Your Guide to Classes & Activities

December 2017

THE LODGE AT WOODLOCH
A DESTINATION SPA RESORT
FRIDAY December 1st, 2017

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, Wine Tasting, and Juicing Demo, 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.

MORNING

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.

9:00 AM - SPINNING (II, III~)
(50 min, Spinning Studio)

9:00 AM - CHAKRA YOGA (I, II, III)
(50 min, Linden Studio)
Use yoga asanas to stimulate and balance your energy centers for physical, spiritual and mental wellness. Beginner to intermediate level.

9:00 AM - YOU KNEAD THIS (I, II, III)
(50 min, Willow 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.

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

10:00 AM - POUND (II, III~)
(30 min, Oak Studio)
POUND® is the world's first cardio jam session inspired by the infections, energizing, and sweat-dripping fun of playing the drums.

10:00 AM - GUIDED LABYRINTH WALK (I, II, III)
(50 min, Lotus Labyrinth)
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.

11:00 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. **This class offers guests a chance to wear the NEW “MYZONE” Heart Rate Monitoring System. If interested, please stop by the Fitness Desk for more information.

11:00 AM - MALA MEDITATION (I, II, III)
(30 min, Willow Studio)
Mala beads are a wonderful tool to assist in mantra meditation as they help in keeping focus with the optimum energy levels.

11:00 AM - COUNTRY HEAT (I, II, III~)
(50 min, Oak Studio)
Set to chart-topping country music, the moves are so easy it’s like walking, but way more fun. TURN IT UP TO BURN IT OFF™ Get Dancing, Get Fit. And Get Hot!

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.
shown to support a healthy brain, and recommends reducing these risks. The MIND diet emphasizes foods intake can actually reduce the risk of developing dementia and Alzheimer’s disease. Recent studies suggest that a specific diet called the MIND diet may reduce these risks. The MIND diet emphasizes foods shown to support a healthy brain, and recommends limiting potentially damaging choices. Holistic nutritionist and health coach Talia will introduce you to the guidelines of this health promoting diet, and the brain healthy food groups it emphasizes. Personalized Nutrition Counseling available through Spa Concierge.

12:00 PM - INTRO TO ROWING® (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.

12:30 PM - DIGESTIVE HEALTH - STAYING HEALTHY IN WINTER (50 min, Garden View Room)
“Health begins in the gut.” – Hippocrates. It makes much sense today, as it did over 2000 years ago. Our health does begin in the gut. If your gut does not function properly, good health is impossible. Join Talia, board certified holistic health and nutrition coach, and learn how to support digestive health with natural foods that will help eliminate the root causes of many digestive issues. Learn the benefits of key foods that will naturally help support your immune system and help your body fight colds and flus that are common during the winter season. We will also carve out time to answer any questions you have on food and digestion. Private consultations are also available through Spa Concierge.

1:00 PM - NATURE WALK® (90 min, Meet in Garden Hall)
Join us on a leisurely stroll through the ever changing grounds of The Lodge at Woodloch. Use this opportunity to learn about local history as well as the resident flora and fauna.

1:00 PM - 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.

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 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.

1:00 PM - WATERCOLORS & YUPO PAPER® (120 min, Art Studio)
Come create fascinating effects on this relatively new paper by using watercolors, alcohol inks, water-soluble crayons, and pencils. Freedom of expression and creativity is what this class is all about. No experience necessary.

1:00 PM - TRX XPRESS: CORE (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® exercises develop strength, balance, flexibility and core stability simultaneously.

1:30 PM - FEED YOUR MIND - THE MIND DIET (50 min, Garden View Room)
There is growing scientific evidence that dietary intake can actually reduce the risk of developing dementia and Alzheimer’s disease. Recent studies suggest that a specific diet called the MIND diet may reduce these risks. The MIND diet emphasizes foods shown to support a healthy brain, and recommends

limiting potentially damaging choices. Holistic nutritionist and health coach Talia will introduce you to the guidelines of this health promoting diet, and the brain healthy food groups it emphasizes. Personalized Nutrition Counseling available through Spa Concierge.

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 - 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 - BASICS OF MOUNTAIN BIKING* (90 min, Meet in Garden Hall)
Winding woodland trails and old roller 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 - 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 - COOKING DEMONSTRATION WITH ANG OGDEN GAFFNEY® (50 min, Chef’s Kitchen)
Featuring Beet Risotto, Twice Baked Winter Squash, and Chicken Roasted in Cider

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

3:00 PM - HATHA YOGA (I, II–) (50 min, Linden Studio)

3:00 PM - ARCHERY RANGE OPEN (120 min, Archery Range)
Want to test your skills at archery? Our beautiful wooded range is the perfect place to learn about the exciting, challenging and technical sport of archery. Find out what it takes to perfect your balance, coordination, mental focus and upper body strength to successfully master this art. Our Outdoor Adventure staff is on hand to assist with basic instruction and ensure that you hit the bullseye!

4:00 PM - DECORATIVE BIRDHOUSES® (I, II, III) (120 min, Art Studio)
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 - 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.

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.

5:00 PM - MOVE, BREATHE & MEDITATE (I, II, III) (50 min, Linden Studio)
Calm your mind and open your heart with the practice of mindfulness 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.

5:00 PM - WINTER ART RECEPTION (90 min, Gallery Hallway)
Join us to celebrate the opening of our Winter Art Show. Enjoy a glass of wine and meet the artists!

6:30 PM - SINGING BOWL MEDITATION (I) (60 min, Willow Studio)
This meditation class focuses on the science of sound. Using the singing bowls you will be introduced to the effects that sound has on your mind and body.

6:30 PM - GATHERING: WINDING WILDERNESS TRAIL (3.5 miles, Meet in Garden Hall)
This walk 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.

7:30 PM - NOCTURNAL WALK® (90 min, Meet in Garden Hall)
Quiet night air; stars so bright, a night song being played for you. Join us for a walk around our lush 150 acre property to explore the world that awaits us as the night unfolds. We’ll look for the many nocturnal wildlife that only come out at night. With the diversity of the lake, forest, and farmland on our property you are sure to encounter various sounds and sights of the night.

