



YOUR GUIDE TO CLASSES & ACTIVITIES
April 26th - 30th, 2021



THE LODGE
AT WOODLOCH

A DESTINATION SPA RESORT



OPEN ACTIVITIES

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

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

ARCHERY

Archery Range, 1pm - 5pm

BIKING

Lily Pad, 9am - 5pm

BIRDING

Lily Pad, 9am - 5pm

DISC GOLF

Lily Pad, 9am - 5pm

GEOCACHING

Lily Pad, 9am - 5pm

LAKESIDE LIBATIONS (\$)

Hostess Stand, 2pm - 4pm
 Spice up your day with an afternoon aperitif and handcrafted s'more kit! Stop by the hostess stand for your kit and then make your way to a crackling campfire at our lakeside Lily Pad for a sweet afternoon treat. Cost is \$10 per person, guests must be at least 21 years of age to participate.

DINING

Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner. Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. For guests who would like to have breakfast or dinner served in their guest room, you may order In-Room Dining in advance (a \$20 fee applies to this service). Menus are available at the QR Code below.

BREAKFAST

7am to 9:30am

LUNCH

11:30am to 2pm

DINNER

5:30pm to 8:30pm



SCHEDULED ACTIVITIES

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

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

7:30 AM - FITNESS WALK

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

8:00 AM - BASIC DECORATIVE HAND LETTERING

(120 min, Art Studio)
 Join and discover how to create basic cursive letterforms by applying calligraphy principles to decorative hand lettering using standard pencils and markers you likely already own! You will be able to create a small displayable sign with your newly acquired talent!

8:45 AM - YOU KNEAD THIS

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

8:45 AM - PILATES ON THE BALL

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

8:45 AM - POWER WALK

(45 min, Meet at Fitness Tent)
 Enjoy a vigorous 3 mile power walk on our scenic nature trail, which winds through the woods around The Lodge at Woodloch.

8:45 AM - TRX: TOTAL BODY

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

8:45 AM - MEDITATION FOR WORLD PEACE

(45 min, Fireside Room)
 Start your day off by sending the world love sweet love! In this meditation, you create a circle of love and compassion, beginning with yourself and gradually expanding that circle from your nearest and dearest out until you include the whole world.

9:30 AM - SPRING RIDGE HIKE

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

10:00 AM - ATHLETIC STRETCH

(45 min, Oak Studio)
 Listen to upbeat music and stretch without that mind/body feel. We'll explore different techniques that strengthen and lengthen tight muscles.

10:00 AM - DETOX FLOW

(45 min, Fireside Room)
 A vinyasa practice that focuses on twisting to support your digestive system and lymphatic drainage. Best with an empty stomach.

10:00 AM - SHRED

(45 min, Fitness Tent)
 High repetition and short rest periods will burn fat, build endurance, and increase strength. Allow 2 hours after eating before taking this advanced level class. Sneakers are required. Not recommended for those with recent injuries.

10:00 AM - AQUA TABATA

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

11:00 AM - ZODIAC CONSTELLATION SIGN

(120 min, Art Studio)
 Create your own custom zodiac sign painting for yourself, a friend or to celebrate a new birth. Paint your constellation against a galaxy of stars on canvas using a variety of painting techniques, shimmering paints, and stencils for your zodiac sign name and constellation. Get lost in the night sky and celebrate your place amongst the cosmos. Paintings are done on an 8x10 inch canvas.

11:00 AM - JOURNALING: OUTSIDE THE BOX

(50 min, Owl's Nest)
 We will bring our journals to the forests and meadows surrounding us and discover a deep connection to ourselves and to the natural world as we meditate on birdsong and the breath of wind in the treetops. Instruction in the basics of journaling is provided; your journal is yours to keep and cherish.

11:00 AM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)
 Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Monday's demonstration will feature Basic Vinaigrettes.

11:15 AM - THE BARRE

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

11:15 AM - ALL ABOUT ABS

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

11:15 AM - MINDFUL INTERMEDIATE VINYASA YOGA

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

11:15 AM - TRX: CORE

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



SCHEDULED ACTIVITIES, CONT.

11:30 AM - "WELCOME SPRING" WINE TASTING (\$)

(50 min, Garden View Room)
Welcome Spring with lively and fun wine that will wake up and tantalize your taste buds. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$30 per person.

12:30 PM - SPLASH DANCE

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

12:30 PM - HONEY LOUNGE YOGA

(45 min, Fireside Room)
A combination of some very slow and held postures with a focus on hip openers, breath work, and an extended svasana. We'll finish with a brief meditation. You'll be walking on clouds!

12:30 PM - MEDITATION TO QUIET THE MIND

(45 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.

12:30 PM - BOSU

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

12:30 PM - PUMP

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

1:00 PM - FOREST BATHING

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

1:00 PM - HONEY BEE TALK

(50 min, Blackmore Garden)
Spend some time with our resident beekeeper, in discussion of the life cycle of the honeybee 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!

1:45 PM - COUNTRY FUSION

(45 min, Linden Studio)
This is a total body workout that you will be addicted to, learning how to dance, getting an amazing workout all while having fun!

1:45 PM - INTRO TO ROW

(30 min, Rowing Room)
This class will instruct you on how to set yourself up for success on the WaterRower. This class is instructional only.

