.

### 9:00 AM - DRUMS ALIVE (I, II, III-)

(50 min, Oak Studio)  
Drum your way to fitness results! Unique and different from every other workout you've tried before, Drums Alive captures the essence of movement and rhythm and combines it with fun. Sneakers are required.

### 9:00 AM - CLIFF PARK HIKE\*

(240 min, Meet in Garden Hall)  
This moderate 4.5 mile hike travels mostly hilly, wide trails to Hacker's Falls and returns via a cliff side trail with sweeping overlooks of the Delaware River below. Gain views of Raymondskill Falls before departing the area. *Travel Time: 80 min., Hiking Time: 2 1/2 hours*

### 9:00 AM - ENERGY RIDE (II, III-)

(50 min, Spinning Studio)  
No need for caffeine in this indoor cycling class that is guaranteed to WAKE YOU UP!

### 9:00 AM - GARDEN HARVEST (\$)\*

(60 min, Blackmore Garden)  
Learn to pick greens, herbs, and vegetables the proper way to ensure healthy plants and bountiful harvest. Weekly, different plants will be chosen, and guests will be able to take home a bag full of fresh organic produce as well as new skills as gardeners. Cost is \$20 per person.

### 9:00 AM - SHOCKWAVE\* (II, III-)

(50 min, Rowing Room)  
Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

### 9:00 AM - THE GREAT WALL OF YOGA\* (I, II, III-)

(50 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

### 10:00 AM - TOWER POWER\* (I, II, III-)

(50 min, Rowing Room)  
The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance posture awareness.

### 10:00 AM - YOGA FOUNDATIONS (I, II)

(50 min, Linden Studio)  
For beginners and those looking for a gentle and mindful class. Learn and practice basic yoga poses and breathing techniques. Feel your stress melt away in traditional relaxation.

### 10:00 AM - NATURE WALK\*

(90 min, Meet in Garden Hall)  
Join us on a leisurely stroll through the ever changing grounds of The Lodge at Woodloch. Use this opportunity to learn about local history as well as the resident flora and fauna.

### 10:00 AM - TRX: TOTAL BODY\* (II, III-)

(50 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

### 10:00 AM - HIIT NRG (II, III-)

(50 min, Oak Studio)  
A high-intensity workout where every move is synced to a beat, pushing you harder to give it everything you've got, and then some.

### 11:00 AM - TRX XPRESS: STRETCH\* (I, II, III-)

(30 min, CardioWeight Studio)  
Learn different ways to stretch your entire body using the TRX system.

### 11:00 AM - BARRY WHITE YOGA (I, II, III)

(50 min, Oak Studio)  
Feel energized and groovy as you learn very simple yoga inspired moves to fun music including songs by, Mr. Smooth himself, Barry White and a slew of his friends. Please wear comfortable workout clothes. No sneakers required.

### 11:00 AM - CHAKRA BOWL DEMONSTRATION (I, II, III)

(20 min, Meet in the Garden Hall)  
Learn more about how vibrational stimulation of Chakra Bowls will restore your sense of calm, peace, mental clarity, as well as physical and energetic balance.

### 11:00 AM - JOURNALING: OUTSIDE THE BOX (I, II, III)\*

(50 min, Meet in Garden Hall)  
We will bring our journals into the woods, down to the lake, or to the quiet of the labyrinth and discover a deep connection to ourselves and to the natural world as we meditate on birdsong and the breath of wind in the treetops. Instruction in the basics of journaling is provided; your journal is yours to keep and cherish.

### 11:00 AM - WEARABLE INTENTION BRACELET(\$)\*

(120 min, Art Studio)  
Create an intention and meaningful vision board of what you are striving to be, then seal it with a My Intent word bracelet. Live it, breathe it, and remind yourself of how precious our choices are. Cost is \$20 per person.

### 11:00 AM - COOKING DEMONSTRATION\* (50 min, Chef's Kitchen)

Learn new cooking techniques, healthy and surprising ingredient alternatives and elegant presentations. Saturday's demonstration will feature Rosemary Poached Chicken Salad with Toasted Garlic Vinaigrette and Grilled Belgian Endive.

