

Welcome To The Lake!



LAKE AUSTIN

SPA RESORT

LOCATION Key

- AD - Activities Desk
- AR - Arbor
- DK - Boat Dock
- DR - Dining Room
- GL - Garden Library
- LK - Lake Kitchen
- LR - Resort Living Room
- PB - Pool Barn
- RB - Resort Boutique
- RP - Resort Pool
- LSB - Spa Boutique
- TL - Tree House 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 February 12

08:30-08:55	Foam Roller Warm Up	TS
09:00-10:50	  Bluffs Scenic Hike	AD
09:00-05:00	Pedal or Paddle Lake Equipment Available	DO
09:00-09:45	Rise and Shine Stretch	TS
10:00-04:00	Complimentary Make-Up Consultations (press x7249)	LSB
10:00-10:50	 Cycle H.I.I.T.S.	TR
10:00-10:50	Fitness Hoop Dance® CardioCore Workout	TS
10:00-10:45	Water Workshop Workout and Myofascial Release Demo	PB
11:00-11:50	Tribal Yoga Movement	TL
11:00-11:50	 TRX and Barbell Strength	TS
12:00-12:50	 Boat Cruise	BD
12:00-12:25	Completely Core	TR
01:00-01:50	Attitude of Gratitude Jen Snyman	TLR
01:00-01:45	 Blue Mindset Pedal or Paddle Lake Outing	BD
02:00-03:30	Vegetables all Winter Long Special Guest Chef: Rebecca Lang	LK
03:00-03:50	BEAMing Balance, Engage, Align, Move	TS
04:00-04:50	Gentle Yoga	TL
04:30-05:50	 Sundown Wine Cruise (*additional fee)	BD
05:00-05:45	Candlelight Meditation	TL
08:00-08:50	 Creative Arts Bead a Bracelet	LK

* Schedules and activities are subject to change.

**TUESDAY
FEBRUARY 13**






**WEDNESDAY
FEBRUARY 14**

08:30-08:55	Foam Roller Warm Up	TS
09:00-09:50	Boot Camp	TR
09:00-10:50	🔪📦 Canyon Preserve Hike	AD
09:00-09:50	Gentle Yoga Awakening	TL
09:00-05:00	Pedal or Paddle Lake Equipment Available	DO
10:00-10:45	AquaFit Waterworks	PB
10:00-04:00	Complimentary Make-Up Consultations (press x7249)	LSB
10:00-10:50	Lake Austin Spa Resort Garden Tour	GL
10:00-10:50	🔪 Pedal Power Cycle Class	TR
11:00-11:50	Barbell Strong	TS
11:00-11:50	Nia® Dance Strength, Balance, Mindfulness	TL
12:00-12:50	🔪 Boat Cruise	BD
12:00-12:25	Completely Core Pilates	TS
01:00-01:50	Seasonal Super Foods	GL
02:00-02:45	Culinary Class Energy Bites	LK
02:00-02:50	Functional Movement Screening Demo & Corrective Practice	TR
03:00-03:30	20 Minute Workout Simply Strength	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

08:30-08:55	Foam Roller Warm Up	TS
09:00-10:50	🔪📦 Hill Country Nature Hike	AD
09:00-05:00	Pedal or Paddle Lake Equipment Available	DO
09:00-09:45	Rise and Shine Stretch	TS
09:00-09:50	🔪 Spin-tensity	BD
10:00-10:50	Cardio Intervals 3,2,1	TR
10:00-04:00	Complimentary Make-Up Consultations (press x7249)	LSB
10:00-10:50	🔪 POUND® Drumming for Full Body Strength	TS
10:00-10:45	Water Workshop Workout and Myofascial Release Demo	PB
11:00-11:45	Aqua Core	PB
11:00-11:50	On The Ball Stability and BOSU™ Strength	TS
11:00-11:50	◆ PiYo® Fast Flow Power Yoga	TL
12:00-12:50	🔪 Boat Cruise	BD
12:00-12:25	Completely Core	TR
01:00-01:45	🔪 Blue Mindset Pedal or Paddle Lake Outing	BD
01:00-01:45	🔪 Creative Arts Re-Wine and Re-Purpose!	TLR
02:00-03:30	Valentine Baking Made Sweeter with Vegetables Chef: Rebecca Lang	LK
03:00-03:50	🔪 TRX Suspension Training	TS
04:00-04:50	Gentle Yoga Flow	TL
04:30-05:50	🔪 Sundown Wine Cruise (*additional fee)	BD
05:00-05:45	Meditation For Clarity	TL
08:00-08:50	Less Stress, More Joy Life Coach Brenda Young	TLR

