

**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. For some ◆ activities, prior experience or some familiarity with the format is necessary.

**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**

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Dial 7274 to book a Personal Training.

	<b>Monday February 20</b>		<b>Tuesday February 21</b>		<b>Wednesday February 22</b>		<b>Thursday February 23</b>	
Time	Activity	Loc.	Activity	Loc.	Activity	Loc.	Activity	Loc.
	Enjoy Kayaks or Hydrobikes During Dock Hours <b>8:00-3:00</b>	Dock	Enjoy Kayaks or Hydrobikes During Dock Hours <b>8:00-3:00</b>	Dock	Enjoy Kayaks or Hydrobikes During Dock Hours <b>8:00-3:00</b>	Dock	Enjoy Kayaks or Hydrobikes During Dock Hours <b>8:00-3:00</b>	Dock
8:00-8:50	Enjoy Kayaking or Hydro-Biking KickBox and Kettle Bell Boot Camp	Dock Studio	*FatBurner Good Morning Stretch 8:30-8:55	TR Loft	Rise and Shine Yoga *Group Cycle and Core	Loft TR	Water Walk and Water Stretch ◆Kettle Bell Boot Camp	PB Studio
9:00-9:50	*Group Cycle 🌀Feng Shui Style with Billy Yamaguchi 9:00-10:30	TR TLR	*Foam Roller Remedy 9:00-9:25 Five Tibetan Rites 9:30-9:55 *◆RiverView Hike 9:00-10:50 🌀Feng Shui Style with Billy 9:00-10:00	Loft Loft Dock TLR	Unwinding: Release and Stretch ◆Kardio KickBoxing	Loft Studio	Intro toT'ai Chi *Foam Roller Fusion	Studio TR
10:00-10:50	◆BODYFLOW: Yoga/Pilates Total Body Conditioning	Loft Studio	◆Vinyasa Flow Yoga NIA: Mind/Body Dance	Loft Studio	Goddess Boot Camp: Yoga, Pilates, Kettle Bell, Core 📖Garden Tour	Studio GL	Strengthen and Sculpt *Boat and Walk or ◆Hike 10:00-11:50	Studio Dock
11:00-11:50	*Foam Roller Fusion Dancing to the Stars	Loft Studio	◆Pump and Sculpt: Serious Strength *Boat Cruise	Studio Dock	NIA: Mind/Body Dance ◆Dynamic Yoga Flow	Studio Loft	◆Yoga Challenge Cardio Dance Workout: ZUMBA, Sh'Bam, Flirty Fit	Loft Studio
Noon	*Boat Cruise	Dock			*Boat Cruise	Dock	Athletic Stretch/Core 12:00-12:30	Studio
1:00-1:50	📖 with Katherine Coffee	TLR	📖Ayurveda: Mind/Body Balance with Paul Smith	TLR	📖Top 10 Tips for Healthy Living with Katherine Coffee	TLR	📖Taking Fitness on the GO! with Paul Smith	TLR
2:00-2:50	📖Cooking Demo *Stability Ball	LK Loft	*BOSU and Stability Ball Circuit Workout	Studio	📖Cooking Demo Streamlined Sculpt	LK Studio	*◆Pilates on the Ball Nautical Noodles	Loft PB
3:00-3:50	Water Works	PB	Nautical Noodles Pilates Matwork 3:30-3:55	PB Loft	Water Works	PB	*Cardio Duo: Cycle and Trek	TR
4:00-4:50	Restorative Yoga	Loft	Meditative Yoga	Loft	Yoga: Stretch and Relax	Loft	Yin Yoga	Loft
5:00-5:50	📖Love Matters with Anne Irving-Likes	TLR	📖Easy Antioxidants with Terry Shaw	TLR	*📖Craft with Trisha Shirey	LK	📖Maximize Your Memory with Terry Shaw	TLR
Evening Discovery Programs	📖Aromatherapy Workshop with Trisha Shirey 7:30-8:30	LK	📖Cleansing Foods with Terry Shaw 7:30-8:30	TLR	📖AHA! Moments with Dianna Amorde 7:30-8:30	TLR	📖Chocolate 101 with Terry Shaw 7:30-8:30	LK

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	<b>Friday February 24</b>		<b>Saturday February 25</b>		<b>Sunday February 26</b>	
Time	Activity	Loc.	Activity	Loc.	Activity	Loc.
	Enjoy Kayaks or Hydrobikes During Dock Hours <b>8:00-3:00</b>	Dock	Enjoy Kayaks or Hydrobikes During Dock Hours <b>8:00-12:00</b>	Dock	Enjoy Kayaks or Hydrobikes During Dock Hours <b>8:00-12:00</b>	Dock
8:00	◆Hard Core ABS 8:00-8:30 Rise and Shine Yoga	Studio Loft	Water Works Morning Stretch 8:30-8:55	PB Loft	Intro toT'ai Chi *◆RiverView Hike 8:00-9:50	Studio AD
9:00	*Foam Roller 9:00-9:25 Five Tibetan Rites 9:30-9:55 *◆RiverView Hike 9-10:50	Loft Loft AD	*Fitness Hoop Dance Somatics: Stretch/Release	Studio Loft	*Group Cycle and Core ◆Pump and Sculpt	TR Studio
10:00	Pilates Primer 10:00-10:30 Yoga Basics 10:30-10:55 *Group Cycle	Loft Loft TR	*FUNctional Training ◆ <i>Kardio</i> KickBoxing	TR Studio	Cardio Dance Sampler: ZUMBA, Sh'Bam, Flirty Fit ◆BODYFLOW: Yoga/Pilates	Studio Loft
11:00	◆BODYFLOW: Yoga/Pilates *FatBurner	Loft TR	NIA: Mind/Body Dance ◆Yoga Sculpt	Studio Loft	Nautical Noodles *Stability Ball Workout	PB Loft
Noon	*Boat Cruise	Dock	*Boat Cruise	Dock		
1:00	*  Lunch and Learn with Terry Shaw	LK	 Dog Day: Impulse Control with Andrea Arden	TLR	 Transforming Stress with Katherine Coffee	TLR
2:00	Yoga: Hand Positions for Health 2:00-2:25 *Stability Ball 2:30-2:55	TLR Loft	 Cooking Demo Fresh-Air Agilities 2:00-2:30	LK YD	*Core and Roll	Studio
3:00	Water Works *Tea Time ◆Boot Camp	PB LK Studio	*Ballast Ball 3:30-3:55	Loft	*FatBurner	TR
4:00	Yoga: Stretch and Relax	Loft	Meditative Yoga	Loft	Yoga: Stretch and Relax	Loft
5:00	 The Point of Acupuncture with Aaron Rubenstein	TLR	 Dog Day: Supply and Demand with Andrea Arden	TLR	 Snap Out of It! with Anne Irving-Likes	TLR
Evening Events	 The Stars at Night Astronomy Basics 8:00-9:00	TLR	♪Live Music with Jean Synodinos 8:00-9:00	Liv	Academy Awards *  Fun with Watercolor 7:30-8:30	TLR LK