### 11:30 AM - LUNCH IN TREE

(11:30am-2:00pm, Tree Restaurant)

### 11:30 AM - AQUA CHI (I, II, III)

(45 min, Aqua Garden)  
A gentle class that is done in the water and is for everybody. A mix of flowing yoga, with Tai Chi blended in. Linking breath with slow movements to increase balance, strength, and flexibility as well as lung capacity.



\*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8pm the previous day. For Cooking Demo and Wine Tasting, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.

Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. - - no physical restrictions.s.

## AFTERNOON

### 12:00 PM - FLOW AND GLOW YOGA: UNDERSEA ADVENTURE (I, II, III)

(50 min, Linden Studio)  
How does doing a fun yoga flow with glow sticks sound? We will explore a symbolic undersea adventure through music, movement, and creative expression as we do a yoga flow using glow sticks to guide our way through a semi-dark yoga room that has become an ocean floor. Come have fun and explore movement in a unique, creative way that will leave you smiling and refreshed. No real water is involved.

### 12:00 PM - THE ZONE - FULL BODY\* (II, III-)

(50 min, Cardio Weight Studio)  
An instructor guides you through an intense interval workout on our Precor cardio machines, along with strength-training segments. Sneakers are required.  
\*\*This class offers guests a chance to wear the NEW "MYZONE" Heart Rate Monitoring System.

### 1:00 PM - COMPASSION MEDITATION (I, II, III)

(50 min, Willow Studio)  
Be guided through a Zen Buddhist style compassion meditation (inspired by the teachings of Thich Nhat Hahn) and dharma talk focusing on cultivating compassion and gratitude for all the beautiful things already present in our lives.

### 1:00 PM - BLISSED OUT: GONG BATH (I, II, III)

(50 min, Linden Studio)  
Treat yourself to restorative yoga which prioritizes stillness and support. Pair that with a gong immersion to release tension, nourish the nervous system and quiet the mind! Bring your whole body into a deeply relaxed state!

### 1:00 PM - NORDIC WALKING\*

(50 min, Meet in Garden Hall)  
Nordic walking is a total body version of walking using poles similar to ski poles. It's an energizing and fast paced power walk on and off pavement. Participants must wear walking/running shoes.

### 2:00 PM - CHAIR YOGA (I)

(50 min, Willow Studio)  
Chair Yoga is a gentle class that uses modified yoga poses so that they can be done while seated in a chair, or standing and using the chair for support.

### 2:00 PM - THE BARRE (I, II, III)

(50 min, Oak Studio)  
Experience a low-impact class that is a fusion of Pilates, yoga, and ballet-inspired moves for beautiful, sculpted, lean muscles. The exercises use the ballet barre and your body weight to challenge core stability and balance.

### 2:00 PM - HAPPY HIPS YOGA (I, II, III)

(50 min, Linden Studio)  
Do you often have tight hips no matter how much you try to stretch them or work out? Stress and tension are often held in the hips, and it takes some deep, intentional work with them to help them find more relaxation. This hip-centric yoga class will offer yoga poses that strengthen, stretch, and restore key areas of your hips while empowering you to understand your hips in deeper ways. This class will be half work out, half chill out. Not recommended for anyone with serious hip injuries or issues.

### 2:00 PM - TRX FOR BEGINNERS\* (I)

(50 min, CardioWeight Studio)  
This class is for the unexperienced individuals who have never tried TRX. Learn all about the TRX program and try a little bit of everything.

### 2:00 PM - NATUREPIX 101\*

(90 min, Owl's Nest)  
Expand your horizons with smartphone photography. Learn the best kept secrets to getting the most out of your cell phone pictures. Join our Outdoor Adventure Guides as you practice your photo taking skills on The Lodge's beautiful grounds. Let's get snap happy!

### 2:00 PM - PAPER MARBLING\*

(60 min, Art Studio)  
No experience or artistic talent necessary. Come have fun with inks, water and paper to create an original piece of art or stationery.

