October

Weekly Activity Schedule

25 SUN	**8:15am** Deep Stretch	**9:15am** Move/Meditate	**11:30am** Upper Sculpt	**2:00pm** Guided Hike	**8:00pm** Aufguss
26 MON	**10:00am** Deep Stretch	**12:00pm** Upper Sculpt	**1:00pm** Move/Meditate	**4:30pm** Aufguss	
27 TUE	**8:30am** Deep Stretch	**1:30pm** Mat Pilates	**3:00pm** Connection	**8:00pm** Aufguss	
28 WED	**9:00am** Yin Yoga	**12:30pm** Vinyasa Flow	**3:00pm** Connection	**8:00pm** Aufguss	
29 THU	**10:00am** Deep Stretch	**12:30pm** Vinyasa Flow	**2:00pm** Upper Sculpt	**4:30pm** Aufguss	
30 FRI	**10:30pm** Vinyasa Flow	**12:00pm** Upper Sculpt	**2:00pm** Deep Stretch	**8:00pm** Aufguss	
31 SAT	**9:15am** Sunrise Yoga	**12:00pm** Upper Sculpt	**2:00pm** Deep Stretch	**4:30pm** Aufguss	

Wellness Activities

Schedule is subject to change / $15 per class

Gentle Yoga // 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.

Aufguss Ritual // 15 minutes
Enjoy a traditional German sauna ceremony in our Steams & Saunas. Using essential oils to infuse the space with invigorating aromas, an Aufgussmeister will use a fan to move the air & guide meditation for a relaxing experience.

Upper Sculpt // 45 minutes
A light resistant strength workout that builds & tones your upper body & core using resistance bands. Controlled movements improve strength and posture without heavy loading.

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 & center body and mind.

Move and Meditate // 45 minutes
Calm your mind with a series of gentle exercises designed to release energy, followed by intentional breathing, and a silent meditation. Meditation improves attention span, calms the amygdala, and builds greater emotional regulation.

Relax Yoga // 45 minutes
Slow down & restore with Yin Yoga. Long held, passive poses gently target the bodies connective tissues improving flexibility, increasing mobility, and encouraging deep relaxation. Open to all fitness levels.

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.

Guided Hike // 45 minutes
Reconnect with nature on a peaceful guided hike designed to refresh the mind, body, and spirit. Breathe in the fresh air, take in the beautiful surroundings, and enjoy a mindful journey led by an experienced guide.
(Wait at Spa reception)

November

Weekly Activity Schedule

1 SUN	**8:15am** Deep Stretch	**9:15am** Move/Meditate	**12:00pm** Upper Sculpt	**4:30pm** Aufguss
2 MON	**10:00am** Deep Stretch	**12:00pm** Upper Sculpt	**1:00pm** Move/Meditate	**4:30pm** Aufguss
3 TUE	**8:30am** Deep Stretch	**1:30pm** Mat Pilates	**3:00pm** Connection	**8:00pm** Aufguss
4 WED	**9:00am** Yin Yoga	**12:30pm** Vinyasa Flow	**3:00pm** Connection	**8:00pm** Aufguss
5 THU	**10:00am** Deep Stretch	**12:30pm** Vinyasa Flow	**2:00pm** Upper Sculpt	**4:30pm** Aufguss
6 FRI	**10:30pm** Vinyasa Flow	**12:00pm** Upper Sculpt	**2:00pm** Deep Stretch	**8:00pm** Aufguss
7 SAT	**9:15am** Sunrise Yoga	**12:00pm** Upper Sculpt	**2:00pm** Deep Stretch	**4:30pm** Aufguss

Wellness Activities

Schedule is subject to change / $15 per class

Gentle Yoga // 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.

Aufguss Ritual // 15 minutes
Enjoy a traditional German sauna ceremony in our Steams & Saunas. Using essential oils to infuse the space with invigorating aromas, an Aufgussmeister will use a fan to move the air & guide meditation for a relaxing experience.

Upper Sculpt // 45 minutes
A low-impact strength that builds & tones your upper body & core using resistance bands. Controlled movements improve strength and posture without heavy loading.

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 & center body and mind.

Move and Meditate // 45 minutes
Calm your mind with a series of gentle exercises designed to release energy, followed by intentional breathing, and a silent meditation. Meditation improves attention span, calms the amygdala, and builds greater emotional regulation.

Relax Yoga // 45 minutes
Slow down & restore with Yin Yoga. Long held, passive poses gently target the bodies connective tissues improving flexibility, increasing mobility, and encouraging deep relaxation. Open to all fitness levels.

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.

Guided Hike // 45 minutes
Reconnect with nature on a peaceful guided hike designed to refresh the mind, body, and spirit. Breathe in the fresh air, take in the beautiful surroundings, and enjoy a mindful journey led by an experienced guide.
(Wait at Spa reception)

November

Weekly Activity Schedule

8 SUN	**8:15am** Deep Stretch	**9:15am** Move/Meditate	**12:00pm** Upper Sculpt	**4:30pm** Aufguss
9 MON	**10:00am** Deep Stretch	**12:00pm** Upper Sculpt	**1:00pm** Move/Meditate	**4:30pm** Aufguss
10 TUE	**8:30am** Deep Stretch	**1:30pm** Mat Pilates	**3:00pm** Connection	**8:00pm** Aufguss
11 WED	**9:00am** Yin Yoga	**12:30pm** Vinyasa Flow	**3:00pm** Connection	**8:00pm** Aufguss
12 THU	**10:00am** Deep Stretch	**12:30pm** Vinyasa Flow	**2:00pm** Upper Sculpt	**4:30pm** Aufguss
13 FRI	**10:30pm** Vinyasa Flow	**12:00pm** Upper Sculpt	**2:00pm** Deep Stretch	**8:00pm** Aufguss
14 SAT	**9:15am** Sunrise Yoga	**12:00pm** Upper Sculpt	**2:00pm** Deep Stretch	**4:30pm** Aufguss

Wellness Activities

Schedule is subject to change / $15 per class

Gentle Yoga // 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.

Aufguss Ritual // 15 minutes
Enjoy a traditional German sauna ceremony in our Steams & Saunas. Using essential oils to infuse the space with invigorating aromas, an Aufgussmeister will use a fan to move the air & guide meditation for a relaxing experience.

Upper Sculpt // 45 minutes
A low-impact strength that builds & tones your upper body & core using resistance bands. Controlled movements improve strength and posture without heavy loading.

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 & center body and mind.

Move and Meditate // 45 minutes
Calm your mind with a series of gentle exercises designed to release energy, followed by intentional breathing, and a silent meditation. Meditation improves attention span, calms the amygdala, and builds greater emotional regulation.

Relax Yoga // 45 minutes
Slow down & restore with Yin Yoga. Long held, passive poses gently target the bodies connective tissues improving flexibility, increasing mobility, and encouraging deep relaxation. Open to all fitness levels.

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.

Guided Hike // 45 minutes
Reconnect with nature on a peaceful guided hike designed to refresh the mind, body, and spirit. Breathe in the fresh air, take in the beautiful surroundings, and enjoy a mindful journey led by an experienced guide.
(Wait at Spa reception)