8:00 PM - INTRO TO DRAWING® (120 min, Art Studio)
Learn a few powerful tips on how you can bring more harmony into your space using Feng Shui. You will get tips on the front door, bedroom, and the home office. You will get a copy of the Feng Shui Bagua Map and as a demonstration, Maureen will select one or two participants to demonstrate how the Bagua Map is applied to the home.

EVENING ACTIVITIES ARE ALSO AVAILABLE AT OUR SISTER PROPERTY, WOODLOCH PINES RESORT. PLEASE CHECK WITH OUR FRONT DESK FOR MORE INFORMATION.
SATURDAY December 2nd, 2017

*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, Wine Tasting, and Juicing Demo, please sign up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.

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

**MORNING**

7:00 AM - BREAKFAST IN TREE
(7am-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 - 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 - 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 - SHOCKWAVE® (II, III~)
(50 min, Cardio Weight Studio)
Dubbed “the most efficient total-body workout in the world,” ShockWave is 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. If you are new to indoor rowing, please join us during one of our Intro to Row classes.

9:00 AM - WREATH MAKING CLASS ($)®
(90 min, Fireside Room)
Wreath making… Wreaths have been a symbol of welcoming since Roman times. Join a garden team member as they take you through the steps of creating a wreath centerpiece or door hanging. Materials used will be harvested from property, as well as other decorative items to ensure you make a lovely piece to take home and enjoy. Advanced sign up is required. Cost is $10 per person.

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. Cost is $10 per person.

9:00 AM - HANGIN’ AT THE BARRE (I, II, III~)
(50 min, Linden Studio)
A combination of our Great Wall of Yoga and Barre classes.

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

9:30 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 - TRX XPRESS: STRETCH* (I, II, III~)
(30 min, CardioWeight Studio)
Learn different ways to stretch your entire body using the TRX system.

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 - FIERCE (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.

10:00 AM - SPINNING (II, III~)
(50 min, Spinning Studio)
A combination of our Great Wall of Yoga and Barre classes.

10:00 AM - YOGA FOR BEGINNERS (I)
(50 min, Linden Studio)
Learn the basics you’ll need to begin exploring the wonderful world of yoga.

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 restrictions apply.

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 - MEDITATION TO QUIET THE MIND (I, II, III)
(50 min, Willow 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.

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

11:30 AM - AQUA HI / LOW FLOW (I, II, III)
(50 min, Aqua Garden)
A Tabata class with flowing tai chi moves replacing the rest period.

*Please note that mosaic pieces will not be available until 1 hour after class time to allow the grout to set.
December 2nd, 2017 SATURDAY

*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, Wine Tasting, and Juicing Demo, 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 - THE ZONE - FULL BODY (I, 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.

12:00 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 restrictions apply.

1:00 PM - JOURNALING FOR SELF DISCOVERY* (I, II, III) (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.

1:00 PM - DOSHAS (I, II, III) (50 min, Willow Studio)
Come in, take the test, learn about the doshas and find out how this understanding can help you in your everyday life and understanding of yourself.

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 - 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 - 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.

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 - HI YOGA (I) (50 min, Willow Studio)
A yoga practice inspired by the Himalayan Institute. Classical hatha yoga with mindful awareness, longer holds and a focus on selfempowerment.

2:00 PM - HIP HOP ABS (I, II, III~) (50 min, Oak Studio)
Hip Hop Abs is a dance class that gives you flat, sexy abs without ever doing a single crunch!

2:00 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 - 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.

3:00 PM - CHANTING AND MEDITATION (I, II) (50 min, Linden Studio)
Instructor will teach some sanskrit chants, prayers and mantras and this will be followed by a 20 – 30 minute silent meditation.

3:00 PM - WINE & CHOCOLATE PAIRING ($) (50 min, Tree Dining Room)
Join our sommelier for an in depth look into the various characteristics of wine varietals from around the world and learn how they pair tastefully with delicious chocolates. The discussion is open to “experts” at all levels. Guests must be at least 21 years of age to participate. Cost is $30.00 per person.

3:00 PM - ARCHERY RANGE OPEN (120 min, Archery Range)
Want to test your skills at archery? Our beautiful wooded range is the perfect place to learn about the exciting, challenging and technical sport of archery. Find out what it takes to perfect your balance, coordination, mental focus and upper body strength to successfully master this art. Our Outdoor Adventure staff is on hand to assist with basic instruction and ensure that you hit the bulls eye!

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.

4:00 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.

4:00 PM - CANDANCE (I, II, III) (50 min, Oak Studio)
A high energy cardio dance-based fitness class with easy to follow choreography. Lots of fun and no experience necessary because anyone CanDance.

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

8:00 PM - WATERCOLOR PAINTING® (120 min, Art Studio)

8:30 PM - DREAMS: UNDERSTAND THE MESSAGES FROM YOUR SOUL (60 min, Fireside Room)
Come to this workshop to learn about the fascinating topic. Maureen has been a dreamer for decades and has come to value her dreamlife to help with major and minor life challenges. Find out some ways to remember your dreams and basic symbols that will help you interpret them to learn what your soul is communicating to you. Learn how you can create a simple dream journal that will help you for years to come. Maureen will select one or two participants to share their dreams for basic interpretation.

9:00 PM - EVENING ENTERTAINMENT (Woodloch Pines)
Live Music & Broadway-Style Theme Show “A Night at the Musicals”. Please sign up with the Hostess for shuttle service to the shows.

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

7:00 AM - BREAKFAST IN TREE
(7am-10:00am, Tree Restaurant)

7:00 AM - STRETCH & TONE (I,II,III)
(50 min, Linden Studio)
Experience a total body workout that will improve your flexibility and circulation. Stretch to release stress and tension while keeping your muscles long and agile.

8:00 AM - CHAKRA MEDITATION (I, II, III)
(50 min, Linden Studio)
Bring your mind and body into balance by opening and aligning the seven energy centers known as Chakras. This unique meditation class will bring deep relaxation and renewal.

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

9:00 AM - CORE DE FORCE (II, III~)
(50 min, Oak Studio)
Join us for an MMA inspired workout that will kick your butt and work your core.

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 - 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 restrictions apply.

