

# January 2017 Fitness Class Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>1</b> 10am Fitness Walk* 10:30am Flow Yoga 11am Nature Hike (Reg/Adv) 12pm Yin Yoga Workshop 3:30pm Pound 5pm Groove	<b>2</b> 7am Sunrise Stretch 8:30am Vinyasa Flow Yoga 12pm Nature Hike (Reg/Adv) 1:30pm Fitness Walk* 3:30pm Barre 5pm Pilates	<b>3</b> 7am Sunrise Stretch 8:30am Vinyasa Flow Yoga 10am Fitness Walk* 12:30pm Nature Hike (Reg/Adv) 1pm Beginner Yoga 3pm Flow Yoga	<b>4</b> 7am Sunrise Stretch 9am Water Boot Camp 9:30am Fitness Walk* 10:30am Yoga Move! 4pm Boot Camp 5pm Circuit Training w/TRX	<b>5</b> 7am Sunrise Stretch 9:30am Deep Stretch Flow 11am Fitness Walk* 1:30pm Boot Camp 3pm Flow Yoga 5pm HIIT	<b>6</b> 7am Sunrise Stretch 8:30am Vinyasa Flow Yoga 10:30am Deep Stretch Flow 2pm Kangoo Boot Camp 3:30pm HIIT 5pm Boot Camp	<b>7</b> 7am Sunrise Stretch 8:30am Fitness Walk* 10:30am Vinyasa Flow Yoga 1pm New Year, New You Yoga Workshop 3:30pm HIIT 5pm Boot Camp	
<b>8</b> 7am Sunrise Stretch 8:30am Vinyasa Flow Yoga 12pm Nature Hike (Reg/Adv) 2pm Kangoo Boot Camp 3:30pm HIIT 5pm Boot Camp	<b>9</b> 8:30am Vinyasa Flow Yoga 9am Water Boot Camp 10:30am Yoga Move! 12:30pm Nature Hike (Reg/Adv) 1:30pm Fitness Walk* 5pm Pilates	<b>10</b> 7am Sunrise Stretch 9:30am Vinyasa Flow Yoga 12:30pm Fitness Walk* 1pm Nature Hike (Reg/Adv) 3pm Groove 5pm Pound	<b>11</b> 8:30am Pound 9am Water Boot Camp 9:30am Fitness Walk* 10:30am Yoga Move! 4pm Boot Camp 5pm Circuit Training w/TRX	<b>12</b> 7am Sunrise Stretch 9:30am Stress Burner Yoga 11am Foundation Training 1:30pm Nature Hike (Reg/Adv) 3:30pm HIIT 5pm Boot Camp	<b>13</b> 8am Pound 9:30am Maintaining Optimum Weight Workshop 1pm Nature Hike (Reg/Adv) 2pm Kangoo Boot Camp 3:30pm Stress Burner Yoga 5pm Rock Your Chakras Yoga Workshop!	<b>14</b> 7am Sunrise Stretch 10:30am Flow Yoga 12pm Yin Yoga Workshop 2pm Boot Camp 3:30pm HIIT 5:30pm Ballroom Dance Class	
<b>15</b> 9am Pound 10:30am Vinyasa Flow Yoga 12:30pm Kangoo Boot Camp 2pm HIIT 3pm Boot Camp 4:30pm Yin Yoga Workshop	<b>16</b> 7am Flow Yoga 8:30am Gentle Yoga 9am Water Boot Camp 10:30am Yoga Move! 3pm Vinyasa Flow Yoga 5pm Pilates	<b>17</b> 7am Sunrise Stretch 9:30am Vinyasa Flow Yoga 11am Fitness Walk* 1pm Beginner Yoga 2:30pm Flow Yoga 4pm Pound	<b>18</b> 7am Flow Yoga 8:30am Pound 9am Water Boot Camp 10:30am Yoga Move! 3:30pm Boot Camp 5pm Circuit Training w/TRX	<b>19</b> 7am Sunrise Stretch 9:30am Stress Burner Yoga 11am Foundation Training 1:30pm Boot Camp 3pm Flow Yoga 5pm HIIT	<b>20</b> 7am Sunrise Stretch 8:30am Pound 10:30am Deep Stretch Flow 2pm Kangoo Boot Camp 3:30pm HIIT 5pm Boot Camp	<b>21</b> 9am Beginner Yoga 10:30am Intro to Meditation 12pm Hatha Yoga 2pm Nature Hike (Reg/Adv) 3:30pm HIIT 5pm Boot Camp	
<b>22</b> 9am Pound 10:30am Groove 12pm Barre 1:30pm HIIT 3pm Boot Camp 4:30pm Yin Yoga Workshop	<b>23</b> 7am Flow Yoga 8:30am Gentle Yoga 9am Water Boot Camp 10:30am Yoga Move! 3:30pm Barre 5pm Pilates	<b>24</b> 7am Sunrise Stretch 9:30am Vinyasa Flow Yoga 11am Fitness Walk* 1pm Beginner Yoga 2:30pm Flow Yoga 4pm Pound	<b>25</b> 7am Flow Yoga 8:30am Pound 9am Water Boot Camp 10:30am Yoga Move! 3:30pm Boot Camp 5pm Circuit Training w/TRX	<b>26</b> 7am Sunrise Stretch 9:30am Stress Burner Yoga 11am Foundation Training 1:30pm Boot Camp 3pm Flow Yoga 5pm HIIT	<b>27</b> 7am Sunrise Stretch 8:30am Pound 10:30am Deep Stretch Flow 2pm Kangoo Boot Camp 3:30pm Stress Burner Yoga 5pm Foundation Training	<b>28</b> 7am Gentle Yoga 9am Beginner Yoga 10:30am Vinyasa Flow Yoga 2pm Barre 3:30pm HIIT 5pm Boot Camp	
<b>29</b> 9am Pound 10:30am Groove 12pm Barre 1:30pm HIIT 3pm Boot Camp 4:30pm Yin Yoga Workshop	<b>30</b> 7am Flow Yoga 8:30am Gentle Yoga 9am Water Boot Camp 10:30am Yoga Move! 3:30pm Barre 5pm Pilates	<b>31</b> 7am Sunrise Stretch 9:30am Vinyasa Flow Yoga 11am Fitness Walk* 1pm Beginner Yoga 2:30pm Flow Yoga 4pm Pound	Classes noted with a "*" are complimentary Class descriptions on back with pricing  Ask about private fitness classes & personal training				

