

**LOCATION KEY**

AD - Activities Desk

Dock - Boat Dock

GL - Garden Library

Liv - Living Room

LK - Lake Kitchen

Loft - Treehouse Loft

PB - Pool Barn

RP - Resort Pool

Studio - Treehouse Studio

TLR - Treehouse Lake Room

TR - Training Room

YD - Yoga Deck

\* Sign up at the Activities Desk

📖 Indicates a Discovery Program

◆ Please note that classes are self-paced however, the ◆ indicates that there will be many opportunities to increase the intensity.

**Dining Hours**

Breakfast 7:00-10:00

Lunch 11:00-2:00

Aster Café Lunch 11:00-3:00

Appetizer in the Living Room 3:00

Dinner 6:00-9:00

**Cell Phone Silence Please**

In order to maintain a relaxing environment, please use your cell phone inside your room only. Thank you!

This schedule is subject to change.

Dial 7274 to book a Personal Training.

DVDs available to check out at the front desk.

**Monday  
March 8**

**Tuesday  
March 9**

**Wednesday  
March 10**

**Thursday  
March 11**

Time	Activity	Loc.	Activity	Loc.	Activity	Loc.	Activity	Loc.
	Kayak or Hydrobike During Dock Hours 8:00-3:00	Dock	Kayak or Hydrobike During Dock Hours 8:00-3:00	Dock	Kayak or Hydrobike During Dock Hours 8:00-3:00	Dock	Kayak or Hydrobike During Dock Hours 8:00-3:00	Dock
8:00-8:50	*Foam Roller Remedy 8:00-8:25 Simple Stretch 8:30-8:55 80s at 8: Cardio/Sculpt	Loft Loft Studio	Water Walk and Stretch Total Body Conditioning	PB Studio	Yoga to Awaken, Align, and Soothe Your Spine *Group Cycle	Loft TR	Water Walk and Stretch *◆BOSU: Beyond the Basics	PB Studio
9:00-9:50	Total Body Conditioning *Group Cycle	Studio TR	*Foam Roller Remedy 9:00-9:25 Simple Stretch 9:30-9:55 *◆Steiner Ranch Hike 9:00-10:50	Loft Loft AD	Nature Bird Walk *◆BODYPUMP Express	AD Studio	*Foam Roller Remedy 9:00-9:25 Simple Stretch 9:30-9:55 *◆CanyonLand Hike 9:00-10:50	Loft Loft AD
10:00-10:50	Yoga/Pilates Fusion *Boat and Walk or ◆Hike 10:00-11:50	Loft Dock	T'ai Chi/Yoga Flow Hi/Lo Retro Cardio	Loft Studio	◆Kardio KickBoxing Somatics: Stretch and Release	Studio Loft	*Burn 300: Cycle 10-10:40 T'ai Chi	TR Studio
11:00-11:50	◆Lower Body Challenge 11-11:30 ◆Gold Medal ABS 11:30-11:55 Dancing to the Stars!	Loft Loft Studio	*FatBurner ◆Vinyasa Flow Yoga 11:00-12:20	TR Loft	Nia Dance ◆BODYFLOW	Studio Loft	ZUMBA: Latin Cardio and Core ◆BODYFLOW	Studio Loft
Noon			*Boat Cruise	Dock	*Boat Cruise	Dock	*Boat Cruise	Dock
1:00-1:50	📖Posture Perfect with Sherri Dixon	TLR	📖Insights: Tarot, I Ching, and Runes with Paul Smith	TLR	📖Wellness Wheels for Life Balance with Paul Smith	TLR	📖The Graceful Change with Tina McKinney	Loft
2:00-2:50	📖Cooking Demo *Stability Ball	LK Loft	*Beaming: Core and Stretch	Loft	*Stability Ball 📖Cooking Demo	Loft LK	Nautical Noodles	PB
3:00-3:50	Water Works	PB	Nautical Noodles	PB	Water Works	PB	Verti-Core	Studio
4:00-4:50	Restorative Yoga	Loft	Breath and Meditation	Loft	Yoga Focus	Loft	Yoga for Every Body	Loft
5:00-5:50	📖Soulful Living with Anne Irving	TLR	📖Maximize Your Memory with Terry Shaw	TLR	*Craft: Pressed Flower Creations	LK	📖Sugar and Stress with Terry Shaw	TLR
Evening Discovery Programs	📖Intro to Aromatherapy with Trisha Shirey 7:30-8:30	LK	📖Cleansing Foods with Terry Shaw 7:30-8:30	TLR	📖The Ties the Bond You with Rev. Susan Sager 7:30-8:30	TLR	📖Slumber Solutions with Terry Shaw 7:30-8:30	TLR

We ask that you enter an activity no later than 5 minutes after the program starts.

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**Friday  
March 12**

**Saturday  
March 13**

**Sunday  
March 14**

Time	Activity	Loc.	Activity	Loc.	Activity	Loc.
	Kayak or Hydrobike During Dock Hours 8:00-3:00	Dock	Kayak or Hydrobike During Dock Hours 8:00-2:00	Dock	Kayak or Hydrobike During Dock Hours 8:00-2:00	Dock
8:00	*Stability Ball 8:00-8:25 Simple Stretch 8:30-8:55 *Group Cycle	Loft Loft TR	Rise and Shine Yoga *BOSU Basics	Loft Studio	T'ai Chi (class is outdoors) *◆RiverView Hike 8:00-9:50	YD AD
9:00	*Foam Roller Remedy 9-9:25 5-Tibetan Rites 9:30-9:55 Hi/Lo Step 'n' GO!	Loft Loft Studio	Somatics: Stretch/Release Let's Have a Ball: Cardio	Loft Studio	ZUMBA: Latin Cardio Yoga Basics	Studio Loft
10:00	*◆Gliding into Fitness 10-10:30 ◆Gold Medal ABS 10:30-10:55 *Boat and Walk or ◆Hike 10:00-11:50	Studio Studio Dock	*Foam Roller Fusion *◆BODYPUMP Express	Loft Studio	◆BODYFLOW *Group Cycle	Loft TR
11:00	Yoga Basics 11:00-11:30 Pilates Primer 11:30-11:55 ◆Jump 'n' Pump	Loft Loft Studio	♪Nia Dance ◆Vinyasa Flow Yoga 11:00-12:20	Studio Loft	Total Body Conditioning Water Works	Studio PB
Noon	Nautical Noodles	PB	*Boat Cruise	Dock		
1:00	*📖Lunch and Learn with Terry Shaw	LK	Program		📖Transforming Stress with Katherine Coffee	TLR
2:00	*Cardio Trek or EFX	TR	📖Cooking Demo with Terry Conlan *FatBurner	LK TR	*Cardio Trek or EFX	TR
3:00	*Tea with Terry *Beaming	LK Loft	Water Works	PB	*Foam Roller Fusion	Loft
4:00	Yoga: Stretch and Relax	Loft	Breath and Meditative Walk	Loft	Yoga: Stretch and Relax	Loft
5:00	📖For the Love of Books Party Guest Author: Amanda Ward	TLR	🎵Wine and Song with Barbara Calderaro	TLR	*Decorate a Wine Glass	LK
Evening Events	📖The Stars at Night Astronomy Basics 8:00-9:00	TLR	☆Movie Night 8pm	TLR	Program	TLR

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