YOUR GUIDE TO CLASSES & ACTIVITIES
January 2nd - 6th, 2019
**WEDNESDAY**

**January 2nd, 2019**

*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.

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**MORNING**

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.

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 - **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.

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

10:00 AM - **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 - **RESTORATIVE FLOW WITH CHANTING** (I, II, III)
(50 min, Willow Studio)
A practice focusing on quieting the mind and body with sustained, supported postures and encouraging release and vibrational well-being. This class utilizes props to find comfort for every body and breathe work and live Sanskrit Chanting (by the instructor).

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 - **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** (I, 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 - **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)
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.

1:00 PM - HAPPY FACE CHI GONG (I, II, III) (50 min, Willow Studio)
We exercise our bodies to stay fit, but often forget that we can also exercise our facial muscles to keep our faces youthful and radiant. In this class we’ll learn a simple routine that combines acupressure with fun (and funny) facial exercises to relax and nourish our skin and eyes as we reveal the beauty and grace of a happy face.

1:00 PM - FITNESS 101 (I) (30 min, Fitness Lounge)
For all guests new to fitness or who want to learn how to use our cardio and strength machines. We also answer questions about our fitness program schedule and offer assistance in choosing classes during your stay.

1:00 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 picture settings. Join our Outdoor Adventure Guides to discuss tips, tools, and apps for your cell phone. Practice your photo taking skills on The Lodge’s beautiful grounds. Once we’re back indoors, we’ll discuss recommendations on how to upload your photos and share them with others. Let’s get snap happy!

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

2:00 PM - intro to DOSHAS (I, II, III) (50 min, Linden Studio)
Come learn the basics about doshas from the Indian medical system of Ayurveda! We will take a test to identify your particular dosha and learn how to use the dosha system to help you gain more balance in your everyday life.

2:00 PM - INNER SMILE MEDITATION (I, II, III) (50 min, Willow Studio)
In this guided meditation, smiling energy is directed into the heart, lungs, muscles, glands, and body systems to produce a refined quality of internal energy with the power to relax, heal, and rejuvenate. This ancient, simple and loving practice transforms stress into vitality.

2:00 PM - 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 – IT’S ALIVE! CULTURED FOOD AND BEVERAGES* (50 min, Fireside Room)
If it’s true that “you are what you eat”, you may want to consider eating more living foods. From kimchi and kraut to kefir and kombucha, fermented/cultured foods have been staples in the human diet since the dawn of civilization. Learn why these foods are so important for our health and digestion and how you can easily prepare them at home.

2:00 PM - FOREST BATHING* (80 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.

2:30 PM - CROSS COUNTRY SKIING* (110 min, Meet in Garden Hall)
As the blankets of white snow cover the grounds, we encourage you to join the Outdoor Adventure staff for a beginner’s course in cross-country skiing. This class is designed for anyone who would like to learn how to use cross-country skiis, focusing on the basics. This is also recommended for anyone who may need a quick refresher. Dress warm as you will be taking a glide around the property at the conclusion of the class.

3:00 PM - CHI GONG (I, II, III) (50 min, Willow Studio)
Movement and meditation are used to unite and harmonize the spirit of the five organs governed by each element. A series of exercises: Ocean Breathing, Inner Smile, and Toning the Six Healing Sounds, activates the Chi (universal energy).

3:00 PM - 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 - COOKING DEMONSTRATION* (50 min, Chef’s Kitchen)
Learn new cooking techniques, healthy and surprising ingredient alternatives and elegant presentations.

3:00 PM - WARRIOR YOGA (I, II, III–) (50 min, Linden Studio)
Access your inner warrior with this powerful, vinyasa style yoga class focusing on strength and balance.

3:30 PM - BREATHING EXERCISES* (90 min, Meet in Garden Hall)
Join our Outdoor Adventure staff for a beginner’s course in cross-country skiing. This class is designed for anyone who would like to learn how to use cross-country skiis, focusing on the basics. This is also recommended for anyone who may need a quick refresher. Dress warm as you will be taking a glide around the property at the conclusion of the class.