1:45 PM - GENTLE YOGA

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

1:45 PM - FMS CORRECTIVE EXERCISES

(45 min, Oak Studio)
In this class, you'll identify movement patterns, weaknesses and compensations that put your body at risk for injury. Afterwards, you'll learn different exercises to help improve stability and mobility.

1:45 PM - ARMS, CHEST, AND BACK

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

2:00 PM - HATCHET THROWING

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

2:30 PM - PEBBLE ART (\$)

(120 min, Art Studio)
Using river bed pebbles, dried flowers, sticks and other natural found items, design sweet and whimsical scenes of people and animals on a simply painted background. Create your family, your pet, a friend or any other scene you can imagine. Cost is \$10 per person.

3:00 PM - HATCHET THROWING

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

3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Monday's demonstration will feature Basic Vinaigrettes.

3:00 PM - BUTTS & GUTS

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

3:00 PM - ZUMBA

(45 min, Fitness Tent)
Zumba fuses Latin rhythms and easy to follow moves to help you experience an exhilarating, calorie-burning, body energizing blast of a class. Sneakers are required.

3:00 PM - TRX FOR BEGINNERS

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

3:00 PM - W.A.V.E.

(45 min, Aqua Garden)
Water Aerobics using Vertical Energy on the Hydro Trampoline.

3:00 PM - JOURNALING FOR SELF-DISCOVERY

(45 min, Linden 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.

3:00 PM - GOOD VIBRATIONS

(45 min, Fireside Room)
Join our spa and fitness experts as we combine the ancient healing art of sound and vibration in this informative, immersive experience! Learn about our featured spa and fitness offerings and enjoy a relaxing, meditative sound bath.

4:00 PM - FLY CASTING

(45 min, Meet in Garden Hall)
Join our Outdoor Experiences guides for an introduction in fly-casting. This class will be outside on one of our lawn areas, an overview of the rod, reel and basics of proper technique will be covered.

4:00 PM - HATCHET THROWING

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

4:15 PM - CHAIR ASSISTED MINDFUL YOGA

(45 min, Fireside Room)
All the elements of a traditional yoga class are accessible for everyone, by using this simple "assistant". This class provides the same coordination of breath and movement, the same targeted, deep openings in the body, with the same result; deep relaxation. Great for beginners!

4:15 PM - LET'S ROLL

(45 min, Linden Studio)
During this class you will roll your body weight along a firm foam roller, deeply massaging your muscles to help improve the way your body moves and feels.

4:15 PM - AQUA JOG

(45 min, Aqua Garden)
Who should try Aqua Jogging? Everyone! On or off season. New or experienced runners. Enjoy the cardio benefits and the euphoria of that runners high without the high impact of running outside. If you are 5' 5" or below we can provide an aqua belt if you choose.

5:30 PM - GONG WITH THE WIND

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

8:00 PM - DOT MANDALA VINYL RECORDS (\$)

(120 min, Art Studio)
Practice balance, free your inner artist, and paint a beautiful Dot Mandala Record! A 'mandala' is a term taken from Hinduism and Buddhism, that represents the universe. The Mandala design has also fascinated psychologists throughout the years, linking your Mandala design to your self, ego, and personality. Participants will learn to use dotting tools on vintage records to create these stunning pieces. Cost is \$10 per person.

8:30 PM - FULL MOON FOREST BATHING

(110 min, Meet in Garden Hall)
Join The Lodge at Woodloch's Certified Forest Bathing experts for a slow and contemplative moonlit 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 at night. 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 wellness benefits. Come and enjoy the healing powers of the nature that surrounds us while appreciating the Full Pink Moon.



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BIRDING

Lily Pad, 9am - 5pm

DISC GOLF

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GEOCACHING

Lily Pad, 9am - 5pm

LAKESIDE LIBATIONS (\$)

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5:30 AM - SUNRISE PHOTO WALK

(75 min, Meet in Garden Hall)
 Explore the outstanding beauty of our grounds at a time often referred to by photographers as the "golden hour." No sunrise is the same and each one offers its own magical experience. Remember to bring your camera or cellphone! Please sign-up for the Sunrise Photo Walk prior to 7pm on the evening prior to the walk.

7:30 AM - MY MORNING YOGA PRACTICE

(45 min, Fireside Room)
 Start your day with this full body sequence to get you stretched and ready for an awesome day.

7:30 AM - WAKE UP SUNSHINE

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

8:00 AM - ZENDOODLE

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

8:45 AM - VINYASA FLOW

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

8:45 AM - THE BARRE

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

8:45 AM - YIN AND FOAM ROLLER

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

8:45 AM - CIRCUIT CITY

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

8:45 AM - BLISSFUL BREATH: CALM, STEADY, RESILIENT

(45 min, Willow Studio)
 Be like the flower and BLOOM! Embrace this gentle yoga practice while deepening the art of your breath! Reduce stress by reuniting breath, body and mind back into a state of flow bringing peace and bliss within.

9:30 AM - WEST FALLS CREEK TRAIL HIKE

(110 min, Meet in Garden Hall)
 Join our guides on an easy 2 mile hike. The trail meanders through a rustic farm property, and ever-changing wetlands. Enjoy strolling through towering pines, ancient apple trees, and lush wild meadows.