# Fitness Center

## Hours of Operation\*

Sunday–Thursday | 6am–8pm

Friday & Saturday | 6am–9pm

\*subject to change

## Indoor Pool

open during regular hours of operation

Adult Lap Swim | open until 9am



### Yin Yoga Workshop

Nourish the mind and connective tissues during an afternoon of Yin Yoga with Jacklynn. We'll explore long supported holds which target ligaments, bones, and joints. This slow practice is suitable for beginners and all levels with props that enable muscular release and relaxation. This practice will bring a more conscientious attention to breath and sensations in the body. We conclude with essential oils and a smoothie. \$45 per person. 90 minutes. \*Open to the public.

### New Year New You Yoga Workshop with Monica Fernandi

Saturday January 7, 2017 1pm

Got Goals? ... Even if you are not the type to make New Year's resolutions, start 2017 off with some fun flowing yoga, positive affirmations and create the best you yet, here at the Salamander Resort & Spa. This yoga workshop starts and ends with tranquility and peace. Then during our 90 minutes together we will embark on a vinyasa flow for all levels that will leave you invigorated and empowered for a healthy 2017!! Class will end with a delicious smoothie. \$45/ per person. 90 minutes \*Open to the public.

### Maintaining an Optimum Weight for Riders

Friday, January 13, 2017 - 9:30am–11am

Through this experience, you will learn the techniques of maintaining an optimum weight through nutrition and strength exercises to develop a balanced body. This will help enhance mind and body movement awareness. \$45 per person, 90 minutes. \*Open to the public.

### Ballroom Dance Class

January 14 | 5:30pm–6:30pm

\$30 per couple

Dance the night away with your special someone as you learn various styles of Ballroom Dancing from a ballroom expert. Learn all the right steps and spend the evening having a ball! \*Open to the public

### Barre

This class uses the ballet barre to perform body-sculpting isometric exercises. Your muscles are worked to the point of fatigue then immediately stretched to elongate and tone the entire body without adding bulk. This class is 60 minutes. \$20 per person.

### Beginner Yoga

A low demanding yoga class for beginners composed of a series of easily adjustable poses and more verbal instruction. The main focus of the class being on connecting breath and a slow flow into each pose. We will use each muscle group for both a positive exercise and foundation into your yoga practice. This class is 60 minutes. \$20 per person.