10:00 AM - LITE & LIVELY (I)
(30 min, Willow Studio)
Great class for anyone looking to enjoy just moving. Must be able to stand for 30 minutes. Wear comfortable clothing and shoes and be ready for fun.

11:00 AM - SHOCKWAVE* (II, III~)
(50 min, Cardio Weight Studio)
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. If you are new to indoor rowing, please join us during one of our Intro to Row classes.

11:00 AM - WORKING WITH YOUR PERSONAL ENERGY FIELD
(60 min, Fireside Room)
Learn about the seven main chakras (or energy centers) of the body, where they are, what they represent and how they impact your daily life. You will also learn how to check that they are flowing properly and optimize for health and well-being through the use of a dowsing. You’ll make your own set of dowsing rods and learn some basics on how to use them.

11:00 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.

11:00 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.

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

11:30 AM - W.A.V.E. (I,II,III)
(45 min, Aqua Garden)
Water Aerobics using Vertical Energy on the Hydro Trampoline.
December 3rd, 2017  SUNDAY

**AFTERNOON**

**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 - Q&A WITH AN APPALACHIAN TRAIL AND LONG DISTANCE HIKER** (50 min, Garden View Room)
The Appalachian Trail stretches 2175 from Georgia to Maine and takes 6 months to hike. Perhaps you have thought about going for a day-hike, hiked a portion yourself, or maybe even preparing for your own thru-hike! Heather, our resident naturalist has hiked the trail from beginning to end. She has also thru-hiked North Carolina’s 1200 Mountains to Sea Trail twice, New York’s 1000 mile Finger Lakes Trail, and has just returned from thru-hiking New York’s 400 mile Long Path. She also goes by the name the Botanical Hiker, as she not only researches the wild plants she encounters along her treks but forages, incorporating the wild plants into her backcountry meals and medicines. To talk trail, pay Heather a visit!

**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 $10 per person.

**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 - 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. Beginner to intermediate level.

**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.

**2:30 PM - NATUREPIX 101** (90 min, Meet in Garden Hall)
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!

**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 - KETTLEBELL BOOT CAMP** (II, III) (50 min, Oak Studio)
Boot camp 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.

**3:30 PM - WILD-CRAFTED HERBAL INFUSIONS** (90 min, Meet in Garden Hall)
Have you ever tried Pine Needle Tea? Ever wonder how Birch Beer got its name? Join our resident Naturalist in the kitchen where we will brew up a medicinal tea using wild plants harvested from the forests and meadows of Wool Loch. Class will begin with a short walk where we will meet the medicinal plant(s) in its natural habitat. Then we will head to the kitchen to create and partake in our medicinal and tasty infusion.

**3:30 PM - ARCHERY RANGE OPEN** (120 min, Archery Range)
Want to test your skills at archery? Our beautiful wooded range is the perfect place to learn about the exciting, challenging and technical sport of archery. Find out what it takes to perfect your balance, coordination, mental focus and upper body strength to successfully master this art. Our Outdoor Adventure staff is on hand to assist with basic instruction and ensure that you hit the bullseye!

**3:30 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.

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

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*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, Wine Tasting, and Juicing Demo, 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.
TUESDAY December 26th, 2017

11:00 AM - W.A.V.E. (I,II,III) (45 min, Aqua Garden)  
Water Aerobics using Vertical Energy on the Hydro Trampoline.

11:00 AM - DANCE FIT (I, II, III) (50 min, Oak Studio)  
Can't Stop This Feeling? Just Dance, Dance, Dance.

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

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

11:30 AM - DOSHAS (I, II, III) (45 min, Willow Studio)  
Come in, take the test, learn the basics about the doshas and find out how this understanding can help you in your everyday life and understanding of yourself.

*MORNING

*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, Wine Tasting, and Juicing Demo, 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.
December 26th, 2017  TUESDAY

AFTERNOON

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 - 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.

12:00 PM - LITE & LIVELY (I)
(30 min, Linden Studio)
Great class for anyone looking to enjoy just moving. Must be able to stand for 30 minutes. Wear comfortable clothing and shoes and be ready for fun.

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 - REST AND DIGEST (I, II, III)
(50 min, Linden Studio)
A restorative class with a guided (breath-centered) meditation to relax the mind and nervous system and optimize digestion through the stimulation of the parasympathetic nervous system. ***Please arrive early to set up your place/props.

1:00 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.

1:00 PM - WATERCOLOR PAINTING
(120 min, Art Studio)

3:00 PM  -  MALA MEDITATION (I, II, III)
(30 min, Willow Studio)
Mala beads are a wonderful tool to assist in mantra meditation as they help in keeping focus with the optimum energy levels.

3:00 PM - TRIPLE A: ARMS, ABS, & ASSETS (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.

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

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 - SUN & MOON YOGA (I, II~)
(50 min, Linden Studio)
A graceful flow between Moon (Yin) and Sun (Yang) Salutations.

4:30 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. 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.

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

7:30 PM  -  NOCTURNAL WALK®
(90 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 150 acre property to explore the world that awaits us as the night unfolds. We’ll look for the many nocturnal wildlife that only come out at night. With the diversity of the lake, forest, and farmland on our property, you are sure to encounter various sounds and sights of the night.

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

8:00 PM  -  WINE & CHOCOLATE PAIRING ($)
(50 min, Meet in Garden Hall)
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.

8:30 PM – REFRESHING YOUR SPIRIT
(60 min, Garden View Room)
Refreshing Your Spirit is a workshop that provides an arena of reflection for guests to review old beliefs and habits and move toward renewed awareness by providing alternate strategies in managing their stress. Workshop facilitator Jennie Andrews is a graduate of Springfield College with a BS in Recreation Leisure Service and MS in Human Services Administration in Advance General Leadership. She has had a successful 25 year YMCA career in various achievement and diversity programs including being on the Board of Directors and also currently and for the past 19 years teaches at Kean University offering a variety of Recreation classes, including Stress Management.

9:00 PM  -  GAME NIGHT
(90 min, Fireside Room)
Join your fellow guests for game night! We will have multiple board game options on hand to delight and excite, all facilitated by a Lodge team member.

