

# May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30am Water Aerobics – Joylyn 10am – Erika’s Total Body Reset 🔥	2 8:30am Water Yoga – Monica 4pm Core and Arms 🔥 - Bryce	3 Intro to HIIT & Beat the Instructor’s Workout – Complimentary	4 9am Boot Camp 🔥 - Bryce 9am Foraging Hike
5 Intro to HIIT & Beat the Instructor’s Workout – Complimentary	6 8:30am Water Aerobics – Joylyn 10am – Erika’s Total Body Reset 🔥	7 8:30am Water Yoga – Monica 10:00am Vinyasa Yoga – Monica 4pm Boot Camp 🔥 - Bryce	8 8:30am Water Aerobics – Joylyn 10am – Erika’s Total Body Reset 🔥	9 8:30am Water Yoga – Monica 4pm Core and Arms 🔥 - Bryce	10 Intro to HIIT & Beat the Instructor’s Workout – Complimentary	11 1pm Mothers Day Yoga and Tea
12 Intro to HIIT & Beat the Instructor’s Workout – Complimentary	13 8:30am Water Aerobics – Joylyn 10am – Erika’s Total Body Reset 🔥	14 8:30am Water Yoga – Monica 10:00am Vinyasa Yoga – Monica 4pm Boot Camp 🔥 - Bryce	15 8:30am Water Aerobics – Joylyn 10am – Erika’s Total Body Reset 🔥	16 8:30am Water Yoga – Monica 4pm Core and Arms 🔥 - Bryce	17 Intro to HIIT & Beat the Instructor’s Workout – Complimentary	18 9am Boot Camp 🔥 - Bryce 9am Foraging Hike
19 Intro to HIIT & Beat the Instructor’s Workout – Complimentary	20 10am – Erika’s Total Body Reset 🔥	21 8:30am Water Yoga – Monica 10:00am Vinyasa Yoga – Monica 4pm Boot Camp 🔥 - Bryce	22 8:30am Water Aerobics – Joylyn 10am – Erika’s Total Body Reset 🔥	23 8:30am Water Yoga – Monica 4pm Core and Arms 🔥 - Bryce	24 Intro to HIIT & Beat the Instructor’s Workout – Complimentary	25 9am Boot Camp 🔥 - Bryce 11am National Wine Day: Wine and Cider Bike Tour
26 Intro to HIIT & Beat the Instructor’s Workout – Complimentary	27 8:30am Water Aerobics – Joylyn 10am – Erika’s Total Body Reset 🔥	28 8:30am Water Yoga – Monica 10:00am Vinyasa Yoga – Monica 4pm Boot Camp 🔥 - Bryce	29 8:30am Water Aerobics – Joylyn 10am – Erika’s Total Body Reset 🔥	30 8:30am Water Yoga – Monica 4pm Core and Arms 🔥 - Bryce	31 Intro to HIIT & Beat the Instructor’s Workout – Complimentary	

# Class Descriptions

Please reserve classes at least 24 hours in advance at 540.326.4060.

For more information on any of these private offerings, please email [recreation@salamanderresort.com](mailto:recreation@salamanderresort.com) or 540-326-4060  
Private Group Fitness Classes Private Personal Training & more.



## Guided Hike

3:00 pm Daily & by appointment  
Moderate pace for 12 years old and older  
45 minutes/\*Complimentary

## Resort Walk

8:30 am Daily  
Take a morning stroll around the property to awaken the senses, get acquainted with the property and enjoy the beauty of Virginia's horse country. 30 minutes \*Complimentary

## FITNESS CLASSES

 Notes high intensity classes.  
Be ready to sweat in these 45-minute burners.