### 2:00 PM - ACORN TO OAK - NATURAL LAWS OF PERSONAL GROWTH\*

(90 min, Meet in Garden Hall)  
Acorn to OAK is a walking workshop that will help you uncover the natural laws of growth so you have the best chance of becoming the person you were created to be. This month's workshop will look at the role of intention and the environment we develop to facilitate growth.

### 3:00 PM - SHADOW BOXING (I, II, III)

(50 min, Linden Studio)  
A unique full-body workout that bridges the gap between boxing and fitness.

### 3:00 PM - BREATHING 101 FOR STRESS MANAGEMENT (I)

(50 min, Willow Studio)  
In this class, you will be given a brief 15-minute talk about the nervous system and how breathing affects your stress management, and then you will walk through yoga breathing techniques that you can use every day to calm yourself down in a variety of stressful settings. You will leave feeling more equipped to understand your body, your breath, and how to manage stress.

### 3:00 PM - TBC (I,II,III-)

(50 min, Oak Studio)  
Total body conditioning - pure weight training using everything but the kitchen sink.

### 3:00 PM - WINE & CHOCOLATE PAIRING (\$)\*

(50 min, Tree Dining Room)  
Join our sommelier for an in depth look into the various characteristics of wine varietals from around the world and learn how they pair tastefully with delicious chocolates. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$30.00 per person.

### 3:00 PM - ARCHERY RANGE OPEN

(120 min, Archery Range)

### 3:30 PM - GNOME ROAM\*

(90 min, Meet in Garden Hall)  
Get outside and have some fun with an Outdoor Adventure Guide. We will wander around our beautiful 500 acres searching for The Lodge At Woodloch Gnomes. This activity is based on the tradition of geocaching. We will use handheld GPS units to assist us in locating our forest neighbors. Bring your camera for some fun photos with you and the Gnomes.

### 4:00 PM - THE CYCLE ZONE\* (I, II, III)

(50 min, Spinning Studio)  
Transform your indoor cycling program using the MyZone heart rate monitors. Feel the power as you climb the mountains or sprint to the finish line.

### 4:00 PM - JUMP FOR JOY (I, II, III)

(30 min, Oak Studio)  
A low-impact mini-trampoline cardio class; 30 minutes of invigorating fun! Must have balance.

### 4:00 PM - JUICY JOINTS: YOGA THERAPY TO REFRESH THE JOINTS (I, II, III)

(50 min, Linden Studio)  
While we tend to focus on strengthening and stretching muscles, we rarely think about taking care of the joints. Most exercise programs are hard on the joints and can wear them out over time, taking the smooth, juicy quality away from the cartilage surrounding joints and causing arthritis and other issues longterm—so taking time to work with the joints can be vital. But joints need specific movements and care to enable them to stay mobile and healthy for longevity. Using a gentle yoga therapy technique, we will focus on juicing all of the joints of the body. You may be surprised at how great this makes you feel afterwards!

### 4:00 PM - Q&A WITH THE FARMERS

(50 min, Blackmore Garden)  
Come sit down with our farmers for an open ended discussion on all things agriculture. Topics may include organic vs conventional growing, CSAs, good and bad bugs, or anything else you're interested in. We're always ready and able to help you plan your own garden. Bring your Q's 'cause we've got the A's!

### 4:30 PM - ALL ABOUT ABS (II, III-)

(25 min, Oak Studio)  
Just abs. No butts about it. Must be able to get up and down off of the floor without assistance.

### 5:00 PM - CANDLELIGHT RESTORATIVE YOGA (I, II, III)

(50 min, Linden Studio)  
Are you frazzled, stressed, depressed, or just plain tired? Restorative Yoga is for you. It's a form of yoga that helps you learn to calm your nervous system down so that you can fully relax and come into a place of stillness, peace, and rest. Using props for each pose in the light of a myriad of candles, you will melt into a state of tranquility. Restorative Yoga is also the perfect practice of yoga for the active, fit person who needs to reclaim balance in their bodies so that they don't overly stress their nervous system with higher intensity fitness.

