

May

Weekly Activity Schedule

03 SUN	7:30am Reserved	12:00pm Upper Sculpt	1:30pm Guided Hike	4:00pm Aufguss	
04 MON	8:00am 50/50 Yoga	9:00am Aqua Yoga	12:00pm Upper Sculpt	4:00pm Aufguss	
05 TUE	8:30am Stretch	1:30pm Mat Pilates	4:00pm Connection	4:00pm Aufguss	8:00pm Aufguss
06 WED	12:30pm Gentle yoga	3:00pm Connection	4:00pm Aufguss	8:00pm Aufguss	
07 THU	10:00am Deep Stretch	12:30pm Gentle Yoga	1:30pm Guided Hike	4:00pm Aufguss	8:00pm Connection
08 FRI	9:30am Aqua Fit	10:30am Vinyasa Flow	12:00pm Upper Sculpt	1:30pm Guided Hike	4 & 8pm Aufguss
09 SAT	9:15am Sunrise Yoga	12:00pm Upper Sculpt	1:30pm Guided Hike	4:00pm Aufguss	8:00pm Aufguss

Wellness Activities

Schedule is subject to change / \$10 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 Fit // 45 minutes

Low-impact water workout that combines cardio, strength, and flexibility exercises in a pool. Using the natural resistance of water, it provides a full body workout. Suitable for all fitness levels.

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.

Guided Hike // 45 minutes

This guided hike takes you through scenic trails at a steady pace. Connect with nature, boost stamina, and clear your mind. Please wear proper clothing/shoes, & bring water. *Meet in Spa Reception.

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 groups of two, to spark connection through guided partner movement, playful challenges, and shared moments 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.

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.