

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.

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DVDs available to check out at the front desk.

**Monday
March 15**

**Tuesday
March 16**

**Wednesday
March 17**

**Thursday
March 18**

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	*Weight Training 101 Let's Have a Ball: Cardio	TR Studio	*◆BOSU: Beyond the Basics Water Walk and Stretch	Studio PB
9:00-9:50	*Group Cycle Pilates Matwork	TR Loft	*Foam Roller Remedy 9:00-9:25 Simple Stretch 9:30-9:55 *◆Steiner Ranch Hike 9:00-10:50	Loft Loft AD	Birding Nature Walk *Group Cycle	AD TR	*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	◆Muscle Sculpting *Boat and Walk or ◆Hike 10:00-11:50	Studio Dock	Yoga Basics *FUNctional Fitness	Loft TR	*◆BODYPUMP Express 📖Garden Tour	Studio GL	*◆Gliding into Fitness 10-10:30 ◆Gold Medal ABS 11:30-11:55 T'ai Chi	Loft Loft Studio
11:00-11:50	*◆Gliding into Fitness 11-11:30 ◆Gold Medal ABS 11:30-11:55 Dancing to the Stars!	Loft Loft Studio	Nautical Noodles ◆Vinyasa Flow Yoga 11:00-12:20	PB Loft	◆Yoga Challenge Nia Dance	Loft Studio	◆BODYFLOW ZUMBA: Latin Cardio	Loft Studio
Noon	Water Works	PB	*Boat Cruise	Dock	Water Works	PB	*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	📖Building Stronger Bones with Katherine Coffee	
2:00-2:50	*Cardio Trek or EFX	TR	*Beaming	Loft	Focused Pilates	Loft	Nautical Noodles	TLR
2:00-4:00	📖Cooking Session with Chef Kirk Bachmann	LK	📖Cooking Session	LK	📖Cooking Session with Executive Chef Terry Conlan	LK	📖Cooking Session with Guest Chef Beth Pav	PB LK
3:00-3:50	*Stability Ball	Loft	*Pedal and Push	TR	*FatBurner	TR	Verti-Core	Studio
4:00-4:50	Restorative Yoga	Loft	Breath and Meditation	Loft	Yoga: Stretch and Relax	Loft	Yoga to Awaken, Align and Soothe Your Spine	
5:00-5:50	📖Soulful Living with Anne Irving	TLR	Bingo with Prizes	Liv	📖Intro to Organic Gardening with Trisha Shirey	TLR	📖Essentials of Skin Care with Dr. Ted Lain 5:30 pm	Loft
Evening Discovery Programs	📖Aromatherapy Workshop with Trisha Shirey 7:30-8:30	LK	📖AHA! Moments with Dianna Amorde 7:30-8:30	TLR	📖Poker 101 with Kathy Smith 7:30-8:30	TLR	📖How to Talk to the Other Sex with Dana Minney 7:30-8:30	TLR

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

TLR

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- Appetizer in the Living Room 3:00
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**Friday
March 19**

**Saturday
March 20**

**Sunday
March 21**

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	Wake-Up Walk and Stretch ◆Kardio KickBoxing	AD Studio	Water Works *◆BODYPUMP Express	PB Studio	T'ai Chi (class is outdoors) *◆RiverView Hike 8:00-9:50	YD AD
9:00	*Foam Roller 9:00-9:25 5 Tibetan Rites 9:30-9:55 *Beaming: Core/Stretch	Loft Loft Studio	*BOSU Somatics: Stretch/Release	Studio Loft	*Group Cycle Total Body Conditioning	TR Studio
10:00	Hi/Lo Step 'n' GO! *Boat and Walk or ◆Hike 10:00-11:50	Studio Dock	Focused Pilates *Group Cycle	Loft TR	ZUMBA: Latin Cardio Yoga Basics	Studio Loft
11:00	◆Yoga Sculpt *FUNctional Fitness	Loft TR	NIA Dance ◆Vinyasa Flow Yoga 11:00-12:20	Studio Loft	Nautical Noodles ◆BODYFLOW	PB Loft
Noon	Nautical Noodles	PB	*Boat Cruise 12:30-1:20	Dock		
1:00	📖Spa Treatment Savvy with Emily Griffiths	TLR			📖Transforming Stress with Katherine Coffee	TLR
2:00	*All Weight Circuit	TR	*Intro to Circuit Training	TR	Core and Stretch	Studio
2:00-4:00	📖Cooking Session with Chef Beth Pav	LK	📖Cooking Session with Chef Beth Pav	LK	<i>Thank You for Choosing the Culinary Experience!</i>	
3:00	*Group Cycle	TR	*FatBurner	TR	*Cardio Trek or EFX	TR
4:00	Yoga: Stretch and Relax	Loft	Breath and Meditative Walk	Loft	Yoga: Stretch and Relax	Loft
5:00	📖The Point of Acupuncture with Aaron Rubinstein	TLR	Reception & Book Signing with guest: Pamela Fiori	TLR	*Fun with Watercolor	LK
Evening Events	📖The Stars at Night Astronomy Basics 8:00-9:00	TLR	🎵Live Music 8:00-9:00 Yoga for Sleep 9:15-9:45	Liv Loft	📖The Power of Intuition with Dianna Amorde 7:30-8:30	TLR

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