## EVENING

### 5:30 PM - DINNER IN TREE

(5:30pm-8:30pm, Tree Restaurant)  
Reservations Required

### 7:00 PM - EVENING KAYAKING\*

(60 min, Lily Pad)  
End your day with a relaxing, guided exploration of the lake and wetlands as the lilies close and the fish seek out the evening hatch.

### 8:00 PM - WATERCOLOR PAINTING\*

(120 min, Art Studio)

### 8:30 PM - SPRING INTO SUMMER WITH ESSENTIAL OILS

(60 min, Fireside Room)  
Jill Gropper will be teaching all about the health and wellness benefits of using and diffusing essential oils. Be prepared to relax and breathe while Jill facilitates a wonderful beginner Aromatic Meditation.

### 9:00 PM - EVENING ENTERTAINMENT

(Woodloch Pines)  
Live Music & Broadway-Style Theme Show "Welcome to the 90's". Please sign up with the Hostess for shuttle service to the shows.

*EVENING ACTIVITIES ARE ALSO AVAILABLE AT OUR SISTER PROPERTY, WOODLOCH PINES RESORT. PLEASE CHECK WITH OUR FRONT DESK FOR MORE INFORMATION.*



\*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8pm the previous day. For Cooking Demo and Wine Tasting, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.

Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. - - no physical restrictions.

## MORNING

### 5:00 AM - SUNRISE PHOTO WALK\*

(90 min, Meet in Garden Hall)

Explore the outstanding beauty of our grounds at a time often referred to by photographers as the "golden hour." No sunrise is the same and each one offers its own magical experience. Remember to bring your camera or cellphone!

### 6:30 AM - FITNESS WALK (I, II, III-)

(80 min, Meet in Garden Hall)

Greet the day with an invigorating 3 mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required.

### 7:00 AM - BREAKFAST IN TREE

(7am-10:00am, Tree Restaurant)

### 8:00 AM - DISCOVERY KAYAKING\*

(50 min, Lily Pad)

Enjoy a leisurely paddle around our lake as the morning mist lifts and the wildlife welcomes a new day. A guide will be with you to offer insight and interesting facts about this truly unique eco-system and its inhabitants. Let the calming sounds of the water and the strokes of the paddle set your pace for the rest of the day.

### 8:00 AM - INTRO TO FLY FISHING\*

(110 min, Owl's Nest)

Join our staff fly fishing guide for an introduction to the world of fly fishing and all of its gadgets and accessories.

### 8:00 AM - SILK SCARF PAINTING (\$)\*

(120 min, Art Studio)

Brush paint freely onto a silk scarf to create a beautiful one of a kind wearable piece of art. No experience necessary. Cost is \$10 per person.

### 8:00 AM - SPLASH DANCE\* (I, II, III)

(30 min, Aqua Garden)

No experience or high heels needed in this fun Hydridorider Aquatic Pole Dancing Class. Build strength and stamina while learning simple dance moves to music that will make you giggle. Yes, we actually use poles in the water.

### 8:00 AM - STRETCH & TONE (I,II,III)

(50 min, Linden Studio)

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.

### 8:30 AM - GRACIOUS INTENTIONS: FRESH START ON A NEW DAY (I, II, III)

(15 min, Lotus Labyrinth)

We invite you to join us every morning for Gracious Intentions at the Lotus Labyrinth: It is a simple, wonderful way to prepare yourself for a peaceful, stress free day here at The Lodge. You will be given an intention card, where you will write your intention. Walk the labyrinth while holding your card and focus on your intention. Keep your card for reflection during your stay.

### 9:00 AM - SPINNING (II, III-)

(50 min, Spinning Studio)

### 9:00 AM - TUSTEN MOUNTAIN HIKE\*

(180 min, Meet in Garden Hall)

This 3 mile hike offers challenging uphill terrain and traverses rocky outcroppings to a vista overlooking the Upper Delaware River. The landscape includes abandoned bluestone quarries and glacial erratics. Bald Eagle sightings near the river are not uncommon year round. *Total Travel Time: 60 min., Hiking Time: 2 Hours.*

### 9:00 AM - HATHA YOGA (I, II-)

(50 min, Linden Studio)

Remove the stress brought on by daily living by concentrating on the practice of postures and breath control. These help energize both the body and mind, while increasing muscle strength and improving flexibility.