4:00 PM - THE GREAT WALL OF YOGA* (I, II, III–) (50 min, Linden Studio)

4:00 PM - CHAKRA MEDITATION WITH SINGING BOWLS (I, II, III) (50 min, Willow 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 - IT'S ALIVE! CULTURED FOOD AND BEVERAGES* (50 min, Willow Studio)
Learn the secrets about doshas from the Indian medical system of Ayurveda! We will take a test to identify your particular dosha and learn how to use the dosha system to help you gain more balance in your everyday life.

5:00 PM - SINGING BOWLS (I, II, III) (50 min, Linden Studio)
Movement and meditation are used to unite and harmonize the spirit of the five organs governed by each element. A series of exercises: Ocean Breathing, Inner Smile, and Toning the Six Healing Sounds, activates the Chi (universal energy).
MORNING

6:45 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.

9:00 AM - WALKING MEDITATION (I, II, III) (50 min, Willow Studio)
Learn standing postures for grounding and centering, while practicing the art of walking peacefully along the path to mindfulness and relaxation.

9:00 AM - GENTLE MORNING HATHA SLOW FLOW (I, II, III) (50 min, Oak Studio)
Start your morning in a refreshing way with a slower-paced hatha yoga flow that gets your juices rolling for the rest of the day through intentional movement, stretching, and breathing. All levels will find something to enjoy, but this class can be especially helpful for beginner yogis.

9:00 AM - BRUCE LAKE HIKE* (240 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 - TREAD & SHED (I, II, III) (45 min, Aqua Garden)
A challenging pool workout using the Tabata technique of high-intensity cardio and alternating rest periods for a great, non-impact total body workout.

9:00 AM - THE GREAT WALL OF YOGA* (I, II, III) (50 min, Linden Studio)
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

9:30 AM - 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.

10:00 AM - TAI CHI (I, II, III) (50 min, Willow Studio)
The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

10:00 AM - HAPPY HIPS YOGA (I, II, III) (50 min, Linden Studio)
Do you often have tight hips no matter how much you try to stretch them or work out? Stress and tension are often held in the hips, and it takes some deep, intentional work with them to help them find more relaxation. This hip-centric yoga class will offer yoga poses that strengthen, stretch, and restore key areas of your hips while empowering you to understand your hips in deeper ways. This class will be half work out, half chill out. Not recommended for anyone with serious hip injuries or issues.

10:00 AM - 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 - YOU ARE WHAT YOU EAT - LONGEVITY AND FOOD (50 min, Fireside Room)
Hippocrates wrote centuries ago of the direct connection between food and our health and longevity. Learn a fresh approach to healthy eating, and why such diet will have more influence in determining your longevity than your genetics. We will discuss simple ways to eat smarter in order to minimize our exposure to toxins from food and the environment.

11:00 AM - JOURNALING WITH THE KLESHAS* (II, III) (50 min, Linden 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 movement and journaling to start thinking through how these concepts could be adding more stress and suffering to your own life.

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!

11:00 AM - SUGAR – THE BITTER TRUTH (50 min, Fireside Room)
It is a well-documented fact that sugar is a contributing factor to all around poor health, not to mention weight gain. Blood sugar imbalances are most often to blame for those urges to eat something sweet. When serotonin levels drop, your brain craves a sugar high again. This presentation will discuss the effect sugar has on our body and the problems that may arise from eating too much sugar.

11:00 AM - 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* (I, 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 - HEALING SOUNDS MEDITATION (I, II, III) (50 min, Willow Studio)
In this meditation, we use soft vocal sounds to cleanse, tone and detoxify the organs. Crystal bowls then fill the room with healing vibrations to restore balance and serenity, facilitating an inner journey.

11:30 AM - LUNCH IN TREE (11:30am-2:00pm, Tree Restaurant)
12:00 PM - INSANITY (II, III~) (50 min, Oak Studio)
The Insanity program is based on the "max interval training" format. 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. 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 XPRESS: STRETCH* (I, II, III) (30 min, Cardio/Weight Studio)
Learn different ways to stretch your entire body using the TRX system.

