



YOUR GUIDE TO CLASSES & ACTIVITIES
May 20th - 26th, 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.

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.

8:30 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 - 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 - 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 - 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 - 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 - 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!

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 - 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 - 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 VINAYASA 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 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.

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



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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 svasana 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 - SHAKE IT (I, II, III)

(50 min, Oak Studio)
Move your body and work your core to fun and invigorating music. Moves may include belly dancing, latin and the lawnmower (wink, wink).

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 400 acre property to seek out and identify those 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. With the diversity of the lake, forest, and farmland right here on our property, you are sure to encounter various types of native and migratory birds and gain some memories along the way.

1:00 PM - WATERCOLOR PAINTING*

(120 min, Art Studio)

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 - FOREST BATHING*

(110 min, Meet in Garden Hall)
Join The Lodge at Woodloch's 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, mind-body awareness as well as taking note of the little miracles of the forest. Shinrin-Yoku, otherwise known as Forest Bathing was coined in Japan and growing research shows that there is a marked decrease in stress-related hormones, a decrease in heart rates and lower 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)
Winding woodland trails and old logger paths host an adventure in the forest surrounding The Lodge at Woodloch. This trail ride, led by our Outdoor Adventure team, offers a moderate challenge and is more suited to intermediate riders or novices looking to advance their skill level. Mileage varies depending on location 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, Linden 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, Fireside Room)
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

8:00 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. It also means circle and/or geometric design, and these 'mandala' designs have occurred throughout history - Christian churches, Aztecs, and even crop circles. The Mandala design has also fascinated psychologists throughout the years, linking your Mandala design to your self, ego, and personality. These Dot Mandala stones require no prior drawing or painting skills. Participants will learn to use dotting tools on rounded stones to create these stunning pieces.

8:30 PM - MOVIE NIGHT

(98 min, Garden View Room)
Join us for a viewing of *23 Blast*. In this inspiring saga based on a true story, true grit illustrates what courage and willpower can achieve as high school footballer Travis Freeman defies all odds by finding a way to continue playing for his team after being struck blind.

9:00 PM - GAME NIGHT

(60 min, Fireside 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.



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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)

8:30 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 - 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 - SHUMAN POINT HIKE*
(180 min, Meet in Garden Hall)
Explore Shuman Point Natural Area on a 3 mile loop hike along the shores of Lake Wallenpaupack. Shuman Point's trails meander through the forest and visit the lakeshore at several points, offering hikers a chance to observe beautiful lake views. The route follows mostly rolling terrain with only a few incline sections. *Travel Time: 45 min., Hiking Time: 2 hrs*

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 - 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.

9:00 AM - INTRO TO DRAWING*
(120 min, Art Studio)

10:00 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 - 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, Willow Studio)
A unique full-body workout that bridges the gap between boxing and fitness.

11:00 AM - PILATES MAT (I, II, III~)
(50 min, Linden Studio)

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 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.

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



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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 - 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.

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 - GONG BATH: SURRENDER TO SILENCE (I, II, III)

(50 min, Linden Studio)

Enjoy restorative poses while the resonance of the gong and chimes move over you and through you.

1:00 PM - WATERCOLOR PAINTING*

(120 min, Art Studio)

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.

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

(50 min, Willow Studio)

Mala beads are 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 - 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 - 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)

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 - 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 Asparagus and Goat Cheese Turnovers with Miners Lettuce & Herb Salad and Spring Onion Vinaigrette.

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, 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 - 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 re-vitalized.

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

(90 min, Meet in Garden Hall)

Potential is a wonderful word, filled with optimism. Most people have a desire to reach their potential, but struggle with "how" to do it. The answer to reaching our potential is growth. We need to be nurturing and intentional about our development. 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. Join us as we enjoy a 90-minute walk on the trails and a discussion about awakening our potential.

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.

8:00 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. Find the story in your creations, exercise your imagination, and get in touch with the artist in you. Discover the true integration of art making and practicing joy! Cost is \$10 per person.