**THURSDAY
FEBRUARY 15**

**FRIDAY
FEBRUARY 16**

08:30-08:55	Foam Roller Warm Up	TS
09:00-10:50	 <input type="checkbox"/> Canyon Springs Hike	AD
09:00-05:00	Pedal or Paddle Lake Equipment Available	DO
09:00-09:50	Tai Chi Meditative Motion	TS
09:00-09:50	Torch! Interval Training Sets	TR
10:00-10:45	Blue Yoga Warm Water Flow	PB
10:00-04:00	Complimentary Make-Up Consultations (press x7249)	LSB
10:00-10:50	Fitness Hoop Dance® CardioCore Workout	TS
10:00-10:50	 Spin-tensity	TR
11:00-11:50	Stability & Mobility Lower Body Strength	TS
11:00-11:50	Tribal Yoga Move to the Beat	TL
12:00-12:50	 Boat Cruise	BD
12:00-12:25	Completely Core	TR
12:30-02:00	 Almost Chinese New Year Lunch and Learn Chef Dorothy Huang	LK
01:00-01:45	 Blue Mindset Pedal or Paddle Lake Outing	BD
01:00-01:45	Discovery Program Master Your Metabolism	TLR
03:00-03:50	BEAMing Balance, Engage, Align, Move	TS
04:00-04:50	Gentle Yoga	TL
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	TS
09:00-09:50	Bars, Bands & Bells Crosstraining	TR
09:00-05:00	Pedal or Paddle Lake Equipment Available	DO
09:00-09:45	Rise and Shine Stretch	TS
09:00-10:50	 <input type="checkbox"/> Valley Vista Forest Bathing Nature Hike	AD
10:00-10:50	Barre Fusion	TS
10:00-10:45	Water Workshop Workout and Myofascial Release Demo	PB
11:00-11:45	Aqua Tabata Intervals	PB
11:00-11:50	 Pedal Power Cycle Class	TR
11:00-11:50	Zumba® Cardio Dance	TS
12:00-12:50	 Boat Cruise	BD
12:00-12:25	Completely Core Pilates	TS
01:00-01:45	 Blue Mindset Pedal or Paddle Lake Outing	BD
01:00-01:50	Healthy Hearts Dr. Ben Rosin	TLR
02:00-03:30	Mediterranean - Easy and Quick Weekday Meal Guest Chef Beth Pav	LK
03:00-03:50	 BOSU® Balance and Strength	TS
04:00-04:50	Gentle Yoga Flow	TL
04:30-05:50	 Sundown Wine Cruise (*additional fee)	BD
05:00-05:50	East Meets West Alternative Healing	TLR
05:00-05:45	Meditation For Total Relaxation	TL
05:30-06:30	Austin Artists Series Live Music with Mike Eiras	LR
08:00-09:30	Friday Night Fun S'mores at the Firepit	AR

**SATURDAY
FEBRUARY 17**

**SUNDAY
FEBRUARY 18**

08:30-08:55	Foam Roller Warm Up	TS
09:00-09:50	Boot Camp	TR
09:00-05:00	Pedal or Paddle Lake Equipment Available	DO
09:00-10:50	🔪 ☐ Ranch Ramble Boat to Hike	BD
10:00-10:45	AquaFit Waterworks	PB
10:00-04:00	Complimentary Make-Up Consultations (press x7249)	LSB
10:00-10:50	🔪 Endurance Cycle Journey	TR
11:00-11:50	Nia® Dance Strength, Balance, Mindfulness	TL
11:00-11:50	🔪 TRX® BOSU® Circuit	TS
12:00-12:50	🔪 Boat Cruise	BD
12:00-12:25	Completely Core	TR
01:00-01:45	🔪 Blue Mindset Pedal or Paddle Lake Outing	BD
02:00-03:30	Fresh Asian Noodles and Soup Guest Chef Beth Pav	LK
03:00-03:50	FUNctional HIITS Crosstraining Interval Sets	TR
03:00-03:45	🔪 ♦ WOWW! Wellness on Water Workout Series Yoga Pilates Fusion	PB
04:00-04:50	Restorative Yoga	TL
04:30-05:50	🔪 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

08:30-08:55	Foam Roller Warm Up	TS
08:30-10:50	🔪 ♦ River Place Canyon Hike	AD
09:00-05:00	Pedal or Paddle Lake Equipment Available	DO
09:00-09:50	Tai Chi Meditative Motion	TS
09:00-09:50	🔪 Wake Up The Senses Spin & Stretch	TR
10:00-10:45	Aqua Boot Camp	PB
10:00-10:50	Vinyasa Yoga Flow	TL
11:00-11:50	Barre Fusion	TL
11:00-11:50	Cardio Kickboxing	TS
12:00-12:50	🔪 Boat Cruise	BD
12:00-12:25	Completely Core	TR
12:30-12:55	20 Minute Workout Simply Strength	TS
01:00-01:45	🔪 Blue Mindset Pedal or Paddle Lake Outing	BD
02:00-02:45	Basics of Yoga Discussion and Practice	TS
03:00-03:45	🔪 WOWW! Wellness on Water Workout Series Fitness Challenge	PB
04:00-04:50	Feel Good Yoga	TL
05:00-05:45	Pranayama Meditative Breathing	TL
08:00-08:45	🔪 Meditative Arts Mindful Practices	TLR