### Boot Camp

A high intensity, results-oriented, workout designed to burn calories and tone the entire body. This class is 60 minutes. \$20 per person.

### Circuit Training with TRX Introduction

Circuit training is specifically designed to give you a fast paced, full body workout, while increasing your overall physical endurance. An introduction to the TRX Suspension Trainer will also be provided, which is known as the best-in-class workout system leveraging gravity and your bodyweight to perform a variety of different exercises. The TRX Suspension Trainer delivers an effective total-body workout, helps build a solid core, and increases muscular endurance. You're in control of how much you are willing to challenge yourself on each exercise by simply adjusting your body position to add or decrease resistance. This class is 45 minutes. \$20 per person.

### Deep Stretch Flow

From beginner to advanced, this class goes from dynamic movement to static stretching, letting the movement create opening and lubrication in the joints and muscles, and then using that opening to stretch deeper and explore stillness. Modifications offered to all levels on how to make stretches more gentle, or more deep, depending on their needs for each stretch or yoga posture. Live music (acoustic guitar/singing) is offered at the end of this class. This class is 60 minutes. \$20 per person.

### Fitness Walk

A morning or afternoon stroll around the property to awaken and revitalize your senses as you breathe in the fresh air and enjoy the beauty of Virginia's horse country. This activity is 30 minutes. Complimentary.

### Flow Yoga

Energetic postures which move in an orderly rhythm of sun salutations and are designed to engage all muscle groups while increasing joint flexibility and stamina. This class is 60 minutes. \$20 per person.

### Foundation Training

Cutting edge, simple, safe and transformative exercises designed to help you move the way the body was meant to move, eliminate common movement patterns hurting you, naturally heal back pain quickly, and improve endurance, stamina and strength, when incorporated in short duration workouts. This is beneficial for everyone from couch sitters to elite athletes. This class is 45 minutes. \$20 per person.

### Gentle Yoga

This class explores the classic poses of hatha yoga with a gentle touch. Through asana practice and calm, steady breathing, it promotes balance, flexibility, awareness and the integration of mind, body and spirit. It is suitable for those new to yoga, are less flexible or would just prefer mindful movement at a slower, less rigorous pace. This class is 60 minutes. \$20 per person.

### GROOVE

GROOVE is a revolutionary approach to fitness and dance, rated in *Shape Magazine* as one of the top 15 next big fitness trends! It uses easy, functional movements, basic athletic skills and a variety of awesome music so participants can learn fun dance moves while also dancing it their own way. Anyone can do this and leave feeling like they danced their heart out! This class is 60 minutes. \$20 per person.

### Happy Hour Yoga

This is the perfect after meeting "cocktail" of shoulder openers and hip stretches. A short enough sequence that you can still have your night ahead of you, but well-rounded enough that your body feels holistically relieved after a hard day. This class is 60 minutes. \$20 per person.

### Hatha Yoga

Classic hatha yoga in the Iyengar tradition. A series of standing, sitting, forward & backward extending, twisting, and inverted poses are explored. Poses are held for longer duration with focused attention on alignment and extension of muscle, bone, and connective tissue.

Organ systems such as respiratory, digestive and nervous systems are stimulated, soothed, and balanced. The breath is regulated and the mind becomes quiet. Class ends with a deep, restorative relaxation pose. This class is 60 minutes. \$20 per person.

### H.I.I.T.

Integrated high intensity interval training with personalized Circuit training. A certified personal trainer will help improve your performance and provide you with knowledge that you can take home and apply in daily life. This class is 60 minutes. \$20 per person.

### Introduction to Meditation

Learn and experience the art and science of meditation. A variety of techniques are introduced to quiet a busy mind, release muscular and mental tensions, relieve anxieties, and induce a state of detached awareness and a deep sense of peace. This class is 60 minutes. \$20 per person.

### Kangoo Boot Camp

This class begins with a Kangoo Boots orientation and making sure you are comfortable in them. It is followed by a high intensity workout that includes intervals of running and drill style strength training which transitions into conditioning exercises. This format improves muscle strength and endurance as it improves cardio-respiratory fitness. This class is 60 minutes. \$35 per person.

