At The Lodge at Woodloch, choice is cultivated. Whether choosing a day packed with activities or simply relaxing, the options await.

**CHOOSE YOUR OWN ADVENTURE, ON YOUR TIME**
Designed for those seeking a flexible, relaxing getaway or last minute plans, our open activities allow pop-in participation at any time during their posted hours. There is no need to sign-up or plan for these ahead of time - simply pop-in on a whim!

**ARCHERY**
1pm - 5pm daily at the Archery Range

**BIKING**
9am - 7pm daily, bikes are available at Lily Pad

**BIRDING**
9am - 7pm daily, binoculars are available at Lily Pad

**DISC GOLF**
9am - 7pm daily, discs and scorecards are available at Lily Pad

**GEOCACHING**
9am - 7pm daily, GPS devices and coordinates are available at Lily Pad

**HIKING**
Our grounds have over 6 miles of trails to hike at your leisure.

**IMBIBE & VIBE**
7pm - 10pm on Thursdays, Fridays, and Sundays on the FireCircle Patio
Join us for live music & cocktail service around the FireCircle after dinner (weather permitting).

**KAYAKING**
9am - 7pm daily, kayaks are available at the Dock

**S’MORES**
9am - 7pm daily at the Lily Pad

**STAND-UP PADDLEBOARDING**
9am - 7pm daily, stand-up paddleboards are available at the Dock

Our guides are on hand to assist you with equipment and give you all of the pointers you will need, just like a scheduled group activity.
At The Lodge at Woodloch, choice is cultivated. Whether choosing a day packed with activities or simply relaxing, the options await.

**EXPLORE YOUR PASSIONS**

Our class lineup is packed to the brim with engaging, lively, and inspiring options that will stay with you long after your Lodge at Woodloch experience. We encourage you to take a path less known and push your limits for, within the challenge, you will find a deeper understanding of yourself and the world around you.

Due to social distancing requirements and smaller class sizes, all of our scheduled group classes require sign-up.

Because class size and attendance are limited, we ask that if you are no longer going to attend an activity that you have signed up for that you please speak with our Spa Concierge team prior to the scheduled activity start time. This will allow another guest that is on our waitlist the opportunity to attend.

**PLAN YOUR STAY**

For more information or to plan your stay, please contact our Spa Concierge at 800.WOODLOCH, option 2, then option 2.

Class & activity schedules are subject to change. Upon arrival, please check for the most current version of the class & activity schedule.
TUESDAY JUNE 1ST, 2021

OPEN ACTIVITIES

We invite you to participate in the following activities at your leisure during posted open times. We ask all guests to please be respectful of social distancing recommendations and heightened sanitization requirements.

Guides will be on hand to assist you with equipment or to answer any questions that you may have.

ARCHERY
Archery Range, 1pm - 5pm

BIKING
Lily Pad, 9am - 7pm

BIRDING
Lily Pad, 9am - 7pm

DISC GOLF
Lily Pad, 9am - 7pm

GEOCACHING
Lily Pad, 9am - 7pm

KAYAKING
Dock, 9am - 7pm

STAND-UP PADDLEBOARDING
Dock, 9am - 7pm

DINING

Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.

Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy on your guest room veranda, on the FireCircle Patio, or in our many outdoor picnic areas in the beautiful nature that surrounds us. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.

BREAKFAST
7am to 9:30am

LUNCH
11:30am to 2pm

DINNER
5:30pm to 8:30pm

SCHEDULED ACTIVITIES

Please sign-up for all scheduled activities with our Spa Concierge.

Due to social distancing requirements and smaller class sizes, we ask that if you are no longer going to attend a class or activity that you have signed up for, that you speak with our Spa Concierge team prior to the scheduled start time to allow another guest that is on our waitlist the opportunity to attend.

5:30 AM - SUNRISE PHOTO WALK
(75 min, Meet in Garden Hall)
Explore the outstanding beauty of our grounds at dawn. Common reference to photographers as the “golden hour.” No sunrise is the same and each one offers its own magical experience. Remember to bring your camera or cell phone for the Sunrise Photo Walk prior to 7pm on the evening prior to the walk.

6:15 AM - FITNESS WALK
(60 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.

7:30 AM - MY MORNING YOGA PRACTICE
(45 min, Fireside Room)
Start your day with this full body sequence to get you stretched and ready for an awesome day.

7:30 AM - BASICS OF BIRDING
(90 min, Meet in Garden Hall)
With binoculars and books in hand, join our guides 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.

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!

8:45 AM - VINYASA FLOW
(45 min, Fireside Room)
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.

8:45 AM - THE BARRE
(45 min, Oak Studio)
Experience a low-impact class that is a fusion of Pilates, barre, and Pilates inspired moves for beautiful, sculpted, lean muscles. The exercises use the ballet barre and your body weight to challenge core stability and balance.

8:45 AM - YIN AND FOAM ROLLER
(45 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).

8:45 AM - CIRCUIT CITY
(45 min, CardioWeight Studio)
After a heart pumping warm-up, you’ll move quickly through 8-10 stations focusing on building strength and endurance.

8:45 AM - BLISSFUL BREATH: CALM, STEADY, RESILIENT
(45 min, Willow Studio)
Be like the flower and BLOOM! Embrace this gentle yoga practice while deepening the art of your breath! Reduce stress by releasing breath, body and mind back into a state of flow bringing peace and bliss within.

9:30 AM - WEST FALLS CREEK TRAIL HIKE
(110 min, Meet in Garden Hall)
Join our guides on an easy 2 mile hike. The trail meanders through a rustic farm property, and ever-changing wetlands. For strolling through pines, ancient apple trees, and lush wild meadows.

10:00 AM - HIPPIE YOGA
(45 min, Fireside Room)
Hip opener yoga poses – great for people with tight hips.

10:00 AM - WAKE UP SUNSHINE
(45 min, Oak Studio)
Joints need specific movements and care to enable them to stay mobile and healthy for longevity. We will focus on juicing all of the joints of the body. You may be surprised at how great this makes you feel afterwards!

10:00 AM - MALA MEDITATION
(45 min, Linden Studio)
Mala beads are a wonderful tether to assist in mantra meditation as they help in escaping our busy conscious thought stream. Concludes with a group sharing.

10:00 AM - TRX: TOTAL BODY
(45 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.

10:15 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.

10:15 AM - COOKING DEMONSTRATION
(50 min, Chef’s Kitchen)
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Tuesday’s demonstration will feature Chilled Sweet Pea Soup with Basil Cream and Poached Shrimp.

10:15 AM - AQUA TONING
(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.

10:15 AM - PILOTES ON THE BALL
(45 min, Oak Studio)
Uses the exercise ball to enhance your Pilates workout by adding resistance, challenge, and variety to the matwork.

10:15 AM - HIP HOP HOORAY
(45 min, Fireside Room)
Sizzle up some heat in this full-figure workout, accented by your favorite songs, and thongs strength, balance, flexibility, and core stability simultaneously.