9:30 AM - BASICS OF BIRDING

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

10:00 AM - HIPPIE YOGA

(45 min, Fireside Room)
 Hip opener yoga poses - great for people with tight hips.

10:00 AM - FMS CORRECTIVE EXERCISES

(45 min, Oak Studio)
 In this class, you'll identify movement patterns, weaknesses and compensations that put your body at risk for injury. Afterwards, you'll learn different exercises to help improve stability and mobility.

10:00 AM - MALA MEDITATION

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

10:00 AM - TRX: TOTAL BODY

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

10:00 AM - ARMS, CHEST, AND BACK

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

11:00 AM - FLORALS WITH COLORED PENCILS

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

11:00 AM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)
 Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Tuesday's demonstration will feature Shakshuka with Crispy Spiced Potato Sticks.

11:15 AM - AQUA TONING

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

11:15 AM - ATHLETIC STRETCH

(45 min, Fireside Room)
 Listen to upbeat music and stretch without that mind/body feel. We'll explore different techniques that strengthen and lengthen tight muscles.

11:15 AM - PILATES ON THE BALL

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

11:15 AM - HIP HIP HOORAY

(45 min, Fitness Tent)
 Sizzle up some heat in this full-figure workout, accentuating your hips, buns, and thighs. Minimal choreography with maximum results!

11:15 AM - CHAKRA YOGA

(45 min, Linden Studio)
 Open, balance, and cleanse all seven chakras using simple yoga poses and visualization. You'll leave this class feeling energized.



SCHEDULED ACTIVITIES, CONT.

12:30 PM - TRX STRETCH

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

12:30 PM - T'AI CHI

(45 min, Fireside Room)
The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

12:30 PM - YOU KNEAD THIS

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

12:30 PM - MOVEMENT AND FLOW

(45 min, Fitness Tent)
Slow down and reacquaint yourself with your fluid body. This class combines different types of movement patterns from tai chi, yoga and pilates.

12:30 PM - KENPO CARDIO

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

1:00 PM - TENKARA

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

1:00 PM - SENSORY WALK

(90 min, Meet in Garden Hall)
Join our Nature Guide and use all five senses to explore our beautiful wooded property. Learn techniques for a walking meditation and end with hot tea incorporating wild edible plants.

1:00 PM - GARDEN TOUR

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

1:45 PM - AQUA TABATA

(45 min, Aqua Garden)
A challenging pool workout using the Tabata technique of high-intensity cardio and alternating rest periods for a great, nonimpact total body workout.

1:45 PM - INTRO TO ROW

(30 min, Rowing Room)
This class will instruct you on how to set yourself up for success on the WaterRower. This class is instructional only.

1:45 PM - GENTLE YOGA

(45 min, Linden Studio)
Explore the basics of Ancient Yoga through postures, breath work, and meditation. Designed for beginners, although all levels are welcome.

1:45 PM - PUMP

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

1:45 PM - LUNCHTIME LULLABIES

(45 min, Fireside Room)
Lay back and be serenaded by the soothing voice of singer/songwriter, Veronica. She will give a guided meditation and sing songs accompanied by her ukulele that you will be certain to drift off to.

2:00 PM - WATERCOLOR PAINTING

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

3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Tuesday's demonstration will feature Shakshuka with Crispy Spiced Potato Sticks.

3:00 PM - BOSU

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

3:00 PM - TBC

(45 min, Fitness Tent)
Total body conditioning - pure weight training using everything but the kitchen sink.

3:00 PM - YOGA FOR BEGINNERS

(45 min, Fireside Room)
Learn the basics you'll need to begin exploring the wonderful world of yoga.

3:00 PM - MANTRA MEDITATION

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

3:00 PM - SPRING AWAKENING WALK

(90 min, Meet in Garden Hall)
Join our guides on an easy hike around the grounds at The Lodge at Woodloch as we peel back the blanket of our winter slumber and breathe in the new spring air. Every step you take brings new signs of life as the buds emerge, plants sprout, and animals come out of their yearly rest.

3:30 PM - WINE & CHOCOLATE PAIRING

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

4:15 PM - TRX: CORE

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

4:15 PM - HATHA ENERGY MEDICINE YOGA

(45 min, Fireside Room)
Awaken your subtle energy with simple hatha yoga poses that balance and heal the physical, emotional and spiritual body. You'll leave this class feeling your best with increased vitality, unraveled block energy and a boost to your immune system.

4:15 PM - YOGA + POETRY

(45 min, Linden Studio)
Tune into your creative self during this interactive class. Experience the wisdom of authors including Rumi and Kahlil Gibran as we take gentle, introspective poses. Discover how to draw inspiration from deep within yourself, and how to put it down on paper. No writing experience needed.

5:00 PM - KOMBUCHA REDISCOVERED

(50 min, Chakra Lounge)
Intrigued at the idea of kombucha, but not quite sure where to start? In this introductory class, we will dive into the origin of kombucha and the myriad of health benefits it offers, including gut health and probiotics.

5:30 PM - RESTORATIVE YOGA GONG BATH

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

8:00 PM - ACRYLICS ON CANVAS

(120 min, Art Studio)
Create a beautiful winter scene painting of an enchanting super-moon among evergreens and stars.

