

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 29**

**Tuesday
March 30**

**Wednesday
March 31**

**Thursday
April 1**

Time	Activity	Loc.	Activity	Loc.	Activity	Loc.	Activity	Loc.
	Kayak or Hydrobike During Dock Hours 8:00-12:00 and 1:00-3:00	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 Workout and Water Stretch Total Body Conditioning: Cardio/Strength	PB Studio	Yoga to Awaken, Align, and Soothe Your Spine ◆Kardio KickBoxing	Loft Studio	Water Works and Water Stretch *◆BOSU: Beyond the Basics	PB Studio
9:00-9:50	Total Body Conditioning *◆Power 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 *Foam Roller Remedy 9:30-9:55	AD Studio Loft	*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 ◆Chisel: Muscle Sculpting	Loft Studio	📖Garden Tour Somatics: Stretch and Release Basic Body Conditioning: Cardio/Strength	GL Loft Studio	◆Gliding into Fitness 10-10:30 ◆Gold Medal ABS 10:30-10:55 T'ai Chi *Group Cycle	Loft Loft Studio TR
11:00-11:50	◆Lower Body Challenge 11-11:30 ◆Gold Medal ABS 11:30-11:55 Dancing to the Stars!	Loft Loft Studio	Cardio Sampler 11:00-12:00 KickBox, Hi/Lo, Step ◆Vinyasa Flow Yoga 11:00-12:20	Studio Loft	Nia Dance ◆Yoga Flow	Studio Loft	ZUMBA: Latin Cardio and Core ◆BODYFLOW	Studio Loft
Noon	Swim Fitness Workout 12-12:30	PB	*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 *Group Cycle	Studio TR	*Stability Ball 📖Cooking Demo	Loft LK	Nautical Noodles	PB
3:00-3:50	Water Works	PB	Nautical Noodles ◆Focused Pilates	PB Loft	Water Works	PB	Verti-Core	Studio
4:00-4:50	Yoga for Every Body	Loft	Breath and Meditation	Loft	Yoga Focus 📖Spa Treatment Savvy	Loft TLR	Yoga for Relaxation	Loft
5:00-5:50	Bingo with Prizes	Liv	📖Secrets to Healthy Eating with Terry Shaw	TLR	*Craft: Paint a Pot	LK	📖Sugar and Stress with Terry Shaw	TLR
Evening Discovery Programs	📖Intro to Aromatherapy with Trisha Shirey 7:30-8:30	LK	📖Strategies to De-Stress with Terry Shaw 7:30-8:30	TLR	📖Poker 101 with Kathy Smith 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
April 2**

**Saturday
April 3**

**Sunday
April 4**

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 ◆Legs, Glutes, ABS Sculpt	AD Studio	*Kayak Outing ◆Jump 'n' Pump	Dock 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 *Group Cycle	Loft Loft TR	Somatics: Stretch/Release *BOSU Basics	Loft Studio	*Foam Roller 9:00-9:30 Simple Stretch 9:30-9:55 ZUMBA: Latin Cardio	Loft Loft Studio
10:00	NIA Dance *Boat and Walk or ◆Hike 10:00-11:50	Studio Dock	*Foam Roller Fusion 10-10:25 Simple Stretch 10:30-10:55 *◆BODYPUMP Express	Loft Loft Studio	Total Body Conditioning *Group Cycle	Studio TR
11:00	Yoga Basics 11:00-11:30 Pilates Primer 11:30-11:55 ◆Boot Camp Challenge 11-12	Loft Loft Studio	Cardio Sampler 11-12:00 KickBox, Hi/Lo & Step ◆Vinyasa Flow Yoga 11:00-12:20	Studio Loft	◆BODYFLOW *Weight Training 101	Loft TR
Noon	Nautical Noodles	PB	*Boat Cruise	Dock		
1:00	*📖Lunch and Learn with Terry Shaw	LK	📖Tibetan Bowl Meditation with Jan Blevins	Loft	📖Transforming Stress with Katherine Coffee	TLR
2:00	*Beaming: Core and Stretch *FatBurner	Loft TR	📖Cooking Demo with Terry Conlan Pilates	LK Loft	*FatBurner	TR
3:00	*Tea with Terry Chisel: Muscle Sculpting	LK Studio	Water Works	PB	Nautical Noodles	PB
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	📖Book Chat with Wine and Cheese	TLR	*Decorate a Wine Glass	LK
Evening Events	📖The Stars at Night Astronomy Basics 8:30-9:30	TLR	🎵Live Music 8:00-9:00 Yoga for Sleep 9:15-9:45	Liv Loft	📖 Aha! Moments with Dianna Amorde 7:30-8:30	TLR

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