### Yoga Move!

Like the long, lean body yoga develops, but wish you could burn more body fat during a session? Wish you were strong enough to hold those poses? Love innovative exercises and don't want to be bored? Then YOGA MOVE! This total body workout uses bodyweight and metabolic training through adapted yoga moves to improve flexibility, strength and fat-burning. This class is 60 minutes. \$20 per person.

### Nature Hike

Join one of our enthusiastic recreation guides in our Relaxed Nature Hike Program! This is more of a subtle hike focused on just getting outside and learning about the resort, Middleburg, or what is around us. Our hike does go on our trails but is very modest in intensity meaning you won't work up too much of a sweat. 45 minutes. \$25 per person.

### Advanced Nature Hike

For those who enjoy rigorous and strenuous hikes, stomp along with one of our recreation guides as we take you deep into our trails on the resort and prepare to work up a sweat! This program is designed for those who are looking to get a physically demanding hike on our property without getting lost on our trails. 45 Minutes. \$25 per person.

### Pilates

Reshape your entire body with this dynamic workout. Designed to strengthen core muscles and deliver a long, lean physique, without adding bulk. This class is 45 minutes. \$20 per person.

### Pound

Rockstar meets Fitness in a calorie-torching, full-body, cardio workout that uses lightly weighted "drumsticks" called Ripstix. Rated as one of *Shape Magazine's* top 15 fitness trends, POUND fuses Pilates, isometric movements, and plyometrics with constant simulated drumming to sculpt muscle and torch up to 900 calories in 45 minutes. If you're not exactly musically inclined, don't worry—the routines are simple to follow and set to calibrated songs so you can get the rhythm down easily. This class is 45 minutes. \$20 per person.

### Restorative Yoga

A series of restful poses, using supportive props and slow relaxed breathing to access the parasympathetic nervous system response, and induce a state of deep relaxation. It allows the body and mind time to heal from the chronic stress and physical, mental and adrenal fatigue of everyday life. This class is 60 minutes. \$20 per person.

### Rock Your Chakras Yoga Workshop!

Who says Yoga can't Rock?! Come have a blast, stretching and building muscle in this Vinyasa Yoga workshop, set to a soundtrack of upbeat, Hard Rock Hits! Vinyasa Yoga is a powerful, aerobic form of Yoga that uses flowing movements and a few challenging poses to push your boundaries. Rock music goes perfectly with Vinyasa to help you power through some of the tough poses, and to have fun while you're doing it! Come work up a sweat while you move to the music, and end with a complimentary beer for participants over 21 years of age...you'll have earned it! All levels are welcome. Live acoustic guitar and singing included during Savasana. This class is 75 minutes. \$40 per person. \*Open to the public.

### Stress Burner Yoga

Through yoga poses, breathing and meditation, we will learn ways to bring the mindfulness, peace, flexibility and alignment gained from yoga into our daily lives. This class is suitable for both new and experienced people who want to learn concrete ways to use yoga techniques to lower the stress "set-point." This class is 60 minutes. \$20 per person.

### Sunrise Stretch

There's no better way to start the day than with some gentle stretching and meditative breathing! This class uses breath work and deep stretches to wake up and energize the body and mind in the morning, and pave the way for a centered and vibrant day. All levels welcome. Live music (acoustic guitar/singing) is offered at the end of this class. This class is 60 minutes. \$20 per person.

### Vinyasa Flow Yoga

Welcome to all levels, Vinyasa flow is an energetic form of Yoga that keeps you moving during practice in order to get your muscles warmed and stretch. Vinyasa places equal emphasis on stability, strength and stretch, so you walk out of class feeling balanced and energized. The added synchronization of one breath for each movement, creates a wonderful harmony and focus in body and mind. Live music (acoustic guitar/singing) is offered at the end of this class. This class is 60 minutes. \$20 per person.

### Water Boot Camp

You won't find this water exercise at your grandma's retirement home...total body strength training meets interval training in the pool. From weight loss to athletes wanting to cross train this class will boost your metabolism, increase flexibility and build muscles. Who knew intervals could be so fun? This class is 60 minutes. \$20 per person.

ADVANCED RESERVATIONS ARE REQUIRED FOR ALL CLASSES.

### Personal Training Session

Our Personal Training Sessions are designed to provide you with an individualized workout based on your needs and goals. \$110/hr.

### Private Group Fitness Class

Our Private Group Fitness Classes are perfect for any group looking for a fun way to exercise together. Choose from our many different classes available. \*Prices vary per group size\*