10:15 AM - CHAKRA YOGA
(45 min, Linden Studio)
Open, balance, and cleanse all seven chakras using simple yoga poses and visualization. You’ll leave this class feeling energized.

10:15 AM - POUND
(45 min, Fitness Tent)
POUND is the world’s first cardio jam session inspired by the infectious, energizing, and sweat dripping fun of playing the drums.

11:00 AM - COOKING DEMONSTRATION
(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.

11:00 AM - BEDS & BREAKFAST - 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.

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SCHEDULED ACTIVITIES, CONT.

12:30 PM - TRX STRETCH
(45 min, CardioWeight Studio)
Learn different ways to stretch your entire body using the TRX system.

12:30 PM - TAI CHI
(45 min, Fireside Room)
The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

12:30 PM - YOU KNEAD THIS
(45 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.

12:30 PM - AQUA TABATA
(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.

12:30 PM - KENPO CARDIO
(45 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.

1:00 PM - TAI CHI for Beginners
(45 min, Oak Studio)
This class is designed for beginners, although all levels are welcome. Emphasis is on breath work, and meditation.

1:00 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 demonstrate how to use these unique rods.

1:00 PM - ORCHARD TOUR
(50 min, Blackmore Garden)
Join one of our farmers for a tour of our 2-acre orchard. We will discuss the dynamics of a diverse orchard ecosystem, highlighting soil biology, companion planting, management for fruit trees and berries, as well as beneficial insects including our very own Honey Bees! Please dress appropriately for the weather, including mud! Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

1:45 PM - GENTLE YOGA
(45 min, Fireside Room)
Explore the basics of Ancient Yoga through postures, breath work, and meditation. Designed for beginners, although all levels are welcome.

1:45 PM - CORE FOCUS
(45 min, Oak Studio)
Join us for intense functional training to strengthen and tone the core, and help promote body awareness and better posture.

1:45 PM - POWER WALK
(45 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 at Woodloch.

1:45 PM - PUMP
(45 min, Fitnesstent)
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.

1:45 PM - LUNCHTIME LULLABIES
(45 min, Linden Studio)
Lay back and be serenaded by the soothing voice of singer-songwriter Veronica. She will give a guided meditation and sing songs accompanied by her ukulele that you will be certain to drift off to.

2:00 PM - WATERCOLOR PAINTING
(120 min, Art Studio)
Explore new, hidden, or forgotten talents. This two-hour watercolor painting class offers you the opportunity to express your feelings through simple brushstrokes. Discover the pure beauty of nature and our surroundings by taking time to stop and really notice the colors and textures of our Pennsylvania countryside and capture it on paper. Leave with a finished work of art and a new or renewed creative side.

3:00 PM - COOKING DEMONSTRATION
(50 min, Chef’s Kitchen)
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Tuesday’s demonstration will feature Chilled Sweet Pea Soup with Basil Cream and Poached Shrimp.

3:00 PM - BOSU
(45 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 - TBC
(45 min, Fitness Tent)
Total body conditioning – pure weight training using everything but the kitchen sink.

3:00 PM - YOGA FOR BEGINNERS
(45 min, Fireside Room)
Learn the basics you’ll need to begin exploring the wonderful world of yoga.

3:00 PM - MANTRA MEDITATION
(45 min, Linden Studio)
The word “mantra” stems from the root words “manas” meaning “mind/to think”, and “mantra” meaning “vehicle”. Mantras are used to transport our mind beyond our thoughts and manifest specific attributes into our consciousness. Mantras can be sung, chanted, whispered, or internally spoken. Find your mantra and method in this class!

3:00 PM - SPLASH DANCE
(45 min, Aqua Garden)
No experience or high heels needed in this fun Hydronder 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.

3:00 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.

4:15 PM - TRX: CORE
(45 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.

4:15 PM - HATHA ENERGY MEDICINE YOGA
(45 min, Fireside Room)
Awaken your subtle energy with simple hatha yoga poses that balance and heal the physical, emotional and spiritual body. You’ll leave this class feeling your best with increased vitality, unwavering energy and a boost to your immune system.

4:15 PM - YOGA + POETRY
(45 min, Linden Studio)
Tune into your creative self during this interactive class. Experience the wisdom of authors including Rumi and Kahil Gibran as we take our stille, introspective poses. Discover how to draw inspiration from deep within yourself, and how to put it down on paper. No writing experience needed.

5:00 PM - INTRO TO DRAWING
(120 min, Art Studio)
Awaken your creativity with visual expression and discover your inner artist. Drawing differs from painting in that it is much more exploratory with emphasis on observation and composition. Leave inspired by your journey to self-discovery and a picture that shows off your rejuvenated artistic energy.

5:00 PM - KOMBUCHA Rediscovered
(50 min, Chakra Lounge)
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 and the myriad of health benefits it offers, including gut health and probiotics.

5:30 PM - RESTORATIVE YOGA GONG BATH
(45 min, Fireside Room)
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!

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. Ducks, blue herons, and beavers are frequently encountered as they too prepare for the night.

8:00 PM - ACRYLICS ON CANVAS
(120 min, Art Studio)
Create a beautiful Spring scene painting of an enchanting super-moon among forests and stars.

8:30 PM – THE LIGHT OF LIFE
(50 min, Chakra Lounge)
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!
OPEN ACTIVITIES

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Guides will be on hand to assist you with equipment or to answer any questions that you may have.

ARCHERY
Archery Range, 1pm - 5pm

BIKING
Lily Pad, 9am - 7pm

BIRDING
Lily Pad, 9am - 7pm

DISC GOLF
Lily Pad, 9am - 7pm

GEOCACHING
Lily Pad, 9am - 7pm

KAYAKING
Dock, 9am - 7pm

STAND-UP PADDLEBOARDING
Dock, 9am - 7pm

DINING
Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.

Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy on your guest room veranda, on the FireCircle Patio, or in our many outdoor picnic areas in the beautiful nature that surrounds us. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.

SCHEDULED ACTIVITIES

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10:00 AM - FITNESS WALK
(60 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.

10:30 AM - MY MORNING YOGA PRACTICE
(45 min, Fireside Room)
Start your day with this full body sequence to get you stretched and ready for an awesome day.

10:00 AM - LOTUS MANDALAS
(20 min, Art Studio)
Join in a relaxation based, fun, light hearted class where you will create a beautiful Lotus Style Mandala by applying easy to follow patterns and designs. Color or shade your Lotus Mandala if you so desire, and experience a level of relaxation only creativity can focus to help. No previous art experience is necessary.

11:00 AM - AQUA TABATA
(45 min, Aqua Garden)
Improve overall back health by strengthening core muscles, increasing flexibility, and enhancing breathing capacity and awareness.

10:00 AM - BREATH AND BANDHA MEDITATION
(45 min, Linden Studio)
In this practice we focus more intently on the breath and the internal yogic locks or Bandhas while entering a state of meditation. Designed to accomplish the unexpected. Take this journey of kaleidoscope-like meditation with soothing music that accompanies while manifesting an individual pattern of energy to reset and renew your liberating journey of life.