8:30 PM - THE LIGHT OF LIFE

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



OPEN ACTIVITIES

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

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

ARCHERY

Archery Range, 1pm - 5pm

BIKING

Lily Pad, 9am - 5pm

BIRDING

Lily Pad, 9am - 5pm

DISC GOLF

Lily Pad, 9am - 5pm

GEOCACHING

Lily Pad, 9am - 5pm

LAKESIDE LIBATIONS (\$)

Hostess Stand, 2pm - 4pm

Spice up your day with an afternoon aperitif and handcrafted s'more kit! Stop by the hostess stand for your kit and then make your way to a crackling campfire at our lakeside Lily Pad for a sweet afternoon treat. Cost is \$10 per person, guests must be at least 21 years of age to participate.

DINING

Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner. Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. For guests who would like to have breakfast or dinner served in their guest room, you may order In-Room Dining in advance (a \$20 fee applies to this service). Menus are available at the QR Code below.

BREAKFAST

7am to 9:30am

LUNCH

11:30am to 2pm

DINNER

5:30pm to 8:30pm



SCHEDULED ACTIVITIES

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

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

7:30 AM - FITNESS WALK

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

8:00 AM - LOTUS MANDALAS

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

8:45 AM - YOGA FOR A HEALTHY BACK

(45 min, Fireside Room)
Improve overall back health by strengthening core muscles, increasing flexibility, and enhancing breathing capacity and awareness.

8:45 AM - LENGTHENING AND STRENGTHENING

(45 min, Fitness Tent)
Create a toned, lengthened and graceful body using your own body weight.

8:45 AM - BARRY WHITE YOGA

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

8:45 AM - AQUA TABATA

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

8:45 AM - BREATH AND BANDHA MEDITATION

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

9:30 AM - SPRING RIDGE HIKE

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

10:00 AM - DECORATIVE BIRDHOUSES (\$)

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

10:00 AM - CIRCUIT CITY

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

10:00 AM - 45-MINUTE STRETCH

(45 min, Oak Studio)
Enjoy a quick stretch before your afternoon begins!

10:00 AM - DRUMS ALIVE

(45 min, Fitness Tent)
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 - SWEET SERENITY: RESTORATIVE AND YIN

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

11:00 AM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Wednesday's demonstration will feature Ginger Marinated Beef Filet with Sesame Scallion Spaetzle.

11:00 AM - SPRING HAS SPRUNG!

(50 min, Meet in Garden Hall)
With new growth sprouting and tree buds blossoming, Spring is a magical time to behold at The Lodge. Our Naturalist will walk you through spring awakening in the outdoors- the plants, leaves, flowers, wildlife patterns, and nests all have a brand new story to tell, punctuated with a delicious spring berry seltzer sangria!

11:15 AM - SPLASH DANCE

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

11:15 AM - SHRED

(45 min, Fitness Tent)
High repetition and short rest periods will burn fat, build endurance, and increase strength. Allow 2 hours after eating before taking this advanced level class. Sneakers are required. Not recommended for those with recent injuries.

11:15 AM - LET'S ROLL

(45 min, Oak Studio)
During this class you will roll your body weight along a firm foam roller, deeply massaging your muscles to help improve the way your body moves and feels.

11:15 AM - CHAKRA BOWL DEMONSTRATION

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

11:15 AM - SELF DISCOVERY: FIND YOUR OWN SENSE OF SELF

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



SCHEDULED ACTIVITIES, CONT.

12:00 PM - CHAKRA BEAD CLASS (\$)

(60 min, Art Studio)

Balance your chakras and lift your spirits by selecting from mala beads to create a beautiful and meaningful energy bracelet. Cost is \$10 per person.

12:30 PM - WHAT'S MY DOSHA

(45 min, Linden Studio)

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

12:30 PM - AQUA TONING

(45 min, Aqua Garden)

Weight-training without weights. Firm your muscles with resistance aqua equipment. Perfect for sensitive joints. A great variation to your present weight-training routines.

12:30 PM - ARMS, CHEST, AND BACK

(45 min, Fitness Tent)

This functional training class will tone and strengthen your upper body while teaching you stretches to keep you flexible. This class is not recommended if you have any injuries.

12:30 PM - DREAM SHIFTING JOURNEY

(45 min, Fireside Room)

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

12:30 PM - THE JOY OF MOVEMENT

(45 min, Oak Studio)

Feel absolutely groovy as you dance your little heart out using very simple moves that everyone can do. This class is for EVERY BODY!

1:30 PM - GNOME ROAM

(90 min, Meet in Garden Hall)

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

1:45 PM - INNER SMILE MEDITATION

(45 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.

1:45 PM - POWER NAPPING

(45 min, Fireside Room)

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.

1:45 PM - THE BARRE

(45 min, Oak Studio)

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

1:45 PM - TONE TO STONE

(45 min, Fitness Tent)

This class ZAP's the FAT using combination weight training moves that will help you get back into shape or stay in shape.

1:45 PM - INTRO TO ROW

(30 min, Rowing Room)

This class will instruct you on how to set yourself up for success on the WaterRower. This class is instructional only.

2:00 PM - HATCHET THROWING

(50 min, Hatchet Range)

Want a woodsy challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoe.