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!

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

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

(25 min, Linden Studio)

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)
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(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.

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(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 - 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. Bring your acquired skills from your ZenDoodle class, or just your desire to learn how to create a beautiful ZenDala with this method! No previous art experience is necessary.

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 - 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.

9:00 AM - PROMPTON PARK HIKE*

(240 min, Meet in Garden Hall)
Truly engulf yourself in nature at this 2,000 acre park offering varied terrain and a place of solace. The 5 mile single track route 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 - 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)
A backpacking adventure on the Florida Trail. Join our Herbalist, aka the Botanical Hiker for a presentation about her latest long distance backpacking adventure on the Florida Trail. Here she encountered not only wondrous plants and beauty, but also gators, wild hogs, poisonous snakes, and black water swamps that went on for miles. 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 - 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 - 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.

11:30 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 - 2019 CULINARY TRENDS*

(60 min, Tree Dining Room)

Between the hours of 12 and 1, join one of our Culinary Professionals for a glimpse into the 2019 Culinary Trends.

12:00 PM - 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.

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 - 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.

1:00 PM - WATERCOLOR PAINTING*

(120 min, Art Studio)

1:30 PM - EDIBLE AND MEDICINAL PLANT WALK*

(90 min, Meet in Garden Hall)

Join Heather, our resident Naturalist, 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.

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 - 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 - FOREST BATHING*

(110 min, Blackmore Garden)

Join The Lodge at Woodloch's 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, mind-body awareness as well as taking note of the little miracles of the forest. Shinrin-Yoku, otherwise known as Forest Bathing was coined in Japan and growing research shows that there is a marked decrease in stress-related hormones, a decrease in heart rates and lower 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 150 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 - 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 Norwegian Crisp Bread with Smoked Salmon Roulade and Yogurt Whole Grain Mustard Dip.

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.

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 - HERBS FOR SPRING CLEANSING*

(50 min, Owl's Nest)

Spring is the perfect time to renew your health and the plant world is here to help! Coincidentally, many of our most cleansing plants become available mid-spring. Wild greens abound and roots are easy to dig. Join our Certified Herbalist and Naturalist, Heather, in learning how to identify these plants and the unique way in which each can work to rid the body of waste, weight, and stagnancy.

4:00 PM - RIPPED (II, III-)

(50 min, Oak Studio)

This total body, high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of R.I.P.P.E.D — Resistance, Intervals, Power, Plyometrics and Endurance.

5:00 PM - STRETCH & RELAX (I, II, III) (50 min, Linden Studio)

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

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.

8:00 PM - INTRO TO DRAWING*

(120 min, Art Studio)

8:30 PM - MOVIE NIGHT

(125 min, Garden View Room)

Join us for a viewing of *Into the Woods*. Woven from a collection of revered fairy tales and characters, this enchanting musical mash-up focuses on a childless couple who venture into the woods hoping to end a curse put on them by a vindictive witch.

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



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MORNING

5:15 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)

8:30 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 - 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 - 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 - 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.

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 - 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.

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 - 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.

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 - 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.

11:30 AM - LUNCH IN TREE

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



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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.

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 MOUNTAIN BIKING*

(90 min, Lily Pad)

Winding woodland trails and old logger paths host an adventure in the forest surrounding The Lodge at Woodloch. This trail ride, led by our Outdoor Adventure team, offers a moderate challenge and is more suited to intermediate riders or novices looking to advance their skill level. Mileage varies depending on location and desire of the group, but generally averages 3 miles.

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 - 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.

2:30 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 - ARCHERY RANGE OPEN

(120 min, Archery Range)

3:00 PM - COOKING DEMONSTRATION FEATURING JAMISON FARM*

(50 min, Chef's Kitchen)

In this demonstration we will be featuring grilled lamb, as well as discussing the variety of ways to use a leg of lamb in your home cooking!

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.