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.

9:30 AM - SPRING RIDGE HIKE
(150 min, Meet in Garden Hall)
Join our guides for an easy-moderate hike through a vibrant young Oak forest, enjoying low-bush blueberry and huckleberry plants along the way. You will traverse old logging trails and new trails gaining ground in beautiful Woodloch Springs and scenic ridges of the Lackawaxen Valley in the distance.

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 - BARRY WHITE YOGA
(45 min, Oak Studio)
Feel energized and groovy as you learn very simple yoga poses and moves to fun music including songs by, Mr. Smooth himself, Barry White and a slew of his friends. Everyone will have a comfortable workout clothes. No sneakers required.

10:00 AM - CIRCUIT CITY
(45 min, CardioWeight Studio)
After a heart pumping warm-up, you’ll move quickly through 8-10 stations focusing on building strength and endurance.

10:00 AM - 45-MINUTE STRETCH
(45 min, Fireside Room)
Enjoy a quick stretch before your afternoon begins!

10:00 AM - SWEET SERENITY: RESTORATIVE AND YIN
(45 min, Linden Studio)
This class includes the moments of calm you’ve been waiting for! Enjoy a restful practice that is all about slowing down while passively opening your body through gentle stretching. Without strain or pain we can achieve physical, mental and emotional relaxation.

10:00 AM - EDIBLE AND MEDICINAL PLANT WALK
(90 min, Meet at Art Studio)
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. Allow Heather to answer any plant questions you may have. There will be many stops along the way to meet the plants, so be sure to bring your camera and a notepad for taking notes.

10:30 AM - OUTSIDE INKS
(60 min, Meet at Art Studio)
Enjoy the fresh air as you collect a few nature nuggets from our grounds. Leaves, ferns, acorns, pinecones and more are waiting to be collected in our beautiful forest. After selecting your items you will use brilliantly colored inks to create a patterned masterpiece inspired by nature!

11:00 AM - COOKING DEMONSTRATION
(50 min, Chef’s Kitchen)
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Wednesday’s demonstration will feature Ginger Crepes Stuffed with Crab Salad with Peanut Scallion Sauce.

11:15 AM - SPLASH DANCE
(45 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.

11:15 AM - DRUMS ALIVE
(45 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.

11:15 AM - SHRED
(45 min, FireCircle Patio)
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.

11:15 AM - LET’S ROLL
(45 min, Meet of Woodloch Springs"
During this class you will roll your body weight along your own body weight. A firm foam roller, deeply massaging your muscles to help improve the way your body moves and feels.

11:15 AM - SELF DISCOVERY: FIND YOUR OWN SENSE OF SELF
(45 min, Linden Studio)
Introduce yourself to the powerful and courageous Being you are! You will leave this class feeling elegantly aligned and connected to your unique sense of Self. Together we will find your inner warrior to flow through intermediate yoga poses with ease and elegance. You will walk away with an immense amount of appreciation for your own inner strength!
12:00 PM - CHAKRA BEAD CLASS ($)
(60 min, Art Studio)
Create a personal medicine wheel and a mala bead necklace to study the seven chakras and their corresponding colors, symbols, and mantras.

1:00 PM - REFRESHING YOUR SPIRIT
(60 min, Garden View Room)
A refreshment station with herbal teas, fresh fruit, and live music.

1:45 PM - YOGA RESET
(45 min, Linden Studio)
A gentle yoga class to help you release stress and rejuvenate.

2:00 PM - OPEN AIR PAINTING
(45 min, Fireside Room)
Painting class featuring watercolor landscapes.

3:00 PM - PAPER MARBLING
(60 min, Art Studio)
Create beautiful marbled papers using ink and water.

3:30 PM -portfolio Review Class ($)
(90 min, Meet in Garden Hall)
Participants will review their portfolio and receive feedback from professionals.

4:00 PM - BREATHE & CHANGE YOUR LIFE
(45 min, Fireside Room)
Learn how to breathe deeply and clear your mind.

4:15 PM - GROOVE AND MOVE
(45 min, Fitness Tent)
Enjoy a fun dance class to get your heart rate up.

4:15 PM - OPEN AIR PAINTING
(45 min, Fitness Tent)
Painting class featuring watercolor landscapes.

4:30 PM - PAPER MARBLING
(60 min, Art Studio)
Create beautiful marbled papers using ink and water.

4:45 PM - BREATHE & CHANGE YOUR LIFE
(45 min, Fireside Room)
Learn how to breathe deeply and clear your mind.

5:00 PM - WILD MEDICINAL TEA
(60 min, Owl's Nest)
Learn to identify and make medicinal teas from wild plants.

5:30 PM - GONG CHI: THE SOUND OF SILENCE
(45 min, Fireside Room)
This gong bath will help you find inner peace and balance.

6:00 PM - GARDEN DINNER ($)
(120 min, Meet at the Hostess Stand)
Executive Chef Josh Tomson will prepare a delicious meal from the garden.

6:30 PM - EveniNging KAYAKING
(60 min, Lily Pad)
Paddle through the lake and enjoy the beauty of nature.

7:30 PM - EVENING KAYAKING
(60 min, Lily Pad)
Paddle through the lake and enjoy the beauty of nature.

8:00 PM - WATERCOLOR PAINTING
(120 min, Art Studio)
Explore new, hidden, or forgotten talents. This two-hour watercolor painting class offers a creative outlet and a way to express yourself.

9:00 PM - DANCE UNTIL DAWN ($)
(120 min, Meet in Garden Hall)
A dance party with live music and a disc jockey.

10:00 PM - DANCE UNTIL DAWN ($)
(120 min, Meet in Garden Hall)
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11:00 PM - DANCE UNTIL DAWN ($)
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GEOCACHING
Lily Pad, 9am - 7pm

KAYAKING
Dock, 9am - 7pm

STAND-UP PADDLEBOARDING
Dock, 9am - 7pm

IMBIBE & VIBE
FireCircle Patio, 7pm - 10pm
Join us for live music around the FireCircle after dinner (weather permitting). Cocktail service will be available.

DINING

Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.

Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy on your guest room veranda, on the FireCircle Patio, or in our many outdoor picnic areas in the beautiful nature that surrounds us. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.

BREAKFAST
7am to 9:30am

LUNCH
11:30am to 2pm

DINNER
5:30pm to 8:30pm

SCHEDULED ACTIVITIES

Please sign-up for all scheduled activities with our Spa Concierge.

Due to social distancing requirements and smaller class sizes, we ask that you no longer go to attend a class or activity that you have signed up for that you speak with our Spa Concierge team prior to the scheduled start time to allow another guest that is on our waitlist the opportunity to attend.

6:15 AM - FITNESS WALK
(60 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.

7:30 AM - AM STRETCH & MEDITATION
(45 min, Fireside Room)
Create space for a new day with an opening and lengthening stretch. Then set your intention with gentle and loving awareness.

