



September Fitness Schedule 2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30am Resort Walk* 9am Pound- Karen 10:00am Meditation--Karen 3pm Guided Hike	2 8:30am Resort Walk* 10:30am Power Mat Pilates --Jilori 3pm Guided Hike	3 8am Hatha Yoga -- Tawny 8:30am Resort Walk* 10:30am Pilates Barre Fusion--Jilori 3pm Guided Hike	4 8am Yoga Sculpt -- Cara 8:30am Resort Walk* 10:30am Gentle Yoga -- Maribeth 3pm Guided Hike 5:30pm Yoga and Meditation -- Tawny	5 8:30am Resort Walk* 9:00am HIIT-Erika 10:30am Power Mat Pilates - Jilori 3pm Guided Hike	6 8:30am Resort Walk* 9:00am HIIT--Erika 10:30am Butts and Guts-- Erika 3pm Guided Hike	7 8:30am Resort Walk* 9am Pilates and Yoga Fusion--Adrienne 10:00am Barre-Adrienne 3pm Guided Hike 7:00pm Garden Groove-- Karen
8 8:30am Resort Walk* 9:00am Pound--Karen 10:00am Meditation--Karen 3pm Guided Hike	9 8:30am Resort Walk* 9:00am Butts & Guts 10:30am Power Mat Pilates --Jilori 3pm Guided Hike	10 8am Hatha Yoga -- Tawny 8:30am Resort Walk* 10:30am Pilates Barre Fusion--Jilori 3pm Guided Hike	11 8am Yoga Sculpt -- Cara 8:30am Resort Walk* 10:30am Gentle Yoga -- Maribeth 3pm Guided Hike 5:30pm Yoga and Meditation -- Tawny	12 8:30am Resort Walk* 9:00am HIIT-Erika 10:30am Power Mat Pilates -- Jilori 3pm Guided Hike	13 8:30am Resort Walk* 1:00pm Bootcamp--Ted 3pm Guided Hike	14 8am Butts & Guts -- Erika 8:30am Resort Walk* 9am Pilates and Yoga Fusion--Adrienne 10:00am Barre-Adrienne 3pm Guided Hike
15 8:30am Resort Walk* 9:00am HIIT--Erika 10:00am Butts & Guts-- Erika 3pm Guided Hike	16 8:30am Resort Walk* 9:00am Butts & Guts 10:30am Power Mat Pilates --Jilori 3pm Guided Hike	17 8am Hatha Yoga -- Tawny 8:30am Resort Walk* 10:30am Pilates Barre Fusion--Jilori 3pm Guided Hike	18 8am Yoga Sculpt -- Cara 8:30am Resort Walk* 10:30am Gentle Yoga -- Maribeth 3pm Guided Hike	19 8:30am Resort Walk* 9:00am HIIT-Erika 10:30am Power Mat Pilates -- Jilori 3pm Guided Hike	20 8:30am Resort Walk* 9:00am HIIT--Erika 10:30am Butts and Guts-- Erika 3pm Guided Hike	21 8am Butts & Guts -- Erika 8:30am Resort Walk* 9am Pilates and Yoga Fusion--Adrienne 10:00am Barre-Adrienne 3pm Guided Hike
22 8:30am Resort Walk* 9am Pound - Karen 10:00am Meditation -- Karen 3pm Guided Hike	23 8:30am Resort Walk* 10:30am Power Mat Pilates --Jilori 3pm Guided Hike	24 8am Hatha Yoga -- Tawny 8:30am Resort Walk* 10:30am Pilates Barre Fusion--Jilori 3pm Guided Hike	25 National Women's Fitness Day! 8am Yoga Sculpt -- Cara 9am Pound--Karen 10:30am Gentle Yoga -- Maribeth 5:30pm Yoga and Meditation -- Tawny	26 8:30am Resort Walk* 9:00am HIIT-Erika 10:30am Power Mat Pilates -- Jilori 3pm Guided Hike	27 8:30am Resort Walk* 9:00am HIIT--Erika 10:30am Butts and Guts-- Erika 3pm Guided Hike	28 National Family Fitness Day! 8:30am Resort Walk* 8:00am Butts & Guts--Erika 10:00am Family Yoga--Unyong 3pm Guided Hike
29 8:30am Resort Walk* 9am Pound - Karen 10:00am Meditation-- Karen 3pm Guided Hike	30 8:30am Resort Walk* 10:30am Power Mat Pilates --Jilori 3pm Guided Hike	<p><i>To guarantee your spot, please reserve all classes at least 24 hours in advance at 540.326.4060</i></p> <p><i>All classes are open to Local Guests!</i></p> <p><i>Drop in: \$20</i></p> <p><i>10-class-pack: \$180</i></p>				

Class Descriptions

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

Outdoor Offerings

Guided Hike

3:00 pm Daily & by appointment 45 minutes/\$25 per person

Resort Walk *Complimentary

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

Fitness Classes

Barre This class uses the ballet barre to perform body-sculpting isometric exercises, then stretching to tone the entire body without adding bulk. 60 minutes/\$20

Bootcamp This circuit-style class incorporates strength and cardio into one high-impact workout. Boot camp is designed to target every area with a full body work out, including core, legs, and arms. Be ready to break a sweat! 60 minutes/\$20

Buti Yoga Buti Yoga is a dynamic yoga practice rooted in Kundalini yoga, fused with primal movement, plyometrics, high intensity intervals, tribal dance and deep core engagement. 60 minutes/\$20

Butts and Guts Through body weight exercises, this class focuses on toning the abs and gluteus maximus while