2:00 PM - PASTELS

(120 min, Art Studio)

Embrace velvety rich colors with magic at every stroke. Pastels offer a softer side and meld the worlds of painting and drawing together. Join us to discover the softer side of color expression.

3:00 PM - HIPPIE YOGA

(45 min, Fireside Room)

Hip opener yoga poses - great for people with tight hips.

3:00 PM - COUNTRY FUSION

(45 min, Oak Studio)

This is a total body workout that you will be addicted to, learning how to dance, getting an amazing workout all while having fun!

3:00 PM - CHI GONG

(45 min, Linden Studio)

Movement and meditation are used to unite and harmonize the spirit of the five organs governed by each element. A series of exercises: Ocean Breathing, Inner Smile, and Toning the Six Healing Sounds, activate the Chi (universal energy).

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(50 min, Chef's Kitchen)

Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Wednesday's demonstration will feature Ginger Marinated Beef Filet with Sesame Scallion Spaetzle.

3:30 PM - NATUREPIX 101

(90 min, Owl's Nest)

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

4:00 PM - HATCHET THROWING

(50 min, Hatchet Range)

Want a woodsy challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoe.

4:15 PM - BREATHE & CHANGE YOUR LIFE

(45 min, Fireside Room)

Open the mind as you learn to focus your attention within and experience simple ways in which you can enhance your body's energy levels while cleansing and rebalancing.

4:15 PM - YOGA RESET

(75 min, Oak Studio)

Too much of a good thing can be...well..too much! This 75-minute yoga class will help you get back into balance through practices that will energize you, support gentle detoxification, and bring you back to your center. Ahhhh - Don't you feel better already?!

5:30 PM - GONG CHI: THE SOUND OF SILENCE

(45 min, Fireside Room)

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

8:00 PM - INTRO TO DRAWING

(120 min, Art Studio)

Awaken your creativity with visual expression and discover your inner artist. Drawing differs from painting in that it is much more exploratory with emphasis on observation and composition. Leave inspired by your journey to self-discovery and a picture that shows off your rejuvenated artistic energy.

8:30 PM - REFRESHING YOUR SPIRIT

(50 min, Garden View Room)

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



OPEN ACTIVITIES

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7:30 AM - AM STRETCH & MEDITATION

(45 min, Fireside Room)
Create space for a new day with an opening and lengthening stretch. Then set your intention with gentle and loving awareness.

7:30 AM - WAKE UP SUNSHINE

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

8:00 AM - MOSAICS (\$)

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

8:45 AM - WALKING MEDITATION

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

8:45 AM - SATI-PILATES

(45 min, Linden Studio)
Explore the practice of Sati, a Sanskrit word for mindfulness, with a unique Pilates class. This class will encourage you to affirm and tone with Pilates-inspired moves on a mat while reciting powerful affirmations.

8:45 AM - VINYASA FLOW

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

8:45 AM - CIRCUIT CITY

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

8:45 AM - BELLY DANCING

(45 min, Oak Studio)
Combines India's many classical and folk dances, fused with elements of Jazz, Hip-Hop, Arabic and Latin Forms.

9:30 AM - BLACKMORE FARM HIKE

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

9:30 AM - BASICS OF BIRDING

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

10:00 AM - T'AI CHI

(45 min, Fireside Room)
The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

10:00 AM - YOU KNEAD THIS

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

10:00 AM - PUMP

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

10:00 AM - TRX: CORE

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

10:00 AM - TRIFECTA

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

11:00 AM - WATERCOLOR FLOWER STUDY

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

11:00 AM - FOOD AS MEDICINE - SELF-CARE IS THE NEW HEALTH CARE

(50 min, Garden View Room)
Understanding the benefits of eating key foods that will help you naturally boost immunity, detox, and cleanse. Learn about our food system so you can make the most informed choices while you are exposed to a world of processed, chemical-laden food.



SCHEDULED ACTIVITIES, CONT.

11:15 AM - HEALING SOUNDS MEDITATION

(45 min, Fireside Room)
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.

11:15 AM - TBC

(45 min, Fitness Tent)
Total body conditioning - pure weight training using everything but the kitchen sink.

11:15 AM - ATHLETIC STRETCH

(45 min, Linden Studio)
Listen to upbeat music and stretch without that mind/body feel. We'll explore different techniques that strengthen and lengthen tight muscles.

11:15 AM - TRX: UPPER BODY

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

11:15 AM - CHAKRA BOWL DEMONSTRATION

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

11:15 AM - PILATES ON THE BALL

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

12:00 PM - SPRING AWAKENING - RESETTING YOUR GUT FOR GOOD HEALTH

(50 min, Garden View Room)
It has become common knowledge that the health of our gut dictates our overall health. Simply put, the gut, or our digestive system is the gateway to health. In this presentation, we will explore foods such as pre-biotics, pro-biotics, vegetables, herbs and spices that have gut supportive properties. Private consultations are also available through the Spa Concierge.

12:30 PM - MEDITATION TO RUMI'S POETRY

(45 min, Fireside Room)
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.

12:30 PM - INTRO TO ROW

(30 min, Rowing Room)
This class will instruct you on how to set yourself up for success on the WaterRower. This class is instructional only.

12:30 PM - MOVEMENT AND FLOW

(45 min, Linden Studio)
Slow down and reacquaint yourself with your fluid body. This class combines different types of movement patterns from tai chi, yoga and pilates.