7:30 AM - WAKE UP SUNSHINE
(45 min, Oak Studio)
Joints need specific movements and care to enable them to stay mobile and healthy for longevity. We will focus on juicing all of the joints of the body. You may be surprised at how great this makes you feel afterwards!

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.

8:45 AM - WALKING MEDITATION
(45 min, Fitness Tent)
Learn standing postures for grounding and centering, while practicing the art of walking peacefully along the path to mindfulness and relaxation.

8:45 AM - VINYASA FLOW
(45 min, Fireside Room)
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.

8:45 AM - CHAKRA BOWL DEMONSTRATION
(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.

8:45 AM - CIRCUIT CITY
(45 min, CardioWeight Studio)
After a heart pumping warm-up, you’ll move quickly through 8-10 stations focusing on building strength and endurance.

8:45 AM - BELLY DANCING
(45 min, Oak Studio)
Combines India’s many classical and folk dances, fused with elements of Jazz, Hip-Hop, Arabic and Latin Forms.

9:30 AM - BLACKMORE FARM HIKE
(110 min, Meet in Garden Hall)
A glacial bog, mixed wood forests, farm to table garden, and an orchard await you on this easy 2 plus mile on property hike.

9:30 AM - GNOME ROAM
(90 min, Meet in Garden Hall)
Get outside and have some fun with our guides. 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.

10:00 AM - TAI CHI
(45 min, Fireside Room)
The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

10:00 AM - PUMP
(45 min, Fitness Tent)
The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with highrep, dynamic weight work! Sneakers are required.

10:00 AM - TRX: CORE
(45 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 - PILATES MAT
(45 min, Linden Studio)

10:00 AM - TRIFECTA
(45 min, Oak Studio)
20 minutes of step aerobics, followed by 20 minutes of strength conditioning, and finish with core, balance, and flexibility training. Not recommended for those with knee or ankle issues.

11:00 AM - WATERCOLOR FLOWER STUDY
(120 min, Art Studio)
Take a step into simplicity by painting one petal at a time. Come experience a pure form of watercolor painting, by using beautiful flowers as an inspiration to guide us in painting what we see.

11:00 AM - HOLISTIC HEALING WITH FOOD
(50 min, Garden View Room)
Understanding the benefits of eating key foods that will help you naturally boost immunity, detox, and cleanse. Learn about our food system so you can make the most informed choices while you are exposed to a world of processed, chemical-laden foods. Get insight on how to support the body with diet and lifestyle improvements to get those energy pathways flowing and help clear the disease from the system. Holistic nutrition and health coach, Talia is here to answer your question and give you tips and ideas on how to improve to your nutrition, lifestyle and overall well-being. Talia is a board certified holistic health and nutrition counselor. Private consultations are also available through the Spa Concierge.
11:00 AM – TAKARA (50 min, Lilly Pad)
Join the 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.

1:00 PM – CORE FOCUS (45 min, Fitness Tent)
This functional training class will tone and strengthen your upper body while teaching you stretches to keep you flexible. This class is not recommended if you have any injuries.

1:15 PM – DREAM SHIFTING JOURNEY (45 min, Linden Studio)
The TRX Suspension Trainer leverages gravity and resistance to increase strength, balance, flexibility, and core stability simultaneously.

1:15 PM – AEROTICS USING VERTICAL ENERGY ON THE HYDRO TRAMPOLINE (45 min, Oak Studio)
Aerobics using Vertical Energy on the Hydro Trampoline.

1:45 PM – ARMS, CHEST, AND BACK (45 min, Fitness Tent)
This functional training class will tone and strengthen your upper body while teaching you stretches to keep you flexible. This class is not recommended if you have any injuries.

1:45 PM – DREAM SHIFTING JOURNEY (45 min, Linden Studio)
The TRX Suspension Trainer leverages gravity and resistance to increase strength, balance, flexibility, and core stability simultaneously.

1:45 PM – AEROTICS USING VERTICAL ENERGY ON THE HYDRO TRAMPOLINE (45 min, Oak Studio)
Aerobics using Vertical Energy on the Hydro Trampoline.

1:45 PM – FLOW FOR THE SEASONS (45 min, Fireside Room)
Yoga and Ayurveda go hand in hand. Yoga focuses on the physical and spiritual body while Ayurveda looks at how we can balance our rituals and daily practices. When we look at them both together we can find true balance. Flow for the seasons is a curated class that focuses on ways in which we can use the lessons of the season to feel healthy and balanced.

1:45 PM – TRX LOWER BODY (45 min, CardioWeight Studio)
The TRX Suspension Trainer leverages gravity and your own body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

1:45 PM – AQUA TABATA (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.

2:00 PM – ALCOHOL INKS ON PORCELAIN TILE (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.

3:00 PM – WALK THIS WAY (45 min, CardioWeight Studio)
Enjoy a low impact walking themed circuit class incorporating the treadmill and strength training.

3:00 PM – BUTTS & GUTS (45 min, Fitness Tent)
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.

3:30 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.

4:15 PM – GROOVE AND MOVE (45 min, Oak Studio)
Enjoy a low impact walking themed circuit class incorporating the treadmill and strength training.

4:15 PM – THE WIND DOWN (45 min, Fireside Room)
This is a perfect before cocktails and dinner, stretch out, chill out, wind down to your day. You will wander out of class feeling supple and relaxed.

4:30 PM – 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 $25 per person. 

7:00 PM – EVENING KAYAKING (60 min, Lilly 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. Ducks, blue herons, and beavers are frequently encountered as they too prepare for the night.

8:00 PM – INTRO TO DRAWING (20 min, Art Studio)
Awaken your creativity with visual expression and discover your inner artist. Drawing differs from painting in that it is much more exploratory with emphasis on observation and composition. Leave inspired by your journey to self-discovery and a picture that shows off your rejuvenated artistic energy.
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ARCHERY
Archery Range, 1pm - 5pm

BIKING
Lily Pad, 9am - 7pm

BIRDING
Lily Pad, 9am - 7pm

DISC GOLF
Lily Pad, 9am - 7pm

GEOCACHING
Lily Pad, 9am - 7pm

KAYAKING
Dock, 9am - 7pm

STAND-UP PADDLEBOARDING
Dock, 9am - 7pm

IMBIBE & VIBE
FireCircle Patio, 7pm - 10pm

Join us for live music around the FireCircle after dinner (weather permitting). Cocktail service will be available.

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7:30 AM - AM STRETCH & MEDITATION
(45 min, Fireside Room)
Create space for a new day with an opening and lengthening stretch. Then set your intention with gentle and loving awareness.

8:45 AM - MINDFUL INTERMEDIATE VINYASA YOGA
(45 min, Fireside Room)
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 sequence. Participants will gain a deeper understanding of vinyasa practice as well as clarity and inner quiet. Recommended for those with a regular yoga practice.

8:45 AM - KENPO CARDIO
(40 min, Art 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.