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

**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 PM - SPRING RIDGE HIKE***
(150 min, Meet in Garden Hall)
Join our Outdoor Adventure guides for an easymoderate hike through a vibrant young Oak forest, enjoying low-bush blueberry and huckleberry plants along the way. You will traverse old logging trails and new trails gaining glimpses of the Woodloch Springs and scenic ridges of the Lackawaxen Valley in the distance. Total Travel Time: 0min., Hiking Time: 2 1/2 Hours

**9:00 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.

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

**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 restrictions apply.

**10:00 AM - INDOROW® (I, II, III~)**
(50 min, Rowing Room)
The unique format of Indorow® 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,” Indorow® quickly converts first-timers to devoted team members. If you are new to indoor rowing, please join us during one of our Intro to Row classes.

**10:00 AM - 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.

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

**11:00 AM - COUNTRY HEAT (I, II, III~)**
(50 min, Oak Studio)
Set to chart-topping country music, the moves are so easy it’s like walking, but way more fun. TURN IT UP TO BURN IT OFF™ Get Dancing, Get Fit, And Get Hot!

**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 - CORE FUSION (I, II~)**
(50 min, Linden Studio)
Join us for intense functional training to strengthen and tone the core, and help promote body awareness and better posture.

**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.

**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.
December 27th, 2017  WEDNESDAY

*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, Wine Tasting, and Juicing Demo, 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.

\section*{AFTERNOON}

\textbf{12:00 PM - 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.

\textbf{1:00 PM - BOTANICAL HIKE*} (1:10 min, Meet in Garden Hall)
Take a hike with Heather, our resident naturalist, 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 on your own and simple methods for harvesting and preparing these plants yourself for food and/or medicine at home. There will be many stops along our path to discuss the plants we see and the hike will be moderate in nature. Be sure to bring your camera and a notepad or smartphone for jotting down notes.

\textbf{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.

\textbf{1:00 PM - POWER NAPPING (I, II, III)} (50 min, Willow Studio)
Fall into that blissful state between dreaming and wakefulness with a guided mediation 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.

\textbf{1:00 PM - WATERCOLOR PAINTING*} (120 min, Art Studio)

\textbf{2:00 PM - MINISINK HIKE*} (150 min, Meet in Garden Hall)
Enjoy a short but moderate 2 mile hike in nearby Sullivan County, New York. Minisink Park was the site of a small Revolutionary War battle, a Native American rock shelter, and early American rock quarries. Additional stops to and from the park can be made in the hamlet of Lackawaxen to view the Roebling Aqueduct and observe Bald Eagles and early American rock quarries. Additional stops to and from the park can be made in the hamlet of Lackawaxen to view the Roebling Aqueduct and observe Bald Eagles.

\textbf{2:00 PM - KRIYALU YOGA (I)} (50 min, Linden Studio)
Perfect for all level students, new-comers to yoga and those who are looking to be challenged in a very slow and mindful way.

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

\textbf{2:00 PM - TRX TOTAL BODY* (I, 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.

\textbf{3:00 PM - WINTER WOODS WALK*} (90 min, Meet in Garden Hall)
Whether by boot or snowshoe, follow your outdoor adventure guide on a tour of our property. Animal tracks, woodpecker holes and scratchings all give us signs of the diversity of fauna in the area. Take a fresh look into the winter woods, to see how much life really happens, even through the cooler months.

\section*{EVENING}

\textbf{5:30 PM - DINNER IN TREE} (5:30pm-8:30pm, Tree Restaurant)

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

\textbf{8:00 PM - EVENING ENTERTAINMENT} (Woodloch Pines)
Live Music & Broadway-Style Theme Show “A Night at the Musicals”. Please sign up with the Hostess for shuttle service to the shows.

\textbf{8:30 PM - THE SECRETS TO THE ZODIAC SUN SIGNS} (60 min, Fireside Room)
Are you on fire, down to earth, or do you go with the flow? In this fun and informative session, The Love Astrologer takes you on a journey through the 12 signs of the Zodiac. Identify the gifts of each astrology sign with the Earth, Air, Fire and Water elements. Private sessions with The Love Astrologer are available through the Spa Concierge.

\textbf{8:30 PM - MOVIE NIGHT} (138 min, Garden View Room)
Join us for a screening of The Holiday. Stuck in a vicious cycle of dead-end relationships with two-timing men, Los Angeles resident Amanda (Cameron Diaz) and Londoner Iris (Kate Winslet) decide to swap homes. In the process, their trade paves the way for romances they never imagined possible. This charming comedy from writer-director Nancy Meyers features an all-star cast that includes Jude Law, Jack Black, Edward Burns and Rufus Sewell.

\textbf{EVENING ACTIVITIES ARE ALSO AVAILABLE AT OUR SISTER PROPERTY, WOODLOCH PINES RESORT. PLEASE CHECK WITH OUR FRONT DESK FOR MORE INFORMATION.}
**THURSDAY December 28th, 2017**

*MORNING*

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

**7:00 AM - AM STRETCH (I, II, III)**
(25 min, Linden Studio)

**7:30 AM - INTRO TO MINDFUL MEDITATION (I, II, III)**
(25 min, Linden Studio)

Learn the basics and value of paying attention on purpose.

**8:00 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 restrictions apply.

**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 - 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 restrictions apply.

**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 - 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 - 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.

**10:00 AM - T’AI CHI (I, II, III)**
(50 min, Willow Studio)

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

**10:00 AM - YOU ARE WHAT YOU EAT – LONGEVITY AND FOOD**
(50 min, Garden View Room)

"Let food be thy medicine and thy medicine shall be thy food"- Hippocrates

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 inflammation and our exposure to toxins from food and the environment. Talia will be glad to answer any questions you have on food and digestion. Talia is a board certified holistic health and nutrition coach. Private consultations are also available through Spa Concierge.

**10:00 AM - SPINNING (II, III~)**
(50 min, Spinning Studio)

**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.

**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.

**11:00 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 - 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 - LITE & LIVELY (I)**
(30 min, Linden Studio)

Great class for anyone looking to enjoy just moving. Must be able to stand for 30 minutes. Wear comfortable clothing and shoes and be ready for fun.