### 9:00 AM - H2 WHOA (I,II,III)

(45 min, Aqua Garden)

Are you a Barrista? Join us for this Barre inspired aqua class that straight up ROCKS!

### 10:00 AM - TOWER POWER\* (I, II, III-)

(50 min, Rowing Room)

The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance posture awareness.

### 10:00 AM - PUMP (II, III-)

(50 min, Oak Studio)

The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with high-rep, dynamic weight work! Sneakers are required.

### 10:00 AM - ROOT AND GROUND (I, II, III)

(50 min, Linden Studio)

What does it really mean to be grounded, rooted, and stable? In our modern day stressful, chaotic, busy lives, this concept can often feel hard to grasp or elude us entirely. Through hatha yoga poses, restorative yoga, and a guided meditation, this class will explore the concept of being more rooted and grounded in your life for more peace, clarity, and stability.

### 10:00 AM - THE ZONE - LEGS\* (II, III-)

(50 min, Cardio Weight Studio)

An instructor guides you through an intense interval workout on our Precor cardio machines, along with strength-training segments. Sneakers are required.

\*\*This class offers guests a chance to wear the NEW "MYZONE" Heart Rate Monitoring System.

### 10:30 AM - BASICS OF MOUNTAIN BIKING\*

(90 min, Meet in Garden Hall)

Embark on a forest adventure! This trail ride, exploring our winding woodland trails and old logger paths, offers a moderate challenge. Mileage varies depending on trails used and desire of the group, but generally averages 3 miles.

### 11:00 AM - PASTELS\*

(120 min, Art Studio)

### 11:00 AM - APPALACHIAN TRAIL Q&A\*

(50 min, Owl's Nest)

The Appalachian Trail stretches 2175 miles from Georgia to Maine and takes 6 months to hike, and we are lucky enough to have our own resident expert! Our Certified Herbalist Heather has hiked the AT from beginning to end, and is eager to answer any questions you may have and share tales of her journey!

### 11:00 AM - JOURNALING WITH THE KLESHAS\* (II, III)

(50 min, Willow Studio)

According to yoga tradition, The Kleshas are the root causes of suffering and add countless stress to our lives. Come take this class as we delve into the concepts behind the five kleshas, as well as do some meditation and journaling to start thinking through how these concepts could be adding more stress and suffering to your own life.

### 11:00 AM - PILATES MAT (I, II, III-)

(50 min, Linden Studio)

### 11:00 AM - Z BOX (II, III)

(50 min, Oak Studio)

Experience the difference. Z, short for ZEN, blends the hippest dance moves from yesterday and today mixed with basic boxing moves. You will complete Z-Box's total body workout with a host of resistance training, incredible abs and end with ZEN (Zone+Envision+Nature), a relaxation experience. You will feel exhilarated.

### 11:00 AM - SHOCKWAVE\* (II, III-)

(50 min, Rowing Room)

Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

### 11:30 AM - LUNCH IN TREE

(11:30am-2:00pm, Tree Restaurant)



\*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8pm the previous day. For Cooking Demo and Wine Tasting, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.

Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. - - no physical restrictions.s.

## AFTERNOON

### 12:00 PM - LUNCH HOUR YOGA FLOW (II, III)

(50 min, Willow Studio)  
Inspire and challenge yourself with an invigorating mid-day Vinyasa yoga practice that will leave you ready for a delicious lunch at TREE Restaurant. Taught in the style of Integrative Vinyasa(TM)—a unique type of yoga that will incorporate intentionality in breath, movement, poses, and music into a cohesive class that will leave you feeling empowered. Come refine your practice or try out Vinyasa in a warm, friendly environment!