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 - W.A.V.E. (I,II,III)

(45 min, Aqua Garden)

Water Aerobics using Vertical Energy on the Hydro Trampoline.

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

7:00 PM - CHEF'S DINNER WITH JAMISON FARM (\$)*

(120 min, Chef's Kitchen)

Join Executive Chef Josh Tomson as he teams up with Sukey and John Jamison of Jamison Farms for a 4 course seasonal Spring lamb dinner, paired with wines from our Sommelier's collection. Cost is \$50 per person.

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.

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.

9:00 PM - BINGO

(60 min, Fireside Room)

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

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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)

8:30 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 - 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.

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 - 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)

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.

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.



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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.

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 - 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.

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.

1:30 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 - 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 400 acre property to seek out and identify those 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. With the diversity of the lake, forest, and farmland right here on our property, you are sure to encounter various types of native and migratory birds and gain some memories along the way.

2:00 PM - FOREST BATHING*

(110 min, Meet in Garden Hall)

Join The Lodge at Woodloch's 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, mind-body awareness as well as taking note of the little miracles of the forest. Come and enjoy the healing powers of the nature that surrounds us.

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.

2:00 PM - LET'S GET ACQUAINTED

(50 min, Fireside Room)

Whether it is your first time or your twentieth time, there is always something new at The Lodge at Woodloch. This informative session with a member of the Spa Concierge team will give you the fundamentals about The Lodge at Woodloch as well as answer any questions that you might have. The goal is to ensure that you get the most out of every moment of your stay.

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 - 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 - COOKING DEMONSTRATION*

(50 min, Chef's Kitchen)

Learn new cooking techniques, healthy and surprising ingredient alternatives and elegant presentations. Friday's demonstration will feature Chilled Sweet Pea Soup with Basil Cream and Poached Salmon.

3:00 PM - 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.

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 - 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 - OLD WORLD VS. NEW WORLD WINE TASTING (\$)*

(50 min, Tree Dining Room)

What does Old World Wine mean? Find out the differences between New World and Old World wine and how winemaking style greatly affects what you taste. 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.

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.

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.

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

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.

8:30 PM - MEDITATION FOR RACING MINDS

(60 min, Fireside Room)

We live complex lives in a complex world. It is no wonder that our racing minds join us for meditation! Learn how to meditate quickly and easily in a modern way that helps you effectively bring calm to your day, even if you have little spare time. Quickly learn an approach based on the biology of the relaxation response that will help you have more mental clarity, greater happiness, less stress, & more self-awareness. You will be guided in a gentle meditation and will take away some skills to practice on your own. The process is easier than you think!

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.

8:30 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 - 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 - 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 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*

9:00 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.

10:00 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.

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.

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: STRETCH* (I, II, III~)

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

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 Thai Curry Seafood Ragout and Red Quinoa Pilaf.

11:00 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.

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.



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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, Linden Studio)
Inspire and challenge yourself with an invigorating mid-day Vinyasa yoga practice that will leave you ready for a delicious lunch at the 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 - 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 - GONG BATH: SURRENDER TO SILENCE (I, II, III)

(50 min, Linden Studio)
Enjoy restorative poses while the resonance of the gong and chimes move over you and through you.

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 - 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.

2:00 PM - CHAIR YOGA (I)

(50 min, Linden 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, Willow 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 - ACORN TO OAK - NATURAL LAWS OF PERSONAL GROWTH*

(90 min, Meet in Garden Hall)
Potential is a wonderful word, filled with optimism. Most people have a desire to reach their potential, but struggle with "how" to do it. The answer to reaching our potential is growth. We need to be nurturing and intentional about our development. 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. Join us as we enjoy a 90-minute walk on the trails and a discussion about awakening our potential.

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!

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

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

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 150 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 - SHAKE IT (I, II, III)

(50 min, Oak Studio)
Move your body and work your core to fun and invigorating music. Moves may include belly dancing, latin and the lawnmower (wink, wink).