**11:00 AM - THE BITTER TRUTH ABOUT SUGAR**
(50 min, Garden View Room)

It is a well-documented fact that sugar is a contributing factor to all around poor health, not to mention weight gain. 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. We will also focus on effective strategies and how to curb your sugar cravings, break free from sugar addiction and find healthier and safe alternatives. Personalized nutrition counseling available through Spa Concierge.

**11:30 AM - LUNCH IN TREE**
(11:30am-2:00pm, Tree Restaurant)
December 28th, 2017 Thursday

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

12:30 PM - MINDFUL EATING FOR THE HOLIDAY SEASON
(50 min, Garden View Room)
Take a healthier approach to what you eat during this holiday season and beyond. One of the most constructive changes is to adopt a mindful-eating practice. Mindful eating helps you become aware of your thoughts and feelings, and empowers you to make healthier choices. Join Talia, board certified holistic health and nutrition coach, to discover simple strategies for connecting with your hunger and mindful eating. Talia will be glad to answer any questions you have on food and digestion. Private consultations are also available through Spa Concierge.

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

1:00 PM - PASTELS*
(120 min, Art Studio)

1:00 PM - POWER NAPPING (I, II, III)
(50 min, Linden Studio)
Fall into that blissful state between dreaming and wakefulness with a guided mediation focusing on bringing the awareness to “Alert theta brainwaves”. This is the closest you will feel to REM sleep without needing to actually hit the hay.

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

2:00 PM - DREAM SHIFTING JOURNEY (I, II, III)
(50 min, Willow Studio)
Ancient cultures were deeply connected to the intelligence of the Universe. They believed that the world is the way we dream it, and that everything we do, we dream first. Using the sound of a drum or a rattle, we’ll journey into the space between worlds to experience the power of dreamshifting. We’ll meet a spirit guide and ask for information about our personal dreams and the actions we need to take to fulfill our roles as conscious dreamshifters in the modern world.

2:30 PM - NATUREPIX 101*
(90 min, Meet in Garden Hall)
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!

3:00 PM - LIGHT AND EASY SIDE DISHES*
(50 min, Chef’s Kitchen)
Introducing more fresh food into your diet is a great way to eat less meat, less processed food, and more fruits and vegetables. Join Talia, holistic health coach culinary nutrition and plant base chef, for a fun and informative cooking demonstration and discover how raw food can be delicious, healthful and easy to prepare. Some of the featured recipes are homemade creamy hummus, zucchini pasta, dairy free ice cream and more.

3:00 PM - GAZING MEDITATION (TRATAKA) (I, II, III)
(50 min, Willow Studio)
Participants are taught different gazing techniques to help improve concentration so deeper meditation can be achieved during practice.

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.

3:30 PM - SURRENDER (I, II, III)
(50 min, Oak Studio)
Yoga bolsters and other props to relax the body into restful postures.

4:00 PM - HIP HOP ABS (I, II, III~)
(50 min, Oak Studio)
Hip Hop Abs is a dance class that gives you flat, sexy abs without ever doing a single crunch!

4:00 PM - SHOCKWAVE*
(II, III~)
(50 min, Cardio Weight Studio)
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. If you are new to indoor rowing, please join us during one of our Intro to Row classes.

5:00 PM - BINGO
(90 min, Fireside Room)
Join us for a rousing game of Bingo - Winners will receive a special Lodge gift!

5:00 PM - ASK THE ASTROLOGER - TEATIME AND TAROT, 2018 FUTURE FORECAST Q & A
(60 min, Fireside Room)
Is there something special on your mind or in your heart these days? Receive insight and inspiration for the coming year from our in house Astrologer, Kathryn Andren. Inquire about supportive suggestions in any area: health, relationships, family and soul purpose. Relax your mind and open your heart to new possibilities revealed through the Tarot and learn to align with the current planet patterns.

**EVENING**

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

8:00 PM - UNCORKED ($)*
(120 min, Art Studio)
Wine a little, laugh a lot. Drink a glass of wine and create a painting. Join us for the perfect cocktail of creativity and conversation. Guests must be 21 or older. Cost is $20 per person.

8:30 PM - HONORING PAST LIVES AND YOUR SOUL MISSION
(60 min, Garden View Room)
What does your personal astrology birth chart say about your potential past lives and how that serves your current soul growth? The Love Astrologer reveals keys to consciousness in your birth chart to mindfully integrate past life lessons for a healthy future.

9:00 PM – BINGO
(90 min, Fireside Room)
Join us for a rousing game of Bingo - Winners will receive a special Lodge gift!

EVENING ACTIVITIES ARE ALSO AVAILABLE AT OUR SISTER PROPERTY, WOODLOCH PINES RESORT. PLEASE CHECK WITH OUR FRONT DESK FOR MORE INFORMATION.
FRIDAY December 29th, 2017

**MORNING**

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.

9:00 AM - SPINNING (II, III~)
(50 min, Spinning Studio)

9:00 AM - CHAKRA YOGA (I, II, III)
(50 min, Linden Studio)
Use yoga asanas to stimulate and balance your energy centers for physical, spiritual and mental wellness. Beginner to intermediate level.

9:00 AM - YOU KNEAD THIS (I, II, III)
(50 min, Willow 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.

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**

10:00 AM - POUND (II, III~)
(30 min, Oak Studio)
POUND® is the world’s first cardio jam session inspired by the infections, energizing, and sweat-dripping fun of playing the drums.

10:00 AM - GUIDED LABYRINTH WALK
(I, II, III)
(50 min, Lotus Labyrinth)
Learn how to use the labyrinth for meditation practice, a serene mindfulness in motion. This is a wonderful practice for those who find it difficult to quiet the mind and body during seated meditation.

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

11:00 AM - HEALTHY SMOOTHIE DEMONSTRATION®
(50 min, Chef’s Kitchen)
One of the easiest and simplest ways to get all the nutrients your body needs is to consume a smoothie. Holistic nutritionist and plant-based chef Talia will introduce you to a few combinations of nutritious and delicious smoothies. 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.

**This class offers guests a chance to wear the NEW “MYZONE” Heart Rate Monitoring System. If interested, please stop by the Fitness Desk for more information.