8:45 AM - SANKALPA SETTING
(45 min, Willow Studio)
A Sankalpa is a resolve with a heartfelt desire. Bring those desires to fruition by setting your Sankalpa. Explore how to utilize the heart and mind to see long term transformation.

8:45 AM - TONE TO STONE
(45 min, Linden Studio)
Explore the basics of Ancient Yoga through Standing poses, breath work, and meditation. Designed for beginners, although all levels are welcome.

9:00 AM - CHAKRA BEAD CLASS ($)
(60 min, Art Studio)
Balance your chakras and lift your spirits by selecting from mala beads to create a beautiful and meaningful energy bracelet. Cost is $10 per person.

9:30 AM - WEST FALLS CREEK TRAIL HIKE
(110 min, Meet in Garden Hall)
Join our guides on an easy 2 mile hike. The trail meanders through a rustic farm property, and everchanging wetlands. Enjoy strolling through towering pines, ancient apple trees, and lush wild meadows.

10:00 AM - AQUA JOG
(45 min, Aqua Garden)
Who should try Aqua Jogging? Everyone! On or off season, New or experienced runners. Enjoy the cardio benefits and the euphoria of that runners high without the high impact of running outside. If you are 5’5” or below we can provide an aqua belt that will help you float in the pool! If you choose.

10:00 AM - GUIDED Labyrinth WALK
(45 min, Fitness Tent)
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.

10:00 AM - HANDMADE PAPERMAKING
(90 min, Owl's Nest)
Explore the world of papermaking with our Nature Guide. You will learn how to pour and press beautiful and unique handmade sheets, using a variety of recycled and natural materials.

10:00 AM - HONEY LOUNGE YOGA
(45 min, Linden Studio)
A combination of some very slow and held poses with a focus on hip openers, breath work, and an extended svanasana. We’ll finish with a brief meditation. You’ll be walking on clouds!

10:00 AM - BACK TO YOUR ROOTS
(45 min, Fireside Room)
Also called “Muladhara” (“mula” meaning “root”, “adhara” meaning “support”), the root chakra is the first chakra. When this chakra is blocked, we may experience light hips, feeling “ungrounded”, and digestive issues. Find grounding and the support system within through yoga poses, sound, and color meditation.

10:00 AM - TRX: TOTAL BODY
(45 min, Meet in Garden Hall)
The TRX Suspension Trainer leverages gravity and the user’s body weight to complete hundreds of exercises. Join in the Navy SEALS, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

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 green drink. The original LES MILLS™ weight bar class will pack more nutrients in one glass than a full plate of salad. In this demonstration, we will introduce you to combinations of nutritious and delicious ingredients. The homemade almond milk demonstration will also be included.

11:00 AM - PASTELS
(120 min, Art Studio)
Embrace velvety rich colors with magic at every stroke. Palette offers cover side and meld the worlds of painting and drawing together. Join us to discover the softer side of color expression.

11:00 AM - JOURNALING: OUTSIDE THE BOX
(50 min, Meet in Garden Hall)
We will bring our journals to the forests and meadows surrounding us 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.

11:15 AM - MALA MEDITATION
(45 min, Linden Studio)
Mala beads are a wonderful tether to assist in mantra meditation as they help in escaping our busy conscious thought stream. Concludes with a group sharing.

11:30 AM - THE CHILL ZONE
(45 min, Fireside Room)
We all want to feel less stress and more chill. The key to feeling chill is something called parasympathetic dominance. In this class you’ll learn a little more technically what’s happening in your nervous system when you feel stressed out, what’s happening when you are chilling out, and some simple techniques to get in that chill zone (parasympathetic dominance). Bonus: chill out is incredibly good for your health!

11:30 AM - THE BARRE
(45 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.

11:30 AM - POWER WALK
(45 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 at Woodloch.

11:30 AM - PUMP
(45 min, Fitness Tent)
The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with highrep, dynamic weight work! Sneakers are required.
1:45 PM - POUND
(45 min, Fitness Tent)
POUND is the world’s first cardio jam session inspired by the infectious energy of drumming, and sweat dripping fun of playing the drums.

2:00 PM - HAND-PAINTED GARDEN TOTE ($) (60 min, Art Studio)
Paint a canvas tote to proudly carry garden vegetables, groceries, toys, etc. We will be using inks and acrylics to personalize your fun recyclable tote bag that can be used for all occasions. Cost is $10 per person.

2:00 PM - HATCHET THROWING
(50 min, Hatchet Range)
Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let’s get throwing! Requires closed toe shoe.

3:00 PM - YIN AND FOAM ROLLER
(45, Linden Studio)
This class fuses Yin Yoga and Foam Rollers to feature slow sustained postures to access fascia and tissue release. Encourages purposeful and supported stress to joints and muscles to attain release to connective tissue and deep musculature (think deep tissue massage).

3:00 PM - CHI GONG
(45 min, Fireside Room)
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 Smiling, and Turning the Six Healing Sounds, activate the Chi (universal energy).

3:00 PM - W.A.V.E.
(45 min, Aqua Garden)
Water Aerobics using Vertical Energy on the Hydro Trampoline.

3:00 PM - GROOVE AND MOVE
(45 min, Fitness Tent)
Feel absolutely groovy as you dance your little heart out! This very stylin’ groove that everyone can do. This class is for EVERY BODY!

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. Eating healthy desserts will not only satisfy your cravings for something sweet, but you will be at peace with yourself. Join Talia, natural foods chef and board certified holistic nutritionist, for a fun and informative nutritious and delicious class.

3:30 PM - HATCHET THROWING
(50, Hatchet Range)
Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let’s get throwing! Requires closed toe shoe.

3:30 PM - WINE AND HERBS ($)
(50 min, Garden View Room)
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.

3:30 PM - WILDFLOWER WALK
(90 min, Meet in Garden Hall)
Join our Nature Guide as we explore the beautiful fields and fields that surround The Lodge at Woodloch seeking out the seasonal floral gifts Mother Nature provides us.

4:00 PM - HATCHET THROWING
(50 min, Hatchet Range)
Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let’s get throwing! Requires closed toe shoe.

4:00 PM - FLY CASTING
(45 min, Meet in Garden Hall)
Join our guides for an introduction in fly-casting. This class will be on side of one of our lawn areas, an overview of the rod, reel, and basics of proper technique will be covered.

4:15 PM - SURRENDER
(45 min, Linden Studio)
Nurture mind and body with this gentle restorative yoga session. The poses are done on the floor with yoga bolsters and other props to relax the body into restful postures.

4:15 PM - INNER SMILE MEDITATION
(45 min, Meet in Garden Hall)
In this guided meditation, smiling energy is directed into the organs, muscles, glands, and body systems to introduce a refined quality of internal energy with the power to relax, heal, and rejuvenate. This ancient, simple and loving practice transforms stress into vitality.

4:15 PM - TRX: CORE
(45 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.

5:00 PM - KOMBUCHA REDISCOVERED
(50 min, Chakra Lounge)
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 and the myriad of health benefits it offers, including gut health and probiotics.

