

# 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 July 16

08:00-07:00	Magnolia Shores Open   Relax, Play & Splash All Day	
08:00-08:50	QiGong   Meditative Movement	YD
08:00-08:45	Wellness Meets Water Lake Outing   Pedal or Paddle	BD
09:00-10:50	  Bluffs Scenic Hike	AD
09:00-09:45	Rise and Shine Stretch	TS
10:00-10:50	Fitness Hoop Dance®   CardioCore Workout	TS
10:00-10:45	Healing with Water   Gentle Movement & Myofascial Release	PB
11:00-11:45	Fundamental Series   Balance	TL
11:00-11:50	 TRX Strength	TS
12:00-12:45	 Boat Cruise	BD
12:00-12:25	Completely Core	TR
01:00-01:45	Just Breathe!   Guest Speaker Jan Goss-Gibson	TLR
02:00-02:50	Cooking Demo   Summer Spring Rolls	
03:00-03:50	Stability & Mobility   Lower Body Strength	TS
04:00-04:50	Gentle Yoga	TL
05:00-05:45	Candlelight Meditation	TL
05:30-06:45	 Sundown Wine Cruise (*additional fee)	BD
08:00-08:50	 Creative Arts   Bead a Bracelet	LK

\*Schedules and activities are subject to change.

**TUESDAY  
JULY 17**

08:00-07:00	Magnolia Shores Open   Relax, Play & Splash All Day	
08:00-08:45	Wellness Meets Water Lake Outing   Pedal or Paddle	BD
08:30-08:55	Foam Roller Warm Up	TS
09:00-10:50	<input type="checkbox"/> Canyon Preserve Hike	AD
09:00-09:50	Somatics Mindful Stretch	TS
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	Nia® Dance   Strength, Balance, Mindfulness	TL
12:00-12:25	Completely Core   Pilates	TS
01:00-01:50	Functional Movement Screening Demo & Corrective Practice	TR
01:00-01:45	Lake Lotus   Floating Yoga Flow	BD
02:00-02:45	Boat Cruise	BD
03:00-03:45	FUNctional Movement Intervals	TR
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  
JULY 18**

08:00-07:00	Magnolia Shores Open   Relax, Play & Splash All Day	
08:00-08:50	QiGong   Meditative Movement	YD
08:00-08:45	Wellness Meets Water Lake Outing   Pedal or Paddle	BD
09:00-10:50	<input type="checkbox"/> Hill Country Nature Hike	AD
09:00-09:45	Rise and Shine Stretch	TS
10:00-10:45	Aqua Core	PB
10:00-10:50	POUND®   Drumming for All Levels of Fitness	TL
10:00-10:50	TRX   Suspension Training	TS
11:00-11:50	◆ Challenge Series   PiYo® Pilates Yoga Power Hour	TL
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 A Card	TLR
02:00-02:45	Cooking Demo   Fresh, Fast and Easy	LK
03:00-03:45	On The Ball   Stability & BOSU®	TS
04:00-04:45	Earth & Water Series   Lakeside Yoga	YD
05:00-05:45	Earth & Water Series   Drift Away Meditation	PB
05:30-06:45	Sundown Wine Cruise (*additional fee)	BD
08:00-08:50	Tai Chi Breathing   Beth Misner	TL

**THURSDAY  
JULY 19**

**FRIDAY  
JULY 20**

08:00-07:00	Magnolia Shores Open   Relax, Play & Splash All Day	
08:00-08:45	Wellness Meets Water Lake Outing   Pedal or Paddle	BD
08:30-08:55	Foam Roller Warm Up	TS
09:00-10:50	<input type="checkbox"/> Canyon Springs Hike	AD
09:00-09:45	Nature's Eye   Photography and Meditation	GL
09:00-09:50	Tai Chi   Meditative Motion	TS
10:00-10:50	Fitness Hoop Dance®   CardioCore Workout	TS
10:00-10:50	Spin-tensity	TR
11:00-11:45	AquaFit   Tethered Intervals	PB
11:00-11:50	Tribal Yoga   Move to the Beat	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
02:00-02:45	Challenge Series   WOWWI! Wellness on Water Fitness Workout	PB
03:00-03:50	Fundamentals   Weight Bearing Workout for Bone Strength	TR
04:00-04:50	Gentle Yoga	TL
05:00-05:45	The Inner Journey   Special Guest Sarah McLean	TL
08:30-09:30	The Stars At Night   Astronomy	GL