2:00 PM - YOGA FOR BEGINNERS (I) (50 min, Linden Studio)
Learn the basics you’ll need to begin exploring the wonderful world of yoga.

2:00 PM - 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, Willow Studio)
Learn different ways to stretch your entire body using the TRX system.

1:00 PM - INTRO TO FAT TIRE BIKES* (90 min, Meet in Garden Hall)
Ridden a Fat Tire bike? Join our Outdoor Adventure team for a short (1-3 miles) ride as you learn the ins and outs of our Big John Fat Tire bikes. Snow, mud, or sand; these bikes will tackle it all.

1:00 PM - FITZONE 101 (I) (30 min, Fitness Lounge)
For all guests new to fitness or who want to learn how to use our cardio and strength machines. We also answer questions about our fitness program schedule and offer assistance in choosing classes during your stay.

1:00 PM - MEDITATION TO RUMI'S POETRY (I, II, III) (50 min, Willow Studio)
Rumi, the great 13th century mystic poet, expressed his awakened consciousness through his passionate poetry. Today he is the most widely read poet in the world. In this class we’ll learn new ways to practice meditation and connect with Rumi’s words, immersing in the beauty and blazing fire of his divine love. We’ll invite him into our hearts to inspire and connect us with each other.

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 be to REM sleep without needing to actually hit the hay.

1:00 PM - WEARABLE INTENTION BRACELET (120 min, Art Studio)
Create an intention and meaningful vision board of what you are striving to be, then seal it with a My Intent word bracelet. Live it, breathe it, and remind yourself of how precious your choices are. Cost is $20 per person.

1:30 PM - EATING WITH THE SEASONS – STAYING HEALTHY IN WINTER (40 min, Fireside Room)
Learn to eat and move to stay healthy during the fall and winter seasons. Get insight into how our choices are. Cost is $20 per person.

1:30 PM - DANCE FIT (I, II, III) (50 min, Oak Studio)
Can't Stop This Feeling? Just Dance, Dance, Dance.

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.

3:00 PM - ASANA LAB: DECONSTRUCT TO RECONSTRUCT (I, II, III-) (50 min, Willow Studio)
That pose or transition you’re always trying to get the hang of? We’re gonna break it down and put it back together! In this workshop style hour, we will get into the nuts and bolts of a few poses and/or practices. You will leave with alignment specifics and lots of details.

5:30 PM - DINNER IN TREE (50 min, Willow 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.

8:00 PM - UNCORRECTED ($) (120 min, Art Studio)
Wine and painting 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, WOODLOC PINES RESORT. PLEASE CHECK WITH OUR FRONT DESK FOR MORE INFORMATION.
FRIDAY January 4th, 2019

MORNING

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

7:00 AM - TRX XPRESS: STRETCH*
(I, II, III~)
(30 min, CardioWeight Studio)
Learn different ways to stretch your entire body using the TRX system.

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.

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 - 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 - 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 - 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 - SPINNING (II, III~)
(50 min, Spinning Studio)

10:00 AM - 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.

10:00 AM - W.A.V.E. (I,II,III)
(45 min, Aqua Garden)
Water Aerobics using Vertical Energy on the Hydro Trampoline.

10:00 AM - SHOCKWAVE* (II, III~)
(50 min, Rowing Room)
Dubbed “the most efficient total-body workout in the world.” 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 - HEALTHY SMOOTHIE DEMONSTRATION*
(50 min, Chef’s Kitchen)
One of the easiest and simplest ways to get all the nutrients your body needs is to consume a smoothie. Holistic nutritionist and plant-based chef Talia will introduce you to a few combinations of nutritious and delicious smoothies. Homemade almond milk demonstration will be included. Incorporating a smoothie into your daily diet will help transition you into a healthier lifestyle. Once you get started, you will quickly be creating your own.

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.

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 - 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.

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

11:30 AM - AQUA TONING (I, II, III)
(45 min, Aqua Garden)
Weight-training without weights. Firm your muscles with resistance aqua-equipment. Perfect for sensitive joints. A great variation to your present weight-training routines.