5:00 PM - BASICS OF CHARCOAL
(60 min, Art Studio)
Discover the unique techniques of handling and using this ancient material with a step-by-step lesson on how to draw with charcoal. Charcoal allows for a quick bold stroke and easy shading. This class is aimed at both beginners and those with drawing experience.

5:30 PM - CRYSTAL BOWL SOUND HEALING MEDITATION
(45 min, Fireside Room)
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.

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 for the evening hatch. Ducks, blue herons, and beavers are frequently encountered as they too prepare for the night.

8:00 PM - WATERCOLOR PAINTING
(120 min, Art Studio)
Express your creativity or forgotten talents. This two-hour watercolor painting class offers you the opportunity to express your feelings through simple brushstrokes. Discover the pure beauty of nature and our surroundings by taking time to stop and really marvel, as well as the many health benefits. Short light therapy demonstrations will be given!

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!

8:30 PM - I DON’T LIKE BEER – A TASTING ($)
(60 min, Fireside Room)
For many, an introduction to beer came through a pale lager, best served iced cold, or an import that had a faint aroma of skunk. That coupled with a general impression that beer can be “lower class” than, say, wine, has some people claiming that they don’t like beer. To change this misconception we will explore the flavors of beer, wine, has some people claiming that they don’t like beer. To change this misconception we will explore the flavors of beer,
OPEN ACTIVITIES

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ARCHERY
Archery Range, 1pm - 5pm

BIKING
Lily Pad, 9am - 7pm

BIRDING
Lily Pad, 9am - 7pm

DISC GOLF
Lily Pad, 9am - 7pm

GEOCACHING
Lily Pad, 9am - 7pm

KAYAKING
Dock, 9am - 7pm

STAND-UP PADDLEBOARDING
Dock, 9am - 7pm

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5:30 PM - SUNRISE PHOTO WALK (75 min, Meet in Garden Hall)
Experience 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! Please sign-up for the Sunrise Photo Walk prior to 7pm on the evening prior to the walk.

6:15 AM - SUNRISE PHOTO WALK (75 min, Meet in Garden Hall)

6:15 AM - FITNESS WALK (60 min, Meet in Garden Hall)
Greet the day with an invigorating 3 mile walk at beautiful Woodloch Valley in the distance. Woodloch Springs and scenic ridges of the Lackawaxen Valley will walk away with an immense amount of appreciation for your own inner strength!

10:00 AM - YOGA FOUNDATIONS (45 min, Fireside Room)

For beginners who are 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 - VINYASA FLOW (45 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.

10:00 AM - BARRY WHITE YOGA (45 min, Willow 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 - TRX: TOTAL BODY (45 min, Studio West)
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 - CHAKRA MEDITATION (45 min, Willow Studio)

Through chakra meditation, you can improve the balance of your key chakras and bring your health and mental attitude into a more peaceful state.

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.

11:00 AM - OPEN AIR PAINTING (120 min, Meet at Art Studio)

Become an open air painter… Take a short walk to one of our breathtaking views and paint on site with our artist in residence to guide you along the way. A great way to embrace nature and awaken the artist within!

11:00 AM - COOKING DEMONSTRATION (50 min, Chef’s Kitchen)

Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Saturday’s demonstration will feature Asparagus Goat Cheese Turnover with Celery Root Scallion Salad.

11:15 AM - RESTORATIVE YOGA GONG BATH (45 min, Fireside Room)

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!

11:15 AM - COMPRESSION MEDITATION (50 min, Linden Studio)

Join a guided meditation informed by the ancient and contemporary Buddhist teachings on mindfulness and kind body weight. Complete this simple and enjoyable exercise to connect to your moment to moment experience, to embrace self and others with non-judgmental awareness, to cultivate compassion and gratitude for the beautiful gifts already present in our lives.

11:15 AM - KETTLEBELL BOOT CAMP (45 min, Fitness Tent)

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

11:15 AM - SELF DISCOVERY: FIND YOUR OWN SENSE OF SELF (45 min, Willow Studio)

Introduce yourself to the powerful and courageous being you are! You will leave this class feeling elegantly aligned and connected to your unique sense of Self. Together we will find your inner warrior to flow through intermediate poses with ease and elegance. You will walk away with an immense amount of appreciation for your own inner strength!

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7am to 10am

LUNCH
11:30am to 2pm

DINNER
5:30pm to 8:30pm
12:30 PM - HIPPIE YOGA
(45 min, Linden Studio)
Hippie yoga poses – great for people with tight hips.

12:30 PM - BUTTS & GUTS
(45 min, Oak Studio)
This class uses 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.

12:30 PM - POWER WALK
(45 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 at Woodloch.

12:30 PM - GUIDED LABYRINTH WALK
(45 min, Fitness Tent)
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.

1:00 PM - JUICING DEMONSTRATION
(60 min, Blackmore Garden)
Join “Farmacist” Derrick Braun at the Garden Shed at Blackmore Garden for a vegetable juice du jour. Derrick will have seasonal produce right from the garden & orchard to make a one of a kind vegetable juice that is as fresh as can be.

1:45 PM - LUNCHTIME LULLABIES
(45 min, Linden Studio)
Lay back and be serenaded by the soothing voice of singer/songwriter, Veronica. She will give a guided meditation and sing songs accompanied by her ukulele that you will be certain to drift off to.

1:45 PM - AQUA TONING
(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.

1:45 PM - COUNTRY FUSION
(45 min, Oak Studio)
This is a total body workout that you will be addicted to, learning how to dance, getting an amazing workout all while having fun!

1:45 PM - LET’S ROLL
(45 min, Fireside Room)
During this class you will roll your body weight along a firm foam roller, deeply massaging your muscles to help improve the way your body moves and feels.

1:45 PM - WRITING YOUR MEMOIR: A BEGINNING
(45 min, Willow Studio)
How do you begin to tell your story? Start with a memory that makes you smile. In this class, we will have some fun, looking at the events, and experiences that made us who we are. We will provide writing materials and prompts; you’ll bring along your memories and inspiration. Be prepared to surprise yourself!

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 - HATCHET THROWING
(50 min, Hatchet Range)
Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let’s get throwing! Requires closed toed shoe.

3:00 PM - COOKING DEMONSTRATION
(50 min, Chef’s Kitchen)
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Saturday’s demonstration will feature Asparagus Goat Cheese Turnover with Celery Root Scallion Salad.

3:00 PM - HATCHET THROWING
(50 min, Hatchet Range)
Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let’s get throwing! Requires closed toed shoe.

3:00 PM - YOGA FOR A HEALTHY BACK
(45 min, Fireside Room)
Improve overall back health by strengthening core muscles, increasing flexibility, and enhancing breathing capacity and awareness.

3:00 PM - BELOW THE BELT
(45 min, Fitness Tent)
Firm up your assets and tighten your belt by training the glutes, abs and thighs. Focus your workout on the lower body and feel the results.

3:00 PM - PILATES ON THE BALL
(45 min, Oak Studio)
Uses the exercise ball to enhance your Pilates workout by adding resistance, challenge, and variety to the matwork.