### 12:00 PM - INSANITY (II, III-)

(50 min, Linden Studio)  
The Insanity program is based on the "max interval training" method. It's a total body workout that requires no gym, no equipment.....just you!

### 12:00 PM - POUND (II, III-)

(30 min, Oak Studio)  
POUND® is the world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

### 1:00 PM - POWER NAPPING (I, II, III)

(50 min, Linden Studio)  
Fall into that blissful state between dreaming and wakefulness with a guided meditation focusing on bringing the awareness to "Alert theta brainwaves." This is the closest you will feel to REM sleep without needing to actually hit the hay.

### 1:00 PM - POWER WALK (I, II, III)

(50 min, Meet in Garden Hall)  
Enjoy a vigorous 3 mile power walk on our scenic nature trail, which winds through the woods around The Lodge.

### 1:00 PM - BEGIN TO SPIN (I)

(30 min, Spinning Studio)  
Learn bike set-up, proper body alignment and indoor cycling terminology. A perfect ride for someone just starting or for the person who needs a quick review.

### 1:00 PM - WILD MEDICINAL TEA\*

(90 min, Meet in Garden Hall)  
Have you ever tried Pine Needle Tea? Join Heather, our Certified Herbalist, in brewing up a medicinal tea using wild plants harvested from the forests and meadows of Woodloch. Class will begin with a short walk to where we will meet the medicinal plant(s) in its natural habitat.

### 2:00 PM - YOU KNEAD THIS (I, II, III)

(50 min, Oak Studio)  
Learn to use therapeutic balls to achieve a self deep-tissue massage. Target specific muscles and connective tissue to relax and lengthen your muscles and fascia.

### 2:00 PM - TRX: TOTAL BODY\* (II, III-)

(50 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

### 2:00 PM - YIN AND FOAM ROLLER (I, II, III)

(50 min, Linden Studio)  
This class fuses Yin Yoga and Foam Rollers to feature slow sustained postures to access fascia and find release. Encourages purposeful and supported stress to joints and muscles to attain release to connective tissues and deep musculature (think deep tissue massage).

### 2:00 PM - CHAKRA YOGA (I, II, III)

(50 min, Willow Studio)  
Use yoga asanas to stimulate and balance your energy centers for physical, spiritual and mental wellness.

### 2:00 PM - THE MAGIC OF BEADS (\$)\*

(120 min, Art Studio)  
Come design a beautiful bracelet and learn the meaning behind the beads you've chosen for your creation. Basic fundamentals and design techniques will be shared. Cost is \$20 per person.

### 2:00 PM - ORCHARD TOUR

(50 min, Blackmore Garden)  
Join the orchardist for a tour of our 2-acre orchard. We will discuss the dynamics of a diverse orchard ecosystem, highlighting soil biology, companion planting, beneficial insects, and proper fruit and berry plant management. Please dress appropriately for the weather, including mud!

### 2:30 PM - PRIMITIVE FIRE MAKING\*

(90 min, Lily Pad)  
Test your determination and patience learning how to make fire. With traditional fire starting tools take home this skill and impress anyone by creating fire using primitive methods.

### 3:00 PM - NOT GOOD ENOUGH

(60 min, Fireside Room East)  
Why is it that you feel you're "not good enough" and that you'll never measure up? What is that emptiness, longing, void-feeling inside of you? And why, despite your best efforts, does your greater success and happiness seem to allude you? In truth, there's nothing wrong with you and you're closer than you think to your greater success and happiness. Join us for a lively, insightful conversation on who "not good enough" really is and how to the end this head game.

### 3:00 PM - KETTLEBELL BOOT CAMP (II, III-)

(50 min, Oak Studio)  
Boot camp training has swept the nation! In an action packed aerobic circuit, feel the burn using kettlebells. A quick paced, highly motivating workout that builds muscle and increases stamina.

### 3:00 PM - THE ZONE - ARMS & CORE\* (II, III-)

(50 min, Cardio Weight Studio)  
An instructor guides you through an intense interval workout on our Precor cardio machines, along with strength-training segments. Sneakers are required.  
\*\*This class offers guests a chance to wear the NEW "MYZONE" Heart Rate Monitoring System.