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

Fitness class levels: I - new to the type of class. II - some class experience. III - expert in type of class. ~ - no physical restrictions.
**January 4th, 2019 Friday**

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.

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**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 how you prepare for one of our Indo-Row or Shockwave classes.

12:30 PM - THE HEART HEALTHY DIET - FOOD AS MEDICINE (50 min, Fireside Room)
Take control of your health. What you eat can help your heart to stay happy and healthy. Learn how to prevent and possibly reverse coronary heart disease. Holistic nutritionist and health coach Talia will endolice how promoting strategies to support a healthy heart. Talia will be glad to answer any question you have on food and digestion.

1:00 PM - FOREST BATHING* (80 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 moment 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.

1:00 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 re-balancing.

1:00 PM - NATUREPIX 101* (45 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 to discuss tips, tools, and apps for your cell phone. Practice your photo taking skills on The Lodge’s beautiful grounds. Once we’re back indoors, we’ll discuss recommendations on how to upload your photos and share them with others. Let’s get snap happy!

1:00 PM - FITNESS 101 (I) (30 min, Fitness Lounge)
For all guests new to fitness or who want to learn how to use our cardio and strength machines. We also answer questions about our fitness program schedule and offer assistance in choosing classes during your stay.

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~) (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.

1:30 PM - MINDFUL EATING POST-HOLIDAY SEASON (50 min, Fireside Room)
Take a healthier approach to what you eat after this holiday season. One of the most constructive changes is to adopt a mindful eating practice. Host Talia, Willow Studio’s resident nutrition coach, will discover simple strategies for connecting with your hunger and mindful eating.

2:00 PM - CHI GONG (I, II, III) (50 min, Willow Studio)
Movement and meditation are used to unite and harmonize the spirit of the five organs governed by each element. A series of exercises: Ocean Breathing, Inner Smile, and Toning the Six Healing Sounds, activates the Chi (universal energy).

2:00 PM - MAINTAINING HOUSEPLANTS (50 min, Garden View Room)
Houseplants are not only as visually appealing addition to the interior of your home, they also purify the air by eliminating toxins and releasing oxygen. They are also said to decrease fatigue and anxiety while increasing attentiveness. Join our garden team as we discuss other benefits of houseplants while learning how to introduce and maintain these hardy working and attractive air filters in our own living space.

2:00 PM - BOSU (I, II, III~) (50 min, Oak Studio)
The BOSU is used to help improve kinesthetic awareness, strength, and joint stability. Sneakers are required. Not recommended for those with balance issues and/or knee or ankle injuries.

2:30 PM - COUNTRY SKIING* (110 min, Meet in Garden Hall)
As the blankets of white snow cover the ground, we encourage you to join The Lodge Adventure staff for a beginner’s course in cross-country skiing. This class is designed for anyone who would like to learn how to use cross-country skis, focusing on the basics. This is also reinforced by Talia so you may need a quick refresher. Dress warm as you will be taking a glide around the property at the conclusion of the class.

3:00 PM - COMPOSTING AT HOME (50 min, Garden View Room)
The EPA states that over 50% of the material found in landfills is biodegradable. Imagine the amount of soil we could create if that material were properly composted! Learn how easy it can be to compost at home in your yard or even in your home using a technique called vermiculture. Let’s turn waste into new life.

3:00 PM - TRX TABATA* (II) (50 min, CardioWeight Studio)
This class is a 3 class for anyone looking to push their fitness to the next level. Includes timed intervals of TRX and plyometrics.

3:00 PM - INNER SILENCE MEDITATION (I, II, III) (50 min, Willow Studio)
In this guided meditation, smiling energy is directed into the organs, muscles, glands, and body systems to produce a refined quality of internal energy with the power to relax, heal, and rejuvenate. This ancient, simple and loving practice transforms stress into vitality.

3:00 PM - HEALTHY DESSERTS MADE EASY* (50 min, Chef’s Kitchen)
In this class we will show you how to satisfy your sweet tooth by making easy and delicious desserts using only healthy ingredients. Eating healthy doesn’t mean that you have to sacrifice flavor or satisfy your cravings for something sweet, but you will be at peace with yourself.

