

Welcome To The Lake!



LAKE AUSTIN
SPA RESORT

LOCATION Key

- AC - Aster Café
- AD - Activities Desk
- AR - Arbor
- BD - Boat Dock
- DR - Dining Room
- GL - Garden Library
- LK - Lake Kitchen
- LR - Resort Living Room
- LSB - Spa Boutique
- PB - Pool Barn
- RB - Resort Boutique
- RP - Resort Pool
- TL - Treehouse Loft
- TR - Training Room
- TS - Treehouse Studio
- TLR- Treehouse Lake Room
- YD - Yoga Dock

SYMBOL Key

 Sign Up at Activities Desk

 Minimal Grade, Few Obstacles

 Elevation Change, With Obstacles

 Most Challenging

Monday December 10

08:00-08:50	QiGong Chinese Yoga	TS
09:00-10:50	  Bluffs Scenic Hike	AD
09:00-09:50	Challenge Series Crosstraining Intervals	TR
09:00-09:45	Rise and Shine Stretch	TS
10:00-10:50	Fitness Hoop Dance Cardio Core Workout	TS
10:00-10:45	Healing with Water Gentle Movement & Myofascial Release	PB
11:00-11:50	Challenge Series Strictly Strength	TS
11:00-11:45	Fundamental Series Balance	TL
12:00-12:25	Completely Core	TR
01:00-01:45	 Boat Cruise	BD
02:00-03:30	Culinary Experience Garden To Table Tour and Demo	LK
02:00-03:30	Culinary Experience Garden to Table Tour and Demo	LK
02:00-02:45	 Group Lake Outing Pedal or Paddle	BD
03:00-03:45	On The Ball Stability & BOSU®	TS
04:00-04:50	Gentle Yoga	TL
04:30-05:45	 Sundown Wine Cruise (*additional fee)	BD
05:00-05:45	Meditation For Total Relaxation	TL
08:00-08:50	 Creative Arts Gratitude Bracelets	LK

*Schedules and activities are subject to change.

TUESDAY DECEMBER 11

08:30-08:55	Foam Roller Warm Up	TL
09:00-10:50	<input type="checkbox"/> Canyon Preserve Hike	AD
09:00-09:45	Challenge Series Boot Camp	TR
09:00-09:50	Somatics Mindful Stretch	TL
10:00-10:45	AquaFit Waterworks	PB
10:00-10:50	Spin-tensity	TR
11:00-11:50	B-E-STRONG Balance, Engagement & Strength	TS
11:00-11:50	Yang & Yin Yoga for Hips	TL
12:00-12:45	Boat Cruise	BD
12:00-12:25	Completely Core Pilates	TS
01:00-01:45	WOW! Wellness on Water Challenge Series Floating Yoga Flow	PB
02:00-03:30	Culinary Experience Cooking Demo	LK
02:00-02:50	Functional Movement Screening Demo & Corrective Practice	TR
02:00-02:45	Group Lake Outing Pedal or Paddle	BD
03:00-03:50	TRX® BOSU® Circuit	TS
04:00-04:50	Strum Yin Yoga with Live Classical Guitar	TL
05:00-05:45	Guided Meditation Yoga Nidra	TL
08:00-08:50	Inspiration on Canvas Artist Jean Schuler	LK

WEDNESDAY DECEMBER 12

08:00-08:45	Kayak & Koffee Lake Outing	BD
08:00-08:50	QiGong Chinese Yoga	TS
09:00-09:40	Boxing Fit 30	TR
09:00-10:50	<input type="checkbox"/> Hill Country Nature Hike	AD
10:00-10:45	Aqua Core	PB
10:00-10:50	POUND® Drumming for All Levels of Fitness	TS
11:00-11:50	Challenge Series PiYo® Pilates Yoga Power	TS
11:00-11:45	Healing with Water Gentle Movement & Myofascial Release	PB
12:00-12:45	Boat Cruise	BD
12:00-12:25	Completely Core	TR
01:00-01:50	Meditative Arts Create Holiday Gift Tags	TLR
02:00-03:30	Culinary Experience Cooking Demo	LK
03:00-03:50	Stability & Mobility Lower Body Strength	TS
04:00-04:50	Gentle Yoga	TL
04:30-05:45	Sundown Wine Cruise (*additional fee)	BD
05:00-05:45	Meditation For Total Relaxation	TL
08:00-08:45	Hydration for Happiness The Blue Mind Approach	TLR