12:30 PM - POUND

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

12:30 PM - W.A.V.E.

(45 min, Aqua Garden)
Water Aerobics using Vertical Energy on the Hydro Trampoline.

1:00 PM - HONEY BEE TALK

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

1:00 PM - TENKARA

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

1:00 PM - SENSORY WALK

(90 min, Meet in Garden Hall)
Join our Nature Guide and use all five senses to explore our beautiful wooded property. Learn techniques for a walking meditation and end with hot tea incorporating wild edible plants.

1:45 PM - ARMS, CHEST, AND BACK

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

1:45 PM - FLOW FOR THE SEASONS

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

1:45 PM - DREAM SHIFTING JOURNEY

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

1:45 PM - TRX LOWER BODY

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

1:45 PM - AQUA TABATA

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

2:00 PM - ALCOHOL INKS ON PORCELAIN TILE

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

3:00 PM - WALK THIS WAY

(45 min, CardioWeight Studio)
Enjoy a low impact walking themed circuit class incorporating the treadmill and strength training.

3:00 PM - BUTTS & GUTS

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

3:00 PM - CHAKRA YOGA

(45 min, Fireside Room)
Open, balance and cleanse all seven chakras using simple yoga poses and visualization. You'll leave this class feeling energized.

3:00 PM - LIGHT & EASY HEALTHY DISHES

(50 min, Chef's Kitchen)
Introducing more fresh food into your diet is a great way to eat less meat, less processed food, and more fruits and vegetables. Join Talia, natural foods chef, certified holistic health counselor and culinary nutritionist, for a fun and informative cooking demonstration, and discover how fresh raw food can be delicious, healthful and easy to prepare.

3:00 PM - PRIMITIVE FIRE MAKING

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

3:30 PM - OLD WORLD VS. NEW WORLD WINE TASTING (\$)

(50 min, Garden View 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.

4:15 PM - THE WIND DOWN

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

4:15 PM - TRX STRETCH

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

4:15 PM - THE JOY OF MOVEMENT

(45 min, Oak Studio)
Feel absolutely groovy as you dance your little heart out using very simple moves that everyone can do. This class is for EVERY BODY!

5:30 PM - SOUND IMMERSION

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

8:00 PM - WATERCOLOR PAINTING

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



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7:30 AM - AM STRETCH & MEDITATION

(45 min, Fireside Room)

Create space for a new day with an opening and lengthening stretch. Then set your intention with gentle and loving awareness.

8:45 AM - MINDFUL INTERMEDIATE VINYASA YOGA

(45 min, Fireside Room)

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

8:45 AM - KENPO CARDIO

(45 min, Fitness Tent)

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

8:45 AM - SANKALPA SETTING

(45 min, Willow Studio)

A Sankalpa is a resolve with a heartfelt desire. Bring those desires to fruition by setting your Sankalpa. Explore how to utilize the heart and mind to see long term transformation.

8:45 AM - GENTLE YOGA

(45 min, Linden Studio)

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

8:45 AM - TONE TO STONE

(45 min, Oak Studio)

This class ZAP's the FAT using combination weight training moves that will help you get back into shape or stay in shape.

9:00 AM - CHAKRA BEAD CLASS (\$)

(60 min, Art Studio)

Balance your chakras and lift your spirits by selecting from mala beads to create a beautiful and meaningful energy bracelet. Cost is \$10 per person.

9:30 AM - WEST FALLS CREEK TRAIL HIKE

(110 min, Meet in Garden Hall)

Join our guides on an easy 2 mile hike. The trail meanders through a rustic farm property, and ever-changing wetlands. Enjoy strolling through towering pines, ancient apple trees, and lush wild meadows.

9:30 AM - GNOME ROAM

(90 min, Meet in Garden Hall)

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

10:00 AM - AQUA JOG

(45 min, Aqua Garden)

Who should try Aqua Jogging? Everyone! On or off season. New or experienced runners. Enjoy the cardio benefits and the euphoria of that runners high without the high impact of running outside. If you are 5' 5" or below we can provide an aqua belt if you choose.

10:00 AM - GUIDED LABYRINTH WALK

(45 min, Fitness Tent)

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

10:00 AM - HONEY LOUNGE YOGA

(45 min, Linden Studio)

A combination of some very slow and held postures with a focus on hip openers, breath work, and an extended svasana. We'll finish with a brief meditation. You'll be walking on clouds!

10:00 AM - BACK TO YOUR ROOTS

(45 min, Fireside Room)

Also called "Muladhara" ("mula" meaning "root", "adhara" meaning "support"), the root chakra is the first chakra. When this chakra is blocked, we may experience tight hips, feeling "ungrounded", and digestive issues. Find grounding and the support system within through yoga poses, sound, and color meditation.

10:00 AM - TRX: TOTAL BODY

(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 - SPRING CLEANSE - HEALTHY SMOOTHIE DEMONSTRATION

(50 min, Chef's Kitchen)

One of the easiest and simplest ways to get all the nutrients your body needs is to consume a green drink - it packs more nutrients in one glass than a full plate of salad. In this demonstration, we will introduce you to combinations of nutritious and delicious smoothies. A homemade almond milk demonstration will also be included.