3:00 PM - GROOVE AND MOVE
(45 min, Linden Studio)
Feel absolutely groovy as you dance your little heart out using very simple moves that everyone can do. This class is for EVERY BODY!

3:30 PM - WINE & CHOCOLATE PAIRING ($)
(50 min, Garden View 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.

6:00 PM - BEER PAIRING GARDEN DINNER ($)
(120 min, Blackmore Garden)
Beer expert and author John Holl joins forces with The Lodge’s own Executive Chef, Josh Tomson for a beer-pairing garden dinner experience you won’t soon forget. There is a slight up-charge for the intimate dinner experience of $80 per person which includes the beer pairing. “Dinners are weather dependent. Garden dinners include a garden tour prior to dinner, garden conditions may be muddy. Please sign-up for this activity with the Hostess.

8:00 PM - WATERCOLOR PAINTING
(120 min, Art Studio)
Explore new, hidden, or forgotten talents. This two-hour watercolor painting class offers you the opportunity to express your feelings through simple brushstrokes. Discover the pure beauty of nature and our surroundings by taking time to stop and really notice the colors and textures of our Pennsylvania countryside and capture it on paper. Leave with a finished work of art and a new or renewed creative side.
OPEN ACTIVITIES

We invite you to participate in the following activities at your leisure during posted open times. We ask all guests to please be respectful of social distancing recommendations and heightened sanitization requirements.

Guides will be on hand to assist you with equipment or to answer any questions that you may have.

ARCHERY
Archery Range, 1pm - 5pm

BIKING
Lily Pad, 9am - 7pm

BIRDING
Lily Pad, 9am - 7pm

DISC GOLF
Lily Pad, 9am - 7pm

GEOCACHING
Lily Pad, 9am - 7pm

KAYAKING
Dock, 9am - 7pm

STAND-UP PADDLEBOARDING
Dock, 9am - 7pm

IMBIBE & VIBE
FireCircle Patio, 7pm - 10pm
Join us for live music around the FireCircle after dinner (weather permitting). Cocktail service will be available.

DINING

Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.

Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy on your guest room veranda, on the FireCircle Patio, or in our many outdoor picnic areas in the beautiful nature that surrounds us. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.

SCHEDULED ACTIVITIES

Please sign-up for all scheduled activities with our Spa Concierge.

Due to social distancing requirements and smaller class sizes, we ask that if you are no longer going to attend a class or activity that you have signed up for that you speak with our Spa Concierge team prior to the scheduled start time to allow another guest that is on our waitlist the opportunity to attend.

6:15 AM - FITNESS WALK
(60 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.

7:30 AM - SOUND IMMERSION
(45 min, Fireside Room)
Everything in life causes stress in one way or another. When we begin to experience high levels of stress, our physical bodies feel the effects. Join us on an ancient meditation journey where you will be immersed in waves of sound. Reset, destress and decompress all of your worries away! No meditation experience required.

7:30 AM - STRETCH & TONE
(45 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.

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!

8:45 AM - TRX: CORE
(45 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.

8:45 AM - HATHA: THE YOGA OF HARMONY AND BALANCE
(45 min, Fireside Room)
The path of yoga is a movement toward equanimity, a holistic state of balance between body and mind, thinking and feeling. Using the traditional tools of asana (postures) and breath, we find harmony in right/left brain function, strength and flexibility, release of stress, and deep relaxation.

8:45 AM - AQUA JOG
(45 min, Aqua Garden)
Who should try Aqua Jogging? Everyone! On or off season, New or experienced runners. Enjoy the cardio benefits and the euphoria of that controlled heartbeat, tight muscles.

8:45 AM - SANKALPA SETTING
(45 min, Linden Studio)
A Sankalpa is a resolve with a heartfelt desire. Bring those desires to fruition by setting your Sankalpa. Explore how to utilize the heart and mind to see long term transformation.

8:45 AM - BOSU
(45 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.

9:30 AM - BLACKMORE FARM HIKE
(110 min, Meet in Garden Hall)
A glacial bog, mixed wood forests, farm to table gardens, and an orchard await you on this easy 2 plus mile on property hike.

9:30 AM - 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.

10:00 AM - KENPO CARDIO
(45 min, Fitness Tent)
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.

10:00 AM - PILATES MAT
(45 min, FireSide Room)

10:00 AM - AQUA TABATA
(45 min, Oak Studio)
A challenging pool workout using the Tabata technique of high-intensity cardio and alternating rest periods for a great, non-impact body workout.

10:00 AM - HEART OPENER YOGA
(45 min, Linden Studio)
Anahata, meaning “unhurt” or “unstruck” is the chakra located at the heart space. Signs of a blocked heart chakra are tight shoulders, poor circulation, and bottling up emotions. Open your heart to this gentle flow to find balance and love within.

10:00 AM - ATHLETIC STRETCH
(45 min, Oak Studio)
Listen to upbeat music and stretch without that mind/body feel. We’ll explore different techniques that strengthen and lengthen tight muscles.

10:00 AM - PLANT CONNECTIONS
(60 min, Meet in Garden Hall)
Does a walk on a wooded trail make you feel calm or a stroll through a wildflower meadow lift your spirits? That’s your senses picking up on what we our minds are sometimes slow to grasp – the beneficial volatile oils they emit into the air, their nutrient-rich greens and roots, their fragrant aromas and pleasing symmetry. Plants are medicinal powerhouses but not just because of their medicinal constituents. Simply being in their presence can have positive effects. Join our herbalist for a meditative walk through our meadows and forests and explore the powerful connection between plants and humans.

11:00 AM - LOTUS MANDALAS
(120 min, Art Studio)
Join in a relaxation based, whimsical art class where you will create a beautiful Lotus Style Mandala by applying easy to follow patterns and designs. Color or shade your Lotus Mandala if you so desire, and experience a level of relaxation only creative focus can help achieve. No previous art experience is necessary.

11:00 AM - COOKING DEMONSTRATION
(50 min, Chef’s Kitchen)
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Sunday’s demonstration will feature a “Cherry Upside Down Cake with Mint Whipped Cream and Candied Pecans.”

11:00 AM - BLACKMORE FARM HIKE
(110 min, Meet in Garden Hall)
A glacial bog, mixed wood forests, farm to table gardens, and an orchard await you on this easy 2 plus mile on property hike.

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11:00 AM - LOTUS MANDALAS
(120 min, Art Studio)
Join in a relaxation based, fun, light hearted class where you will create a beautiful Lotus Style Mandala by applying easy to follow patterns and designs. Color or shade your Lotus Mandala if you so desire, and experience a level of relaxation only creative focus can help achieve. No previous art experience is necessary.

11:00 AM - COOKING DEMONSTRATION
(50 min, Chef’s Kitchen)
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Sunday’s demonstration will feature a “Cherry Upside Down Cake with Mint Whipped Cream and Candied Pecans.”
11:15 AM - YOGA AT THE WALL
(45 min, Linden Studio)
Yoga postures using the wall to help with alignment and strength.