**THURSDAY
DECEMBER 13**

**FRIDAY
DECEMBER 14**

08:30-08:55	Foam Roller Warm Up	TL
09:00-09:45	 Challenge Series Boot Camp	TR
09:00-10:50	 Forest Bathing Hike Silent Serenity	AD
09:00-09:50	Tai Chi Meditative Motion	TS
10:00-10:50	Fitness Hoop Dance Cardio Core Workout	TS
10:00-10:50	 Spin-tensity	TR
11:00-11:45	 AquaFit Tethered Intervals	PB
11:00-11:50	Yoga Dance Flow	TL
12:00-12:45	 Boat Cruise	BD
12:00-12:25	Completely Core	TR
01:00-01:45	Discovery Program Master Your Metabolism	TLR
02:00-03:30	Culinary Experience Cooking Demo	LK
02:00-02:45	 WOW! Wellness on Water Workout Floating Boot Camp	PB
03:00-03:50	Fundamentals Weight Bearing Workout for Bone Strength	TR
04:00-04:50	Gentle Yoga	TL
04:00-04:45	 Twilight Lake Outing Pedal or Paddle	BD
05:00-05:45	Mindful Meditation	TL
08:00-09:00	The Stars At Night Astronomy	GL

08:30-08:55	Foam Roller Warm Up	TL
09:00-10:50	 <input type="checkbox"/> Canyon Springs Hike	AD
09:00-09:50	 Cycle Core	TR
09:00-09:45	Rise and Shine Stretch	TS
10:00-10:45	Aqua Tabata Intervals	PB
10:00-10:50	 Barre Fit Fusion	TS
11:00-11:45	Healing with Water Gentle Movement & Myofascial Release	PB
11:00-11:50	Yang & Yin Yoga for Hips	TL
11:00-11:50	Zumba® Cardio Dance	TS
12:00-12:25	Completely Core Pilates	TS
12:00-01:30	 Lunch and Learn Holiday Tapas Kimmie Rhodes	LK
02:00-02:45	Group Lake Outing Pedal or Paddle	BD
04:00-04:50	Mindful Yoga & Meditation	TL
04:30-05:45	 Sundown Wine Cruise (*additional fee)	BD
05:00-05:50	East Meets West Alternative Healing	TLR
08:00-09:30	Friday Night Fun S'mores at the Firepit	AR

SATURDAY DECEMBER 15

08:00-08:45	Kayak & Koffee Lake Outing	BD
08:30-08:55	Foam Roller Warm Up	TL
09:00-09:50	Cardio Intervals 3,2,1	TR
09:00-10:50	<input type="checkbox"/> Hill Country Nature Hike	AD
09:00-09:50	Somatics Mindful Stretch	TL
10:00-10:50	TRX® Body Weight Strength Circuit	TS
10:00-10:50	Yoga Alfresco Lakeside (or indoors if weather dictates)	YD
11:00-11:50	Boot Camp Workout	TR
11:00-11:50	Nia® Dance Strength, Balance, Mindfulness	TS
12:00-12:45	Boat Cruise	BD
12:00-12:25	Completely Core	TR
01:00-01:45	Group Lake Outing Pedal or Paddle	BD
02:00-03:30	Savory with Song Cooking Class Italian Favorites Michael Fracasso	LK
03:00-03:45	WOW! Wellness on Water Challenge Series Yoga Flow	PB
04:00-04:50	Restorative Yoga	TL
04:30-05:45	Sundown Wine Cruise (*additional fee)	BD
05:00-05:45	Strum Guitar Meditation	TL
06:15-09:00	Austin Artist Series Live Music with Sapphire	DR

SUNDAY DECEMBER 16

08:30-11:30	5.5 Mile River Place Canyon Hike **	AD
08:30-08:55	Foam Roller Warm Up	TL
09:00-09:50	Fundamental Series Spin & Stretch	TR
09:00-09:50	Tai Chi Meditative Motion	TS
10:00-10:45	Boxing Fit	TR
10:00-10:50	Yoga Alfresco Lakeside (or indoors if weather dictates)	YD
11:00-11:45	AquaFit Waterworks	PB
11:00-11:50	Cardio 3,2,1	TR
12:00-12:25	Completely Core	TR
12:00-12:45	Group Lake Outing Pedal or Paddle	BD
01:00-01:45	Boat Cruise	BD
02:00-02:45	WOW! Wellness on Water Challenge Series Floating Yoga Flow	PB
03:00-03:50	TRX® BOSU® Circuit	TS
04:00-04:50	Feel Good Yoga	TL
05:00-05:45	Healing Sound Bath Crystal Bowls	TL
08:00-08:45	Beditation Meditation The Art of a Good Night's Sleep	TLR