08:00-08:40	Lake Lotus   SUP Balance	BD
08:00-07:00	Magnolia Shores Open   Relax, Play & Splash All Day	
08:00-08:45	Wellness Meets Water Lake Outing   Pedal or Paddle	BD
08:30-08:55	Foam Roller Warm Up	TS
09:00-09:50	Cardio Intervals 3,2,1	TR
09:00-10:50	<input type="checkbox"/> J-Canyon   Forest Bathing Nature Hike	AD
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
11:15-12:00	Zumba® Cardio Dance	TS
12:00-12:45	Boat Cruise	BD
12:00-12:25	Completely Core   Pilates	TS
03:00-03:50	BOSU® Strength & Balance	TS
04:00-04:50	Gentle Yoga Flow	TL
05:00-05:45	Discovering the Essential You   Guest Sarah McLean	TL
05:30-06:45	Sundown Wine Cruise (*additional fee)	BD
08:00-09:30	Friday Night Fun   S'mores at the Firepit	AR

**SATURDAY  
JULY 21**

**SUNDAY  
JULY 22**

08:00-08:45	Be Kind to You   Guest Sarah McLean	YD
08:00-07:00	Magnolia Shores Open   Relax, Play & Splash All Day	
08:00-08:45	Wellness Meets Water Lake Outing   Pedal or Paddle	BD
08:30-08:55	Foam Roller Warm Up	TS
09:00-10:50	<input type="checkbox"/> Ranch Ramble   Boat to Hike	BD
09:00-09:50	Somatics Mindful Stretch	TS
10:00-10:50	Boot Camp Workout	TR
10:00-10:50	Energizing Vinyasa Yoga	TL
11:00-11:50	Nia® Dance   Strength, Balance, Mindfulness	TL
11:00-11:50	TRX® Body Weight Strength Circuit	TS
12:00-12:45	Boat Cruise	BD
12:00-12:25	Completely Core	TR
01:00-01:45	AquaFit   Waterworks	PB
02:00-02:45	Cooking Demo   Vegan Mushroom Soup	LK
03:00-03:45	WOW! Wellness on Water Challenge Series   Yoga Pilates Fusion	PB
04:00-04:50	Restorative Yoga	TL
05:00-05:45	Getting Out of Your Own Way   Guest Sarah McLean	TL
05:30-06:45	Sundown Wine Cruise (*additional fee)	BD
06:15-09:00	Austin Artist Series   Live Music with Sapphire	DR

07:45-08:30	Lake Lotus   Floating Yoga Flow	BD
08:00-07:00	Magnolia Shores Open   Relax, Play & Splash All Day	
08:00-08:45	Wellness Meets Water Lake Outing   Pedal or Paddle	BD
08:30-08:55	Foam Roller Warm Up	TS
09:00-09:50	Fundamental Series   Spin & Stretch	TR
09:00-10:50	<input type="checkbox"/> Hill Country Nature Hike	AD
09:00-09:50	Tai Chi   Meditative Motion	TS
10:00-10:45	Boxing Fit	TR
10:00-10:50	Lakeside Flow   Vinyasa Yoga	YD
11:00-11:45	AquaFit   Waterworks	PB
12:00-12:25	Completely Core	TR
01:00-01:45	Boat Cruise	BD
03:00-03:45	FUNctional Movement Intervals	TR
04:00-04:50	Feel Good Yoga	TL
05:00-05:45	Pranayama   Meditative Breathing	TL
08:00-08:45	Beditation Meditation   The Art of a Good Night's Sleep	TLR