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 - STRENGTHEN AND RESTORE (II, III)

(50 min, Linden Studio)
Come about rejuvenating before retiring for the evening's activities with a combo yoga class of challenging Vinyasa flow, then a wind-down with Restorative Yoga? 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 and keep it ready for an amazing night's sleep despite the workout you'll receive.

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 thing 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!

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

8:00 PM - WATERCOLOR PAINTING*

(120 min, Art Studio)

8:30 PM - MEDITATION MYTHS BUSTED

(60 min, Fireside Room)
In this session, we will bust meditation myths! What if you didn't have to sit cross-legged on cushions or practice for hours each day in order for meditation to "work?" Reduce frustration by using tricks gleaned from decades of research with regular, healthy meditators from a variety of traditions. Gain confidence in your ability to meditate even if you are a beginner. Discover how meditating in short spurts with your senses can feel like an indulgence and can bring profound calm in the face of overwhelm and urgency. Unwind as you are guided through a sensory meditation and take home techniques to practice on your own.

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.

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MORNING

5:15 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 - SPLASH DANCE* (I, II, III)

(30 min, Aqua Garden)

No experience or high heels needed in this fun Hydrorider 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 - PASTELS*

(120 min, Art 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 - 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.

10:00 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.

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 - WILD MEDICINAL TEAS*

(90 min, Owl's Nest)

Have you ever tried Pine Needle Tea? Ever wonder how Birch Beer got its name? Join our resident Naturalist as we brew up a medicinal tea using wild plants harvested from the forests and meadows of the Lodge. Learn how to identify, harvest, and prepare these same plants at home as well as their myriad of uses.

11:00 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.

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

(50 min, Linden Studio)

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 - 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!

11:30 AM - LUNCH IN TREE

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



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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 the 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 - THE MAGIC OF BEADS (\$)*

(120 min, Art Studio)
Come create a beaded bracelet using spiritual beads and small adornment pieces. Basic fundamentals and design techniques will be shared. Guaranteed to enjoy! Cost is \$20 per person.

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 - BASICS OF MOUNTAIN BIKING*

(90 min, Meet in Garden Hall)
Winding woodland trails and old logger paths host an adventure in the forest surrounding The Lodge at Woodloch. This trail ride, led by our Outdoor Adventure team, offers a moderate challenge and is more suited to intermediate riders or novices looking to advance their skill level. Mileage varies depending on location and desire of the group, but generally averages 3 miles.

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 - 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 - 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!

2:00 PM - BOTANICAL HIKE*

(110 min, Meet in Garden Hall)
Take a hike with Heather, our resident naturalist and 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. While immersed 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 our path and the hike will be moderate in nature. Be sure to bring your camera and a notepad or smartphone for jotting down notes.

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).

2:30 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 - ARCHERY RANGE OPEN

(120 min, Archery Range)

3:00 PM - COOKING DEMONSTRATION WITH WILD EDIBLES*

(50 min, Chef's Kitchen)
Spring is here! As the ground begins to thaw, up comes the first edibles of the season. Join the Chef for some of our favorite recipes using wild edibles and the first greens of the season, from flavorful soups, pestos and more.

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 - 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 - 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.

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.

5:00 PM - HERBS FOR SPRING CLEANSING*

(50 min, Owl's Nest)
Spring is the perfect time to renew your health and the plant world is here to help! Coincidentally, many of our most cleansing plants become available mid-spring. Wild greens abound and roots are easy to dig. Join our Certified Herbalist and Naturalist, Heather, in learning how to identify these plants and the unique way in which each can work to rid the body of waste, weight, and stagnancy.

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.