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 - 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 - SURRENDER (I, II, III) (50 min, Linden Studio)
Nurture mind and body with this gentle movement class. All poses are done on the floor with yoga bolsters and other props to relax the body into restful postures.

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 the wine’s characteristics. The discussion is recommended for “experts” at all levels. Guests must be at least 21 years of age to participate. Cost is $30.00 per person.

4:00 PM - DEEP HEALING CHI GONG (I, II, III) (50 min, Willow Studio)
Using gentle movements, deep breathing, and colorful visualizations, this medical form of chi gong helps keep energy - or Chi - flowing throughout the body. This class will help restore vitality, increase energy, and impart a full sense of overall well-being.

5:00 PM - MOVE, BREATHE, & MEDITATE (I, II, III) (50 min, Linden Studio)
Calm your mind and open your heart with the practical benefits of meditation. Using body and breath, and practical instruction in basic meditation techniques you will move easily and naturally into moment to moment awareness and a spacious relaxed exploration of your true self.

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**Evening**

5:30 PM - DINNER IN TREE (5:30pm-8:30pm, Tree Restaurant)
Reservations Required

7:30 PM - NOCTURNAL WALK* (50 min, Meet in Garden Hall)
Quiet night air, stars so bright, a night song being played just for you. Join us for a walk around our lush 500 acre property to explore the world that awaits us as darkness unfolds. We’ll look for the many nocturnal wildlife that only come out after sunset. With the diversity of the lake, forest, and farmland on our property, you are sure to encounter various sounds and sights. Your journey will conclude with a cozy campfire and s’mores. A perfect ending to a relaxing day!

8:00 PM - INTRO TO DRAWING* (120 min, Art Studio)

8:30 PM - THE DIVINE DINING METHOD (60 min, Fireside Room)
Learn how to transform your eating through Mindfulness to create a Happy and Healthy Relationship with food. Participants will learn how to incorporate simple mindfulness principles through easy to understand tips and techniques.

**Evening Activities are also available at our sister property, Woodloch Pines Resort. Please check with our front desk for more information.**
MORNING

7:00 AM - BREAKFAST IN TREE
(7am-10:00am, 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 - 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.

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 - TUSTER 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 - PEN & INK DRAWING*
(120 min, Art Studio)
Learn how to create an ink illustration using traditional quill pens and ink. Discover user friendly techniques for tone and texture including subtle color washes to create a take home piece of art. Beginners welcome.

9:30 AM - 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.

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

10:00 AM - YOGA FOUNDATIONS (I, II)
(50 min, Linden Studio)
For beginners and those looking for a gentle and mindful class. Learn and practice basic yoga poses and breathing techniques. Feel your stress melt away in traditional relaxation.

10:00 AM - HIIT NRG (II, III~)
(50 min, Oak Studio)
A high-intensity workout where every move is synced to a beat, pushing you harder to give it everything you’ve got, and then some.

10:00 AM - TRX: TOTAL BODY* (II, III~)
(50 min, CardioWeight Studio)
The TRX Suspension Trainer leverages gravity and the user’s body weight to complete hundreds of exercises. Born in the Navy SEALS, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

11:00 AM - TRX XPRESS: STRETCH*
(30 min, CardioWeight Studio)
Learn different ways to stretch your entire body using the TRX system.

11:00 AM - BARRY WHITE YOGA (I, II, III)
(50 min, Oak Studio)
Feel energized and groovy as you learn very simple yoga inspired moves to fun music including songs by, Mr. Smooth himself, Barry White and a slew of his friends. Please wear comfortable workout clothes. No sneakers required.

11:00 AM – COOKING DEMONSTRATION*
(50 min, Chef’s Kitchen)
Learn new cooking techniques, healthy and surprising ingredient alternatives and elegant presentations. Saturday’s demonstration will feature Falafel with Cucumber Mint Salad & Spiced Turmeric Sauce.