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

(120 min, Art Studio)

Brush paint freely onto a silk scarf to create a beautiful one of a kind wearable piece of art. No experience necessary. Cost is \$10 per person.

11:00 AM - JOURNALING: OUTSIDE THE BOX

(50 min, Garden View Room)

We will bring our journals to the forests and meadows surrounding us and discover a deep connection to ourselves and to the natural world as we meditate on birdsong and the breath of wind in the treetops. Instruction in the basics of journaling is provided; your journal is yours to keep and cherish.

11:15 AM - MALA MEDITATION

(45 min, Linden Studio)

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

11:15 AM - THE CHILL ZONE

(45 min, Fireside Room)

We all want to feel less stress and more chill. The key to feeling chill is something called parasympathetic dominance. In this class you'll learn a little more technically what's happening in your nervous system when you feel stressed out, what's happening when you are chilling out, and some simple techniques to get in the chill zone (parasympathetic dominance). Bonus: chilling out is incredibly good for your health!

11:15 AM - THE BARRE

(45 min, Oak Studio)

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

11:15 AM - POWER WALK

(45 min, Meet in Garden Hall)

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

11:15 AM - PUMP

(45 min, Fitness Tent)

The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with highrep, dynamic weight work! Sneakers are required.



SCHEDULED ACTIVITIES, CONT.

12:30 PM - AQUA TABATA

(45 min, Aqua Garden)

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

12:30 PM - GONG CHI: THE SOUND OF SILENCE

(45 min, Fireside Room)

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

12:30 PM - TRX FOR BEGINNERS

(45 min, CardioWeight Studio)

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

12:30 PM - CHAKRA BOWL DEMONSTRATION

(20 min, Meet in the Garden Hall)

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

12:30 PM - HIP HIP HOORAY

(45 min, Fitness Tent)

Sizzle up some heat in this full-figure workout, accentuating your hips, buns, and thighs. Minimal choreography with maximum results!

12:30 PM - FOOD FOR THOUGHT - ASK THE NUTRITIONIST

(50 min, Garden View Room)

Holistic nutrition and health coach, Talia, is here to answer your question and give you tips and ideas on how to improve to your nutrition, lifestyle and overall well-being.

1:00 PM - FOREST BATHING

(110 min, Meet in Garden Hall)

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

1:00 PM - ORCHARD TOUR

(50 min, Blackmore Garden)

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

1:30 PM - NATUREPIX 101

(90 min, Chakra Lounge)

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

1:45 PM - BREATHE & CHANGE YOUR LIFE

(45 min, Fireside Room)

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.

1:45 PM - BOSU

(45 min, Oak Studio)

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

1:45 PM - CORE FOCUS

(45 min, Linden Studio)

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

1:45 PM - CARDIO MEDLEY

(45 min, CardioWeight Studio)

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

2:00 PM - REAWAKEN YOUR VISION - INTENTION BOARD CLASS

(60 min, Art Studio)

A better world is created within each one of us... Join a class to create an intention board to manifest our own personal growth. Using interesting background papers and pre-printed quotes you will be inspired to reawaken your personal vision.

2:00 PM - HATCHET THROWING

(50 min, Hatchet Range)

Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoe.

3:00 PM - YIN AND FOAM ROLLER

(45 min, Linden Studio)

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

3:00 PM - INTRO TO ROW

(30 min, Rowing Room)

This class will instruct you on how to set yourself up for success on the WaterRower. This class is instructional only.

3:00 PM - CHI GONG

(45 min, Fireside Room)

Movement and meditation are used to unite and harmonize the spirit of the five organs governed by each element. A series of exercises: Ocean Breathing, Inner Smile, and Toning the Six Healing Sounds, activate the Chi (universal energy).

3:00 PM - HEALTHY DESSERTS MADE EASY

(50 min, Chef's Kitchen)

In this class we will show you how to satisfy your sweet tooth by making easy and delicious desserts using only healthy, natural ingredients. Eating healthy desserts will not only satisfy your cravings for something sweet, but you will be at peace with yourself. Join Talia, natural foods chef and board certified holistic nutritionist, for a fun and informative nutritious and delicious class.

3:00 PM - HATCHET THROWING

(50 min, Hatchet Range)

Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoe.

3:30 PM - WINE AND HERBS (\$)

(50 min, Garden View Room)

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

4:00 PM - HATCHET THROWING

(50 min, Hatchet Range)

Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoe.

4:00 PM - FLY CASTING

(45 min, Meet in Garden Hall)

Join our Outdoor Experiences guides for an introduction in fly-casting. This class will be outside on one of our lawn areas, an overview of the rod, reel and basics of proper technique will be covered

4:15 PM - SURRENDER

(45 min, Oak 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.

4:15 PM - INNER SMILE MEDITATION

(45 min, Fireside Room)

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.

5:00 PM - KOMBUCHA REDISCOVERED

(50 min, Chakra Lounge)

Intrigued at the idea of kombucha, but not quite sure where to start? In this introductory class, we will dive into the origin of kombucha and the myriad of health benefits it offers, including gut health and probiotics.