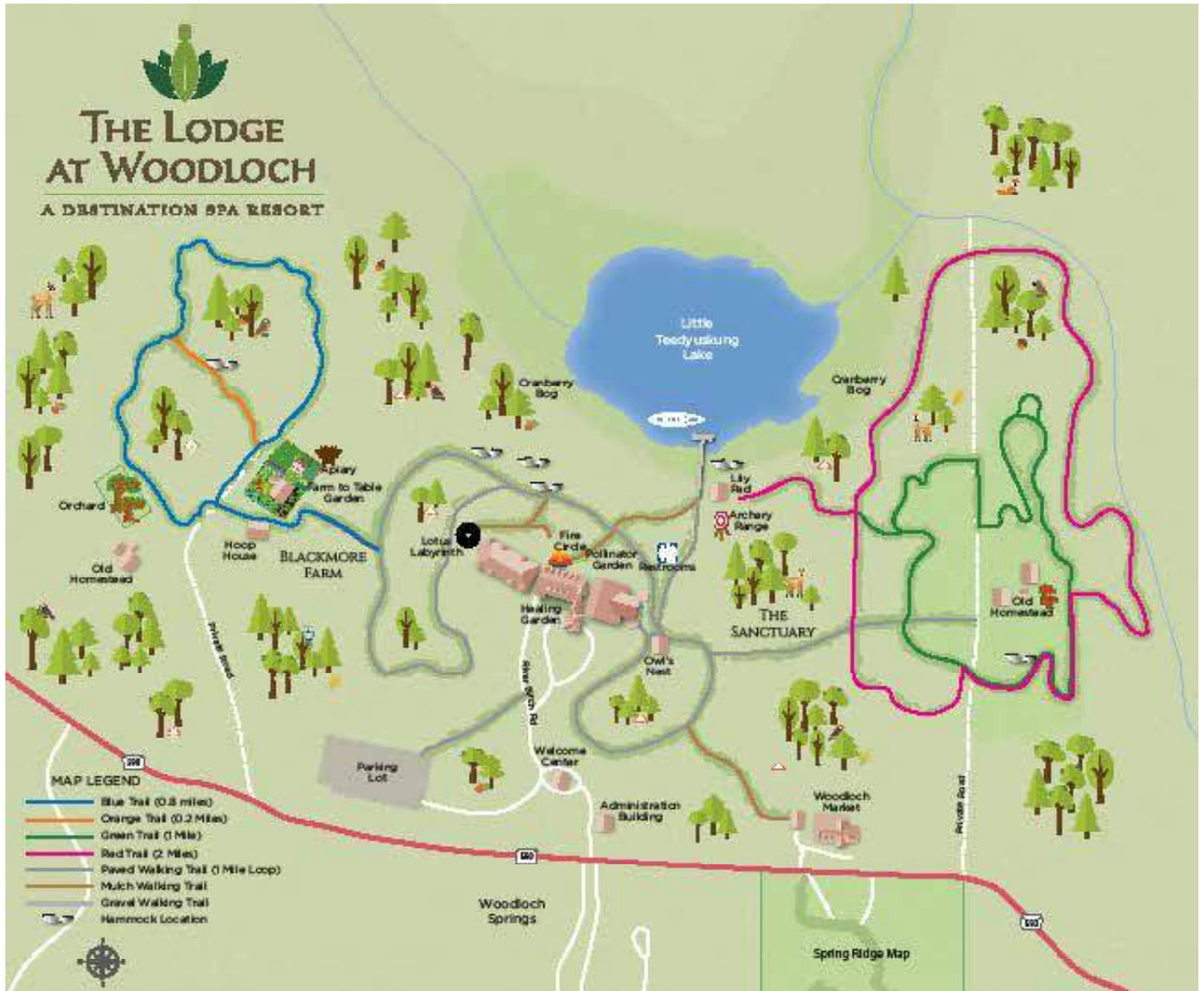
8:30 PM - MOVIE NIGHT

(115 min, Garden View Room)
Join us for a viewing of *Wild*. Undone by a broken marriage and her mother's death, Cheryl Strayed has been on a years-long reckless tear, fueled by addiction and despair. In a bid to save her life, she decides to hike the entire Pacific Crest Trail -- alone and with no experience.

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!

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 - 5pm.

Biking, Kayaking, 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, 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.