11:00 AM - JOURNALING FOR SELF DISCOVERY*
(50 min, Meet in the Garden Hall)
Learn the basics of writing a journal through guided self-exploration using your own observations, thoughts and feelings. Your journal is yours to keep and cherish.

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.

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

11:30 AM - AQUA CHI (I, II, III)
(45 min, Aqua Garden)
A gentle class that is done in the water and is for everybody. A mix of flowing yoga, with Tai Chi blended in. Linking breath with slow movements to increase balance, strength, and flexibility as well as lung capacity.

*For activities marked with an asterisk, please sign up with Spa Concierge or by calling Extension 8515 - some classes have limited space and/or seating. Please sign-up for all Outdoor Activities by 8am 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.
*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 or leave class at 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.

**January 5th, 2019**

**SATURDAY**

**12:00 PM – LUNCH HOUR YOGA FLOW (II, III)**
(50 min, Linden Studio)
Get through the work or school day with an invigorating mid-day practice that will leave you ready to face the last half of the day with renewed confidence and poise. Taught in the style of Integrative Yoga—a unique type of yoga that will incorporate intentionality in breath, movement, poses, and music into a cohesive class that will inspire and challenge you.

**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 – 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 – INTRO TO FAT TIRE BIKES**
(90 min, Meet in Garden Hall)
Ridden a Fat Tire bike? Join our Outdoor Adventure team for a short (1-3 miles) ride as you learn the ins and outs of riding John Fat Tire bikes. Snow, mud, or sand these bikes will tackle it all.

**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? Soothe and invigorate 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 release areas of your hips while empowering you to understand your hips in deeper ways. This class will be half yoga and half child's pose recommended for anyone with serious hip injuries or issues.

**2:00 PM – EAGLE VIEWING**
(150 min, Meet in Garden Hall)
As we travel along our rivers and estuaries, a national treasure can be spotted. The bald eagle, our country’s emblem, takes up winter residence here, feasting on the rich food

**2:00 PM – TXR FOR BEGINNERS**
(50 min, CardioWeight Studio)
This class is for the unexperienced individuals who have never tried TXR. Learn all about the TXR program and try a little bit of everything.

**3:00 PM – PAPER MARBLING**
(60 min, Art Studio)
No experience or artistic talent necessary. Come have fun withinks, 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 you will walk through yoga breathing techniques that you can use everyday 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.

**3:30 PM – BREW & SHOE**
(90 min, Meet in Garden Hall)
Join our Outdoor Adventure staff for a beginner’s course in snowshoes while enjoying the winter forest, taking in the bare tree branches and blankets of white, snow covered grounds. This class is designed for anyone who would like to learn how to use snowshoes and focus on the basics. Your winter excursion will conclude at a warm cozy fire where you will enjoy a complementary seasonal brew. Remember to dress warmly and wear water resistant boots!

**4:00 PM – SHAKE IT (I, II, III)**
(50 min, Oak Studio)
Move your body and work your core fun to fun and invigorating music. Moves may include belly dancing, latin and the lawnmover (wink, wink).

**4:00 PM – STRENGTHEN AND RESTORE (II, III)**
(50 min, Linden Studio)
After a long work day, how about rejuvenating with a combo 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. 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 – STARTING FRESH: YOGA FOR THE NEW MOON (II, III~)**
(120 min, Willow Studio)
Just as the sun plays an important role in the health and homeostasis of the earth and our well being as humans, so too does the moon. Many spiritual traditions place special significance on lunar cycles and events, and have practices for tuning into the energy of the moon. In this special two hour workshop we will do a yoga practice designed for the energy of the New Moon - which is when the moon is at it’s darkest point each month and most invisible in the sky - as well as some meditative practice and intention setting. Expect to feel grounded, clear, and rooted into your own unique sense of purpose. Prior yoga experience is recommended, but adventurous beginners are welcome.

**5:00 PM – THE CYCLE ZONE**
(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.

**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 your 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. RY 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.

**6:00 PM – SURRENDER (I, II, III)**
(50 min, Linden Studio)
Expect to feel grounded, clear, and rooted into your own unique sense of purpose. Prior yoga experience is recommended, but adventurous beginners are welcome.