5:30 PM - CRYSTAL BOWL SOUND HEALING MEDITATION

(45 min, Fireside Room)

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

8:00 PM - INTRO TO DRAWING

(120 min, Art Studio)

Awaken your creativity with visual expression and discover your inner artist. Drawing differs from painting in that it is much more exploratory with emphasis on observation and composition. Leave inspired by your journey to self-discovery and a picture that shows off your rejuvenated artistic energy.

8:30 PM - THE LIGHT OF LIFE

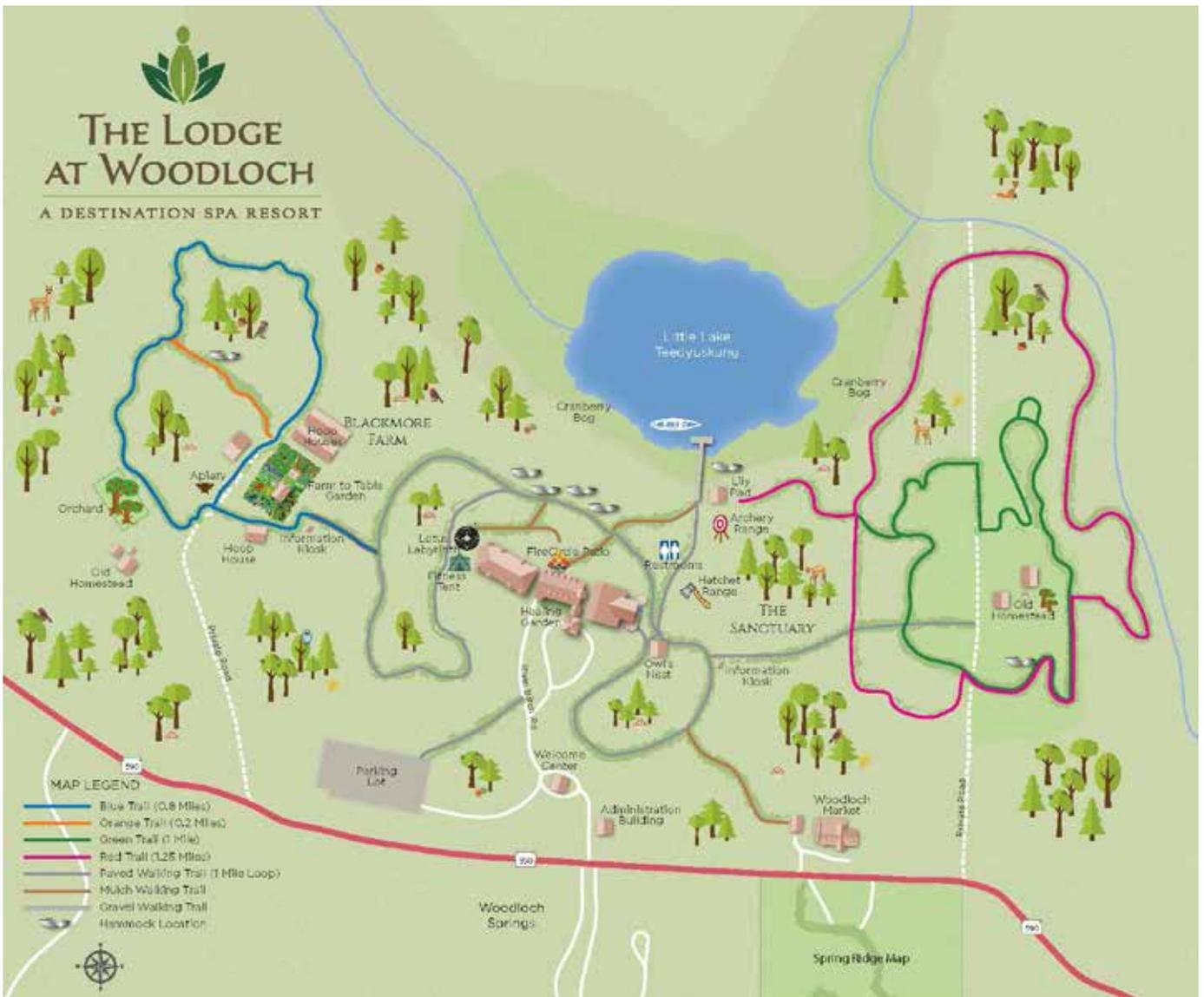
(50 min, Garden View Room)

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

8:30 PM - INTRODUCTION TO MEDIUMSHIP AND MEDITATION

(60 min, Fireside Room)

Discover the art and reasons for seeking & hearing spiritual guidance in your life! A remarkably sensitive Medium, Alaine specializes in receiving messages from loved ones or guided spirits and then delivers life-affirming insight and direction. She offers the spiritual experience of Meditation and Mediumship. This heavenly connection adds purpose to your life, reduces your fears and adds greater enthusiasm for living life more fully. Clients who experience Alaine's Mediumship style typically describe it as feeling a sense of euphoria. Readings can provide connective and supportive change in your perception while assisting your personal journey. Alaine's engaging manner, full of humor and straight to the heart truths, has provided her a loyal, global following.



Outdoor Exploration

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

Disc Golf, Biking, Geocaching, & Birding are all open activities that are available to guests at any time during Lily Pad hours. Guides are on hand to assist you with bikes, binoculars, GPS devices, & disc golf discs and scorecards or to answer any questions that you may have.

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