

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!

**Monday
March 12**

**Tuesday
March 13**

**Wednesday
March 14**

**Thursday
March 15**

Time	Activity	Loc.	Activity	Loc.	Activity	Loc.	Activity	Loc.
	Enjoy Kayaks or Hydrobikes During Dock Hours 8:00-3:00	Dock	Enjoy Kayaks or Hydrobikes During Dock Hours 8:00-3:00	Dock	Enjoy Kayaks or Hydrobikes During Dock Hours 8:00-3:00	Dock	Enjoy Kayaks or Hydrobikes During Dock Hours 8:00-3:00	Dock
8:00-8:50	Enjoy Kayaking or Hydrobiking 80s at Eight: Dance/Sculpt	Dock Studio	◆Kettle Bell Boot Camp Gentle Stretch 8:30-8:55	Studio Loft	*Foam Roller Remedy 8:00-8:25 Pilates Primer 8:30-8:55 Superset Strength 8:30-8:55	Loft Loft Studio	Nautical Noodles *◆Pilates with the Ball	PB Loft
9:00-9:50	Pilates Primer 9:00-9:30 Gentle Stretch 9:30-9:55 *◆BODYPUMP: Barbell Strength	Loft Loft Studio	*Foam Roller 9:00-9:25 Five Tibetan Rites 9:30-9:55 *◆RiverView Hike 9:00-10:50	Loft Loft AD	ZUMBA: Latin Cardio Dance Unwinding: Stretch and Release	Studio Loft	Intro to T'ai Chi *Group Cycle	Studio TR
10:00-10:50	*Foam Roller Fusion ◆Kardio KickBox	Loft Studio	NIA: Mind/Body Dance ◆Vinyasa Flow Yoga	Studio Loft	📖Garden Tour ◆Goddess Boot Camp: Yoga, Pilates, Kettle Bell, Core	GL Studio	Yoga for Every Body *◆CanyonLand Hike 10:00-11:50	Loft AD
11:00-11:50	Water Works ◆BODYFLOW: Yoga/Pilates	PB Loft	Nautical Noodles *Group Cycle	PB TR	◆Dynamic Yoga Flow Water Works	Loft PB	Cardio Dance Party *FUNCTIONAL Training	Studio TR
Noon	*Boat Cruise	Dock			*Boat Cruise	Dock	*Foam Roller Fusion	Loft
1:00-1:50	📖Posture: Prepare Today for a Healthy Tomorrow with Sherri Dixon	TLR	📖Ayurveda: Mind/Body Balance with Paul Smith	TLR	📖Debunking Diets with Katherine Coffee	TLR	📖Taking Fitness on the GO! with Paul Smith	TLR
2:00-2:50	*Cardio Trek or EFX	TR	Basic Body Conditioning	Studio	*Stability Ball	Loft	◆Fresh-Air Agilities	YD
2:00-3:45	📖Cooking Session with Guest Chef Holly Clegg	LK	📖Cooking Session with Guest Chef Holly Clegg	LK	📖Cooking from the Garden: Kale with Executive Chef Stephane	LK	📖Cooking Session with Executive Chef Stephane	LK
3:00-3:50	*Weight Training 101	TR	*BOSU and Stability Ball Circuit Workout	Studio	*Cardio Duo: Cycle and Trek	TR	*FatBurner	TR
4:00-4:50	Restorative Yoga	Loft	Breath and Meditation	Loft	Yoga: Stretch and Relax	Loft	Yin Yoga	Loft
5:00-5:50	📖Love Matters with Anne Irving-Likes	TLR	Program		📖Intro to Organic Gardening with Trisha Shirey	TLR	Program	
Evening Discovery Programs	📖Aromatherapy Workshop with Trisha Shirey 7:30-8:30	LK	📖Dining Out with Andrea Ahern, RD 7:30-8:30	TLR	📖Find Your Answers with Intuition with Dianna Amorde 7:30-8:30	TLR	📖Nutrition Update with Andrea Ahern, RD 7:30-8:30	TLR

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**Friday
March 16**

**Saturday
March 17**

**Sunday
March 18**

Time	Activity	Loc.	Activity	Loc.	Activity	Loc.
	Enjoy Kayaks or Hydrobikes During Dock Hours 8:00-3:00	Dock	Enjoy Kayaks or Hydrobikes During Dock Hours 8:00-12:00	Dock	Enjoy Kayaks or Hydrobikes During Dock Hours 8:00-12:00	Dock
8:00	Rise and Shine Yoga Nautical Noodles	Loft PB	◆ <i>Kardio</i> KickBoxing Morning Stretch 8:30-8:55	Studio Loft	Intro to T'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 ◆Kettle Bell Workout	Loft Loft Studio	*Foam Roller 9:00-9:30 Pilates Primer 9:30-9:55 *Group Cycle	Loft Loft TR	*Group Cycle and Core Streamlined Sculpt	TR Studio
10:00	◆Power Cardio: KickBox, Hi/Lo, Step *Boat and Walk or ◆Hike 10:00-11:50	Studio Dock	◆Serious Strength Water Works	Studio PB	Goddess Boot Camp Yoga, Pilates, Kettle, Core *Foam Roller Fusion	Studio Loft
11:00	Dancing to the Stars ◆Yoga Sculpt *FUNctional Training	Studio Loft TR	NIA: Mind/Body Dance ◆Vinyasa Flow Yoga	Studio Loft	◆BODYFLOW: Yoga/Pilates ZUMBA: Latin Cardio	Loft Studio
Noon	H2O and GO!	PB	*Boat Cruise	Dock		
1:00	 Simple Steps and Strategies with Andrea Ahern, RD	TLR	 Healing Sound Meditation with Jan Blevins	Loft	 Supercharge Your Metabolism with Katherine Coffee	TLR
2:00	*FatBurner	TR	Fresh-Air Agilities	YD	*FatBurner	TR
2:00 3:45	 Cooking Session with Guest Chef Molly Fowler	LK	 Cooking Session	LK		
3:00	Burn it Off! Circuit Workout	Studio	*Ballast Ball 3:30-3:55	Loft	Nautical Noodles	PB
4:00	Meditative Yoga	Loft	Somatics: Stretch/Release	Loft	Yoga: Stretch and Relax	Loft
5:00	 The Point of Acupuncture with Aaron Rubinstein	TLR	Wine Tasting	LK	 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 Sapphire 8:00-9:00 Yoga for Sleep 9:15-9:45	Liv Loft	*  Fun with Watercolor with artist Tena Lacy 7:30-8:30	LK