**7:00 PM – FUSION**
(50 min, Oak Studio)
Have you ever wanted to try Pilates and yoga in one session? This class will be an introduction to my unique combo format, combining the principles through easy to understand tips and techniques.

**8:00 PM – WATERCOLOR PAINTING**
(60 min, Art Studio)
Learn how to transform your eating through Mindfulness to create a Happy and Healthy Relationship with food. Participants will learn how to incorporate simple mindfulness principles through easy to understand tips and techniques.

**9:00 PM – EVENING ENTERTAINMENT**
(Woodloch Pines)
Live Music & Broadway-Style Theme Show “Welcome to the 90’s”. Please sign up with the Hostess for shuttle service to the shows.

**EVENING ACTIVITIES ARE ALSO AVAILABLE AT SPRING PINES, RESORT, WOODLOCH PINES RESORT. PLEASE CHECK WITH OUR FRONT DESK FOR MORE INFORMATION.**
**SUNDAY January 6th, 2019**

*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.

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**MORNING**

**6:45 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-10:00am, Tree Restaurant)

**7:00 AM - TRX TABATA**
(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.

**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.

**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 - 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**
(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 - SPINNING**
(50 min, Spinning Studio)

**9:00 AM - PASTELS**
(120 min, Art Studio)

**9:30 AM - 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.

**10:00 AM - TOWER POWER**
(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 - 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**
(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.

**10:00 AM - PUMP**
(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.

**11:00 AM - SHOCKWAVE**
(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 - PILATES MAT**
(50 min, Linden Studio)

**11:00 AM - JOURNALING WITH THE KLESHAS**
(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 movement and journaling to start thinking through how these concepts could be adding more stress and suffering to your own life.

**11:00 AM - H2 WHOA**
(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)
Afternoon

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 - LUNCH HOUR YOGA FLOW (II, III) (*50 min, Willow Studio*)
Get through the work or school day with an invigorating mid-day practice that will leave you ready to face the last half of the day with renewed confidence and poise. Taught in the style of integrative™ Vinyasa—a unique type of yoga that will incorporate intentionality in breath, movement, poses, and music into a cohesive class that will inspire and challenge 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 waking, 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 - FITNESS 101 (I) (*30 min, Fitness Lounge*)
For all guests new to fitness or who want to learn how to use our cardio and strength machines. We also answer questions about our fitness program schedule and offer assistance in choosing classes during your stay.

1:00 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.

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, 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.

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.

2:30 PM - WEST FALLS CREEK TRAIL HIKE* (*110 min, Meet in Garden Hall*)
Join our outdoor adventure guides on an easy 2 mile hike. The trail meanders through a rustic farm property, and ever-changing wetlands. Enjoy strolling through towering pines, ancient apple trees, and lush wild meadows. Total Travel Time: 0 min., Hiking Time: 110 min

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 - 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.

3:00 PM - WARMING FOODS FOR THE WINTER MONTHS* (*50 min, Chef’s Kitchen*)
Who says you can’t eat seasonally during the winter? As home gardens slow down with the end of warm weather, farmers are hard at work growing and harvesting foods that will store all winter long. Learn to identify and prepare some of these storage crops and to make a nutrient dense broth which is the main ingredient in “one pot” meals that boost immune function and warms the soul.

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.

Evening

5:00 PM - GAZEBO 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.

5:30 PM - DINNER IN TREE (5:30pm-8:30pm, Tree Restaurant*)
Reservations Required

8:30 PM - MOVIE NIGHT (110 min, Garden View Room)
Join us for a showing of A Wrinkle in Time. From visionary director Ava DuVernay comes Disney's A Wrinkle In Time. Based on the timeless classic and filled with spectacle, warmth and heart, this celebrated film follows an ordinary girl’s epic adventure and brave journey home, with the ultimate triumph of love.

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.

*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.
Outdoor Exploration
The Lily Pad, our Outdoor Exploration Center is open from 9am - 5pm.

Guides are on hand to assist you with fat tire bikes, snowshoes (conditions permitting), cross-country skis (conditions permitting), 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.