

May - June

Weekly Activity Schedule

31 SUN	8:15am Deep Stretch	12:00pm Upper Sculpt	8:30pm Aufguss		
1 MON	8:00am 50/50 Yoga	9:00am Aqua Yoga	10:00am Deep Stretch	12:00pm Upper Sculpt	4:00pm Aufguss
2 TUE	8:30am Stretch	1:30pm Mat Pilates	3:00pm Connection	4:00pm Aufguss	8:30pm Aufguss
3 WED	8:00am Gentle Yoga	9:00am Stretch & Flow	12:30pm Gentle yoga	3:00pm Connection	4:00pm Aufguss
4 THU	10:00am Deep Stretch	12:30pm Gentle Yoga	2:00pm Upper Sculpt	4:00pm Aufguss	
5 FRI	10:30am Vinyasa Flow	12:00pm Upper Sculpt	2:00pm Deep Stretch	4:00pm Aufguss	8:30pm Aufguss
6 SAT	9:15am Sunrise Yoga	12:00pm Upper Sculpt	2:00pm Deep Stretch	4:00pm Aufguss	8:30pm Aufguss

Wellness Activities

Schedule is subject to change / \$15 per class

Gentle Yoga Flow // 45 minutes

Energizing blend of hatha & vinyasa, helps you refocus the mind & rejuvenate the body. Move at your own pace in a class designed to restore peace to body and mind.

50/50 Yoga // 45 minutes

Start with an invigorating flow to warm the muscles & work-up a sweat, then slow it down with restorative postures, meditation, & pranayama to leave you feeling refreshed.

Aqua Yoga // 45 minutes

Combines traditional yoga poses with the supportive resistance of warm water. The water helps improve flexibility, balance, and relaxation while reducing stress on the joints and muscles.

Aufguss Ritual // 15 minutes

A traditional sauna ceremony in our **Classic Sauna**. Originating in Germany, essential oils infuse the air with aromas. An Aufgussmeister will use a towel to move the air for a relaxing experience.

Upper Sculpt // 45 minutes

A low-impact strength that builds & tones your upper body & core using resistance bands. Controlled, targeted movements improve strength, stability, and posture without heavy loading.

Yoga Fusion // 45 minutes

A yoga inspired class using yoga poses, stretch & core to give a full body stretch and relaxation. Good for all levels; beginner to novice, including those with injuries.

Mat Pilates // 45 minutes

Strengthen & sculpt the muscles of the core, lower back, and glutes. This mat-based class blends Pilates fundamentals with controlled, functional movement to enhance stability, posture, and overall body awareness.

Deep Stretch // 45 minutes

Release tension & improve flexibility in this, restorative stretch class. Using slow, movements, you'll target key areas of the body to increase range of motion, reduce stress, and promote overall relaxation.

Sunrise Yoga // 45 minutes

Greet the day with this soothing blend of gentle movement & breath. Intentional sequences, light stretching, and calming breathwork help ease tension, awaken the body, and prepare you for the day ahead.

Connection // 45 minutes

Crafted for couples (or a pair of two) to spark connection through guided yoga and stretching movement, playful challenges, and gratitude exercises that leave you feeling more open, connected, and at ease together.

Vinyasa Flow // 45 minutes

Connect breath with movement in this dynamic, flowing practice. Build strength, flexibility, and focus as you move through creative sequences designed to energize and center both body and mind.