11:00 AM - MALA MEDITATION (I, II, III)
(30 min, Willow Studio)
Mala beads are a wonderful tool to assist in mantra meditation as they help in keeping focus with the optimum energy levels.

11:00 AM - COUNTRY HEAT (I, II, III~)
(50 min, Oak Studio)
Set to chart-topping country music, the moves are so easy it’s like walking, but way more fun. **TURN IT UP TO BURN IT OFF™** Get Dancing. Get Fit. And Get Hot!

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, Wine Tasting, and Juicing Demo, please sign up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.

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

12:00 PM - INTRO TO ROW* (I) (30 min, Rowing Room)
This 30 minute class will teach you how to effectively row on any indoor rower plus help you prepare for one of our Indo-Row or Shockwave classes.

12:30 PM - DIGESTIVE HEALTH - STAYING HEALTHY IN WINTER (50 min, Garden View Room)
“All health begins in the gut.” – Hippocrates
It makes much sense today, as it did over 2000 years ago. Our health does begin in the gut. If your gut does not function properly, good health is impossible. Join Talia, board certified holistic health and nutrition coach, and learn how to support digestive health with natural foods that will help eliminate the root causes of many digestive issues. Learn the benefits of key foods that will naturally help support your immune system and help your body fight colds and flus that are common during the winter season. We will also carve out time to answer any questions you have on food and digestion. Private consultations are also available through Spa Concierge.

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 rebalancing.

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 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.

1:00 PM - WATERCOLORS & YUPO PAPER** (120 min, Art Studio)
Come create fascinations effects on this relatively new paper by using watercolors, alcohol inks, water-soluble crayons, and pencils. Freedom of expression and creativity is what this class is all about. No experience necessary.

1:00 PM - TRX XPRESS: CORE (I, II, III)** (30 min, Cardio/Weight 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 - FEED YOUR MIND - THE MIND DIET (50 min, Garden View Room)
There is growing scientific evidence that dietary intake can actually reduce the risk of developing dementia and Alzheimer’s disease. Recent studies suggest that a specific diet called the MIND diet may reduce these risks. The MIND diet emphasizes foods shown to support a healthy brain, and recommends limiting potentially damaging choices. Holistic nutritionist and health coach Talia will introduce you to the guidelines of this health promoting diet, and the brain healthy food groups it emphasizes. Personalized Nutrition Counseling available through Spa Concierge.

1:30 PM - GNOME ROOM* (90 min, Meeting 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 in locating our forest neighbors. Bring your camera for some fun photos with you and the Gnomes.

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

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 - 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 even-changing woodlands. Enjoy strolling through towering pines, ancient apple trees, and lush wild meadows. Total Travel Time: 0 min, Hiking Time: 110 min

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

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

3:00 PM - HATHA YOGA (I, II–) (50 min, Linden Studio)

4:00 PM - DECORATIVE BIRDHOUSES ($) (120 min, Art Studio)
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 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 - 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 - 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 practice of mindfulness 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.

EVENING

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

7:30 PM - NOCTURNAL WALK* (90 min, Meet in Garden Hall)
Quiet night air, stars so bright, a night song being played. Join us for a walk around our lush 150 acre property to explore the world that awaits us as the night unfolds. We’ll look for the many nocturnal wildlife that only come out at night. With the diversity of the lake, forest, and farmland on our property, you are sure to encounter various sounds and sights of the night.

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

8:30 PM - LONGEVITY AND FOOD - FOOD FOR THOUGHT FOR THE NEW YEAR (60 min, Garden View Room)
“Let food be thy medicine and thy medicine shall be thy food” – Hippocrates
Hippocrates wrote centuries ago of the direct connection between food and our health and longevity. Learn a fresh approach to healthy eating, and how such a diet will have more influence in determining your longevity than your genetics. We will discuss simple ways to eat smarter in order to minimize inflammation and our exposure to toxins from food and the environment. Talia will be glad to answer any questions you have on food and digestion. Talia is a board certified holistic health and nutrition coach. Private consultations are also available through Spa Concierge.

8:30PM - TRANSFORM YOUR HOME, TRANSFORM YOUR LIFE: FENG SHUI FOR MIND, BODY, SPIRIT AND SPACE (60 min, Fireside Room)
Start the New Year off by discovering how your challenges in life might be subconsciously mirrored in your space. You will never look at your space or self in the same way again. Learn specific, actionable tips that will enable you to decisively make changes in your life that are congruent with your goals.

EVENING ACTIVITIES ARE ALSO AVAILABLE AT OUR SISTER PROPERTIES: WOODLOCH PINES RESORT PLEASE CHECK WITH OUR FRONT DESK FOR MORE INFORMATION.
SATURDAY December 30th, 2017

*Morning activities will be held in the Garden Hall unless otherwise noted.*

### 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 - 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 - 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 - 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 - Honey Bee Talk
(50 min, Garden View Room)
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!

#### 9:00 AM - Shockwave® (II, III~)
(50 min, Cardio Weight Studio)
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. If you are new to indoor rowing, please join us during one of our Intro to Row classes.

#### 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. Cost is $10 per person. *Please note that mosaic pieces will not be available until 1 hour after class time to allow the grout to set.

#### 9:00 AM - Hanging at the Barre (I, II,
(50 min, Linden Studio)
A combination of our Great Wall of Yoga and Barre classes.

#### 10:00 AM - TRX Xpress: Stretch® (I, II, III~)
(30 min, CardioWeight Studio)
Learn different ways to stretch your entire body using the TRX system.

#### 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 - Fierce (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.

#### 10:00 AM - Spinning (II, III~)
(50 min, Spinning Studio)

#### 10:00 AM - Yoga for Beginners (I)
(50 min, Linden Studio)
Learn the basics you’ll need to begin exploring the wonderful world of yoga.

#### 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 - Cooking Demonstration®
(50 min, Chef’s Kitchen)
Learn new cooking techniques, healthy and surprising ingredient alternatives and elegant presentations.

*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, Wine Tasting, and Juicing Demo, 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 - THE ZONE - FULL BODY (II, III~) (50 min, Cardio Weight Studio)
An instructor guides you through an intense interval workout on our Precor cardio machine, along with strength-training segments. Sneakers are required.