### 3:00 PM - THE GREAT WALL OF YOGA\* (I, II, III-)

(50 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

### 3:00 PM - COOKING DEMONSTRATION\*

(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising ingredient alternatives and elegant presentations. Sunday's demonstration will feature Plum Upside Down Cake with Candied Ginger Cream and Raspberry Coulis.

### 3:00 PM - ARCHERY RANGE OPEN

(120 min, Archery Range)

### 4:00 PM - LEG DAY (I, II, III-)

(50 min, Oak Studio)  
Firm up your assets by training the glutes, thighs, calves, and core. Focus your workout on the lower body and feel the results. Sneakers are required.

### 4:00 PM - A TASTE OF KOMBUCHA

(50 min, Fireside Room West)  
Intrigued at the idea of Kombucha, but not quite sure where to start? In this introductory class, we will dive into the origin of kombucha, the myriad of health benefits it offers, and how you can start making your own at home!

### 4:00 PM - BOTANICAL HIKE\*

(120 min, Meet in Garden Hall)  
Take a hike with Heather, our resident Certified Herbalist, on a nearby trail to meet the plants up close and personal. While immersed in the beauty of the woods, learn helpful hints for identifying these plants and simple methods for using them yourself.

### 4:00 PM - VINYASA FLOW (II, III-)

(50 min, Linden Studio)  
A flowing, dynamic form of yoga, linking smooth body movements with breath. Challenging postures will be used to help build endurance, flexibility, and strength. Prior yoga experience recommended.

### 4:00 PM - INDO-ROW\* (I, II, III-)

(50 min, Rowing Room)  
The unique format of Indo-Row captures all the elements of competitive, on-water rowing, creating a class that is fast-paced and engaging from the first minute. From "Skills and Drills" to "Waves and Recoveries," and the final build up to a friendly but competitive "Race," Indo-Row quickly converts first-timers to devoted team members.

### 5:00 PM - GAZING MEDITATION (TRATAKA) (I, II, III)

(50 min, Willow Studio)  
Participants are taught a gazing technique to help improve concentration so deeper meditation can be achieved during practice.

## EVENING

### 5:30 PM - DINNER IN TREE

(5:30pm-8:30pm, Tree Restaurant)  
Reservations Required

### 8:00 PM - INTRO TO DRAWING\*

(120 min, Art Studio)

### 8:00 PM - S'MORES & MORE

(120 min, Owl's Nest)  
Join us at the Owl's Nest for s'mores, a cozy campfire and classic outdoor games. You can try your hand out at checkers, cornhole, jumbo Jenga, Yahtzee, and Connect Four. In case of inclement weather the games will be brought inside Owl's Nest.