11:15 AM - YOU KNEAD THIS
(45 min, Fireside Room)
Learn to use the wall balls to achieve a self deep-tissue massage. Target specific muscles and connective tissue to relax and lengthen your muscles and fascia.

11:15 AM - TRIFECTA
(45 min, Oak Studio)
20 minutes of step aerobics, followed by 20 minutes of strength conditioning, and finish with core, balance, and flexibility training. Not recommended for those with knee or ankle issues.

11:15 AM - MANTRA MEDITATION
(45 min, Willow Studio)
The word “mantra” stems from the root words “manas” meaning “mind/to think”, and “tra” meaning “vehicle”. Mantras are used to transport our mind beyond our thoughts and manifest specific attributes into our consciousness. Mantras can be sung, chanted, whispered, or left spoken. Find your mantra and method in this class!

12:15 PM - HARVEST LUNCH AT BLACKMORE FARM ($)
(90 min, Meet at Blackmore Garden)
Join Farmers Derrick and Sam for an unforgettable rustic lunch experience! Derrick and Sam will select the harvest for lunch each week and then harvest, prepare, and discuss the meal right on the deck of the Garden Shed in the middle of Blackmore Garden. There is an up-charge for the intimate lunch experience of $30 per person. ‘Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

12:30 PM - TRI DOSHIC YOGA
(45 min, Fireside Room)
Get to know yourself in terms of Ayurveda. This class emphasizes moderation and explores the idea of postures that match your lifestyle.

12:30 PM - WALK THIS WAY
(45 min, CardioWeight Studio)
Enjoy a low impact walking themed circuit class incorporating the treadmill and strength training.

12:30 PM - TBC
(45 min, Fitness Tent)
Total body conditioning – pure weight training using the treadmill and strength training.

12:30 PM - BELLY DANCING
(45 min, Oak Studio)
Combines India’s many classical and folk dances, fused with elements of Jazz, Hip-Hop, Arabic and Latin Forms.

1:00 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.

1:00 PM - BOTANICAL HIKE
(120 min, Meet in Garden Hall)
Take a hike with our Certified Herbalist, on a nearby trail to meet the plants up close and personal. Many of these plants are edible and/or medicinal and can be found on your favorite trails, in your backyard, and even along urban sidewalks. Immerse yourself in the beauty of the woods, learn helpful hints for identifying these plants and simple methods for using them yourself. There will be many stops along the way, and the hike will be moderate in nature. Be sure to bring your camera and a notepad or smartphone to taking down notes.

1:45 PM - SHRED
(45 min, Fitness Tent)
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.

1:45 PM - THE BARRE
(45 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.

1:45 PM - CIRCUIT CITY
(45 min, CardioWeight Studio)
After a heart pumping warm-up, you’ll move quickly through 8-10 stations focusing on building strength and endurance.

2:00 PM - HATCHET THROWING
(50 min, Hatchet Range)
Want a woodsy challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let’s get throwing! Requires closed toed shoe.

3:00 PM - TRX: TOTAL BODY
(45 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 exercises develop strength, balance, flexibility and core stability simultaneously.

3:00 PM - YOGA FOR A HEALTHY BACK
(45 min, Fireside Room)
Yoga postures using the wall to help with alignment and strength.

3:00 PM - ARMS & CORE PLUS MORE
(45 min, Fitness Tent)
This class will guide you through exercises that incorporate the body’s muscle groups within the entire upper body from the hips on up. Sneakers are required.

3:00 PM - 4:00 PM - RESORT WINE & ART FUNDRAISER ($)
(120 min, Art Studio)
Join our飞 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, files, and also have the opportunity to cast these unique rods.

4:00 PM - HATCHET THROWING
(50 min, Hatchet Range)
Want a woodsy challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let’s get throwing! Requires closed toed shoe.

4:00 PM - HATCHET THROWING
(50 min, Hatchet Range)
Want a woodsy challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let’s get throwing! Requires closed toed shoe.

4:15 PM - EASTERN FUSION YOGA
(45 min, Linden Studio)
This class features light hearted, playful energy and stimulating movements similar to OKI DO, Chi Gong and, of course, yoga.

4:15 PM - POUND
(45 min, Fitness Tent)
POUND is the world’s first cardio jam session inspired by the infectious, energizing, and sweat dripping fun of playing the drums.

5:00 PM - PERFECTLY TWISTED GEMS ($)
(60 min, Art Studio)
Create gorgeous sterling silver wired gemstone ring! Choose from various rough cut or tumbled gemstones and learn two styles of wire-working and small hand tools to create a beautiful ring, a perfect reminder of your time at The Lodge at Woodloch. Cost is $20 per person.

5:00 PM - SEASONAL FORAGING: EDIBLE AND MEDICINAL GREENS AND FLOWERS
(60 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? Interested in health-enhancing and natural remedies? Join Herbalist, in discovering what edible and medicinal plants you may have growing near you. June is the month for abundant wild greens and beautiful flowers offering both food and medicine. Class will consist of a slideshow of easy-to-find, simple-to-use, and delicious plants that can be found from woodlands to backyard to urban sidewalk. Bring your foraging questions!

5:00 PM - KOMBUCHA REDISCOVERED
(50 min, Chakra Lounge)
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 and the myriad of health benefits it offers, including gut health and probiotics.

5:30 PM - SWEET CANDLELIGHT FLOW
(45 min, Fireside Room)
Experience a slow-moving sweet vinyasa flow centered on breathing and filled with candlelight. The music will be sweet, the flow will be slow and steady, all leading up to a restorative and balancing pose before closing.

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. Ducks, blue herons, and beavers are frequently encountered as they too prepare for the night.

8:00 PM - EXPLORE STAMPS AND PRINTMAKING ($)
(120 min, Art Studio)
Create your own stamps and prints using a traditional block printing technique. Images of birds, florals and other nature inspired elements will be provided for you to create your own one-of-a-kind stamp. Then, use your stamp to create your own pattern on a note card. Your beautiful stamp is yours to take home. Cost is $10 per person.

8:30 PM - THE LIGHT OF LIFE
(50 min, Chakra Lounge)
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!

8:30 PM - HEALTHY BITES & WINE - A TASTING ($)
(50 min, Garden View Room)
What are the benefits of pairing food & wine? Learn about what they are and why – in this class we will delve into the origin of kombucha and the myriad of health benefits it offers, including gut health and probiotics.

10:00 PM - MIDNIGHT STROLLS ($)
(90 min, Meet in Garden Hall)
Join us for a relaxing, guided night-stroll through the grounds of The Lodge at Woodloch. Cost is $20 per person.
Outdoor Exploration
The Lily Pad, our Outdoor Exploration Center is open from 9am - 7pm.

Kayaking, Stand-up Paddleboarding, Disc Golf, Biking, 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, bikes, binoculars, GPS devices, & disc golf discs and scorecards or to answer any questions that you may have.

S’mores are available around the fire during Lily Pad hours.