**This class offers guests a chance to wear the NEW "MYZONE" Heart Rate Monitoring System. If interested, please stop by the Fitness Desk for more information.**

12:00 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 restrictions apply.

1:00 PM - JOURNALING FOR SELF DISCOVERY* (I, II, III) (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.

1:00 PM - DOSHAS (I, II, III) (50 min, Willow Studio)
Come in, take the test, learn the basics about the doshas and find out how this understanding can help you in your everyday life and understanding of yourself.

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 - 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.

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 - HIYOGA (I) (50 min, Willow Studio)
A yoga practice inspired by the Himalayan Institute. Classical hatha yoga with mindful awareness, longer holds and a focus on selfempowerment.

2:00 PM - HIP HOP ABS (I, II, III~) (50 min, Oak Studio)
Hip Hop Abs is a dance class that gives you flat, sexy abs without ever doing a single crunch!

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.

2:30 PM - WINTER WOODS WALK* (90 min, Meet in Garden Hall)
Whether by boot or snowshoe, follow your outdoor adventure guide on a tour of our property. Animal tracks, woodpecker holes and ground scratchings all give us signs of the diversity of fauna in the area. Take a fresh look into the winter woods, to see how much life really happens, even through the cooler months.

3:00 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.

3:00 PM - CHANTING AND MEDITATION (1, II) (50 min, Linden Studio)
Instructor will teach some sanskrit chants, prayers and mantras and this will be followed by a 20 – 30 minute silent meditation.

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 - 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.

4:00 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 - CANDANCE (I, II, III) (50 min, Oak Studio)
A high energy cardio dance-based fitness class with easy to follow choreography. Lots of fun and no experience necessary because anyone CanDance.

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

8:00 PM - WATERCOLOR PAINTING* (120 min, Art Studio)

8:30 PM - WHAT IS YOUR TRUE NATURE? FIND OUT HOW YOU CAN TAP INTO IT FOR GREATER JOY AND WELLBEING! (60 min, Fireside Room)
Feng shui is an ancient path that is more relevant than ever. The Five Elements (Wood, Fire, Earth, Metal, and Water) are full of symbolism and information that helps us live our lives. Maureen will share her True Nature Quiz so you can identify your primary Element and will then give you simple tips on how you can tap into that Element in your home to feel more balance and harmony in your life!

9:00 PM - EVENING ENTERTAINMENT (Woodloch Pines)
Live Music & Broadway-Style Theme Show “A Night at the Musicals”. Please sign up with the Hostess for shuttle service to the shows.

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

**7:00 AM - BREAKFAST IN TREE**
(7am-10:00am, Tree Restaurant)

**7:00 AM - STRETCH & TONE (I,II,III)**
(50 min, Linden Studio)
Experience a total body workout that will improve your flexibility and circulation. Stretch to release stress and tension while keeping your muscles long and agile.

**8:00 AM - CHAKRA MEDITATION (I, II, III)**
(50 min, Linden Studio)
Bring your mind and body into balance by opening and aligning the seven energy centers known as Chakras. This unique meditation class will bring deep relaxation and renewal.

**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 - 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.

**9:00 AM - WALLENPAUPACK LAKE TRAIL HIKE**
(180 min, Meet in Garden Hall)
Following the shores of Lake Wallenpaupack, this easy, 4 mile hike traverses the Tafton Dike and passes many local landmarks. Discover the natural beauty of the 3rd largest lake in Pennsylvania. This breath taking 5,700 acre lake is a treasure and considered the “crown jewel” of the Poconos. An overlook of the creek marks the halfway point and the hike returns along the same route. **Travel Time: 40 min, Hiking Time: 2 hrs**

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

**9:00 AM - CORE DE FORCE (II, III)**
(50 min, Oak Studio)
Join us for an MMA inspired workout that will kick your butt and work your core.

**10:00 AM - TRIPLE A: ARMS, ABS, & ASSETS**
(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.

**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 restrictions apply.**

**10:00 AM - LITE & LIVELY (I)**
(30 min, Willow Studio)
Great class for anyone looking to enjoy just moving. Must be able to stand for 30 minutes. Wear comfortable clothing and shoes and be ready for fun.

**10:30 AM - 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.

**11:00 AM - SHOCKWAVE**
(II, III)
(50 min, Cardio Weight Studio)
Dubbed “the most efficient total-body workout in the world,” ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRow GX rowing machine to provide bursts of high intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms. If you are new to indoor rowing, please join us during one of our Intro to Row classes.

**11:00 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.

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

**11:30 AM - W.A.V.E. (I,II,III)**
(45 min, Aqua Garden)
Water Aerobics using Vertical Energy on the Hydro Trampoline.
AFTERNOON

12:30 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. 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.

1:00 PM - WILD-CRAFTED HERBAL INFUSIONS* (90 min, Meet in Garden Hall)
Have you ever tried Pine Needle Tea? Ever wonder how Birch Beer got its name? Join our resident Naturalist in the kitchen where we will brew up a medicinal tea using wild plants harvested from the forests and meadows of Woodloch. Class will begin with a short walk where we will meet the medicinal plant(s) in its natural habitat. Then we will head to the kitchen to create and partake in our medicinal and tasty infusion.

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 - 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 $10 per person.

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 - 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. Beginner to intermediate level.

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 - MINISINK HIKE* (150 min, Meet in Garden Hall)
Enjoy a short but moderate 2 mile hike in nearby Sullivan County, New York. Minisink Park was the site of a small Revolutionary War battle, a Native American rock shelter, and early American rock quarries. Additional stops to and from the park can be made in the hamlet of Lackawaxen to view the Roebling Aqueduct and observe Bald Eagles along the Delaware River. Travel Time: 45 min, Hiking Time: 1.5 hrs

2:30 PM - NATUREPIX 101* (50 min, Meet in Garden Hall)
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!

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 - 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. If interested, please stop by the Fitness Desk for more information.

3:00 PM - GAZING MEDITATION (TRATAKA) (I, II, III) (50 min, Willow Studio)
Participants are taught different gazing techniques to help improve concentration so deeper meditation can be achieved during practice.