## Aquafit

AquaFit through every movement is met with resistance from water which builds muscle and increases flexibility.  
60 minutes/\$25

## Beat the Instructor. Workout Challenge

Push through a self-guided boot camp session with a workout designed by our fitness staff. At the end of the workout compare your times to the instructors to see how you compare.  
Offered Daily \*Complimentary

## Boot Camp

Boot Camp is one of our most energetic classes available. We take the best two aspects of working out, resistance training and cardio, and infuse them into circuits for our pleasure. Put your fitness to the test with our instructor Bryce.  
60 minutes/\$25

## Core and Arms

The perfect blend of building a foundation through core and building the synergist muscles to become our strongest self.  
60 minutes/\$25

 **Erika's Total Body Reset** Join our instructor Erika for a full body reset through resistance training and conditioning.  
60 minutes/\$25

**Guided Mountain Bike Ride** – Hit the trails for a 45 – minute guided mountain bike ride.  
45 minutes | \$35 per person

## Gentle Yoga

This all-levels gentle yoga class eases into yoga postures with mindfulness and breath practices, working with the body and mind in a soft and relaxed way.  
60 minutes/\$25

## Hatha Yoga

Balance the sun and moon's energies in you. Use these physical techniques to channel the vital force or energy to produce our higher consciousness to life.  
60 minutes/\$25

## Intro to HIIT

A 15-minute intro to High Intensity Interval Training. Complimentary for resort guests.

## Kangoo Power

DVD instructed cardio workout with Kangoo Boots. Length varies – complimentary for resort guests.

## Power Mat Pilates

A well-paced class designed to challenge all levels. Foam rollers and resistance bands are used to increase core strength, improve balance, and sculpt muscle without adding bulk.  
60 minutes/\$25

## Vinyasa Yoga

This energetic yoga class incorporates strengthening, stretching and balance, focused on mindfulness of movement and understanding alignment in postures.  
60 minutes/\$25

## Water Aerobics

Come workout in the pool and improve your flexibility while strengthening your muscles and coordination. This class is for all levels and anyone who likes to have fun and exercise at the same time.  
60 minutes/\$25

## Water Yoga

Flowing with ease in our Vinyasa heated pool, this yoga experience welcomes all levels and incorporates flexibility, strength, and cardio.  
60 minutes/\$25

## Yoga

A flowing mind/body practice to increase strength, flexibility, and core stability. Appropriate for all levels.  
60 minutes /\$25

## Yin Yoga

Yin Yoga is a slow, meditative yoga practice designed to apply moderate stress to the connective tissue of the body by holding each posture (asana) longer to increase blood flow and flexibility while calming the breath and mind.  
60 minutes /\$25

## FITNESS CENTER & POOL

### Mothers Day Yoga and Tea

Celebrate Mother Earth and all the mothers in your life in a 'yoga-meets-day-spa' class. Give yourself the gift of time to focus on your breath and body with gentle movements to release tension and invite a sense of calm and loving kindness. Enjoy tea and pastries afterwards.  
*May 11<sup>th</sup>, 120 minutes/\$75 per person*

### Foraging Hike

Learn from the experts at Ashby Gap Adventures how to forage for wild edibles that form the basis of our regional cuisine in the Virginia landscape. Part classroom part hands-on field experience; learn the proper foraging techniques and different recipes to create with your findings. Sample oils, vinegars, sauces, ferments, and spices, take home your bounty, and use what you learned to create delicious recipes at home. Ages 8 and up.  
*May 4<sup>th</sup> & 18<sup>th</sup>, 120 minutes/\$75 per person*

### Personal Training

Work towards your 2024 fitness goals with our Certified Personal Trainers. Whether you're looking to build muscle, increase muscular endurance, looking for mobility, etc. They say it takes 21 days to create a habit, so why not start off right and set the tone for the rest of the year. Call to reserve an assessment from one of our CPT's.  
60 minutes/ \$100 per session

### Private Pilates Reformer Sessions

Private sessions are now available to work with our Certified Pilates instructor Jilori. These sessions will test your core strength along with your balance and muscular endurance while providing knowledge to tackle your own Pilates workouts at home!

60 minutes/ \$100 per session

**TO BOOK FITNESS CLASSES, PLEASE CALL OUR RECREATION LINE AT 540.326.4060**