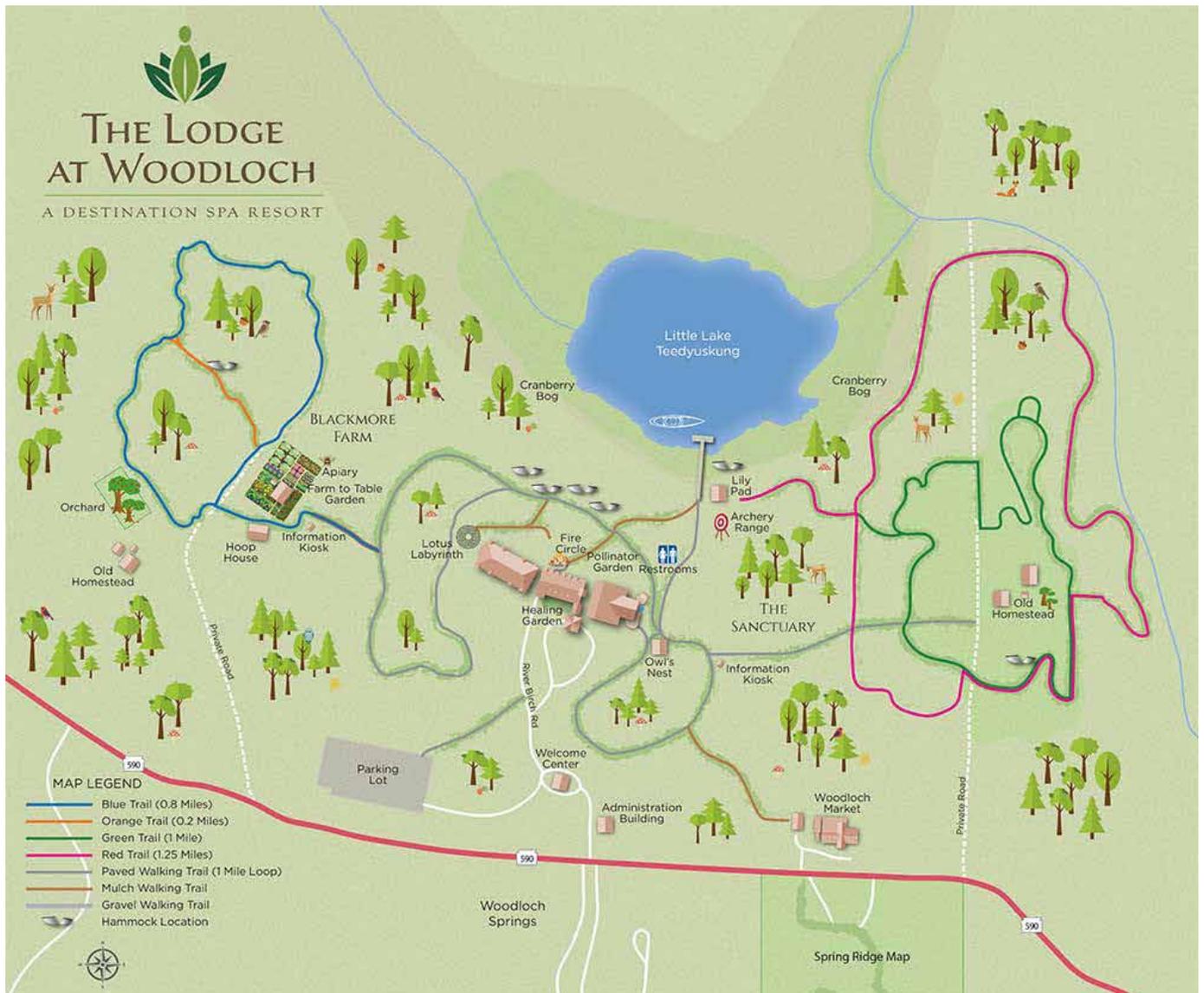
### 8:30 PM - MOVIE NIGHT

(124 min, Garden View Room)  
Join us for a viewing of Joy. After 10 years of trying to mass-market the revolutionary floor mop she had invented, housewife Joy Mangano strikes gold with a personal pitch on QVC that turns her Miracle Mop into an overnight marketing miracle.

### 8:30 PM - THE LIGHT OF LIFE

(50 min, Fireside Room)  
Join us for an in-depth look at LED Light Therapy - we will be discussing the science behind this modern marvel, as well as the many health benefits. Short light therapy demonstrations will be given! Private light therapy treatments are available through Spa Concierge.

*EVENING ACTIVITIES ARE ALSO AVAILABLE AT OUR SISTER PROPERTY, WOODLOCH PINES RESORT. PLEASE CHECK WITH OUR FRONT DESK FOR MORE INFORMATION.*



## Outdoor Exploration

The Lily Pad, our Outdoor Exploration Center is open from 9am - 7pm.

Biking, Kayaking, Stand-Up Paddleboating, Fishing, Geocaching, & Birding are all open activities that are available to guests at any time during Lily Pad hours. Guides are on hand to assist you with kayaks, stand-up paddleboards, fishing poles, fly rods, cruiser bikes, binoculars, & GPS devices for Open Geocaching, or to answer any questions that you may have.

S'mores are available around the fire during Lily Pad hours.