3:00 PM - ARCHERY RANGE OPEN (120 min, Archery Range)
Want to test your skills at archery? Our beautiful wooded range is the perfect place to learn about the exciting, challenging and technical sport of archery. Find out what it takes to perfect your balance, coordination, mental focus and upper body strength to successfully master this art. Our Outdoor Adventure staff is on hand to assist with basic instruction and ensure that you hit the bullseye!

4:00 PM - A HIKE ON THE LONG PATH FROM MANHATTAN TO THE ADIRONDACKS (90 min, Fireside Room)
Join our resident Naturalist for a virtual hike along New York State’s 400 mile Long Path. The Long Path begins in Manhattan and follows along the shore of the Hudson River, then joins with the Appalachian Trail, travels along the Shawangunk Ridge, and finally climbs the high peaks of the Catskills on its way to the Adirondacks. Heather will present a slideshow of her recent month long, 400 mile backpacking excursion along this trail, where she not only hiked daily but researched the edible and medicinal plant life along its corridor. Be sure to bring your trail questions and curiosity!

EVENING

5:30 PM - DINNER IN TREE (5:30pm-8:30pm, Tree Restaurant)
Reservations Required
Featuring a special New Year’s Eve Menu, experience an artfully crafted spa dinner surrounded by relaxing live music.

10:00 PM - LAKESIDE FIREWORKS

10:00 PM - DANCING IN THE NEW YEAR (180 min, Tree Lounge)
Enjoy dancing in the New Year with live music in the TREE Lounge!

12:00 AM - CHAMPAGNE TOAST
MONDAY

January 1st, 2018

*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, Wine Tasting, and Juicing Demo, please sign-up by Noon the day of. We ask for the consideration of others, that you join any class no later than the scheduled start time.

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

MORNING

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

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)

9:00 AM - TRX TABATA (I)
(25 min, CardioWeight Studio)

9:00 AM - TRX XPRESS: STRETCH* (I, II, III)
(30 min, CardioWeight Studio)

9:00 AM - AM STRETCH (I, II, III)
(25 min, Linden Studio)

Learn the basics and value of paying attention on purpose.

9:00 AM - 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.

9:00 AM - SHUMAN POINT HIKE*
(180 min, Meet in Garden Hall)
Explore Shuman Point Natural Area on a 3 mile 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 - HATHA YOGA (I, II, III)
(50 min, Linden Studio)
Remove the stress brought on by daily living by concentrating on the practice of postures and breath control. These help energize both the body and mind, while increasing muscle strength and improving flexibility.

9:00 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 - AM STRETCH (I, II, III)
(25 min, Linden Studio)

10:00 AM - TRX XPRESS: STRETCH* (I, II, III)
(30 min, CardioWeight Studio)
Learn different ways to stretch your entire body using the TRX system.

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 - DYNAMIC MEDITATION (I, II)
(50 min, Willow Studio)
Instructor will teach some sanskrit chants, prayers and mantras and this will be followed by a 20 – 30 minute silent meditation.

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 - FIERCE (II, III)
(50 min, Linden 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.

10:00 AM - THE ZONE - LEGS (I, 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 PM - CIZE (I, II, III)
(50 min, Oak Studio)
This fun, energetic dance class is an easy to learn, step-by-step routine that will get your heart pumping. It’s the end of ExerCIZE as you know it.

11:00 AM - 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.

11:00 AM - KRIPALU YOGA (I)
(50 min, Linden Studio)
Perfect for all level students. newcomers to yoga and those who are looking to be challenged in a very slow and mindful way.
**AFTERNOON**

12:00 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. If you are new to indoor rowing, please join us during one of our Intro to Row classes.

1:00 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.

1:00 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.

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 - **WATERCOLOR PAINTING* (120 min, Art Studio)**
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.

2:00 PM - **TRX: TOTAL BODY** (II, III~) (50 min, CardioWeight Studio)
The TRX Suspension Trainer leverages Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

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 - **COMPASSION MEDITATION (I, II, III)** (50 min, Willow Studio)
Be guided through a Zen Buddhist style compassion meditation focusing on cultivating compassion and gratitude for all the beautiful things already present in our lives. Based on the teachings of Thich Nhat Hahn.

2:30 PM - **EAGLEVIEWING** (120 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, feeding on the rich food sources and entertaining all who catch a glimpse. Join us on a driving tour of the local waterways to search for these powerful and regal birds. Make sure to bring a camera and warm clothing in preparation for the many scenic stops along the way. This is an amazing opportunity to witness the eagles in their natural environment.

3:00 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 overhead travel. Please wear sturdy shoes as many of the geocaches are hidden off trail.

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 - **GLUTE CAMP (I, II, III)** (50 min, Oak Studio)
This class includes a brief anatomy lesson on the gluteal muscles, followed by an action packed workout using a wide variety of techniques to fire up the glutes including free weights, the barre, and floor work.

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

4:00 PM - **JOURNALING FOR SELF-DISCOVERY* (I, II, III)** (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 - **BOSU II (II, III~)** (50 min, Oak Studio)
Take balance training to the next level. Must be able to jump on and off, leap to and fro while lifting, throwing and catching weighted medicine balls. Sneakers must be worn.

5:00 PM - **MEDITATION TO QUIET THE MIND (I, II, III)** (50 min, Linden Studio)
Come into the present moment with mindfulness meditation. This class guides you through steps of meditation with breath awareness and focusing the mind on a sound.

**EVENING**

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

7:30 PM - **NOCTURNAL WALK* (90 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 150 acre property to explore the world that awaits us as the night unfolds. We’ll look for the many nocturnal wildlife that only come out at night. With the diversity of the lake, forest, and farmland on our property, you are sure to encounter various sounds and sights of the night.

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

8:30 PM - **WINE & CHOCOLATE PAIRING (§) (50 min, Meet in Garden Hall)**
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.

*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, Wine Tasting, and Juicing Demo, 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.

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

Our Outdoor Exploration Center and Open Geocaching are open from 9am - 5pm. Guides are on hand to assist you with bikes, binoculars & GPS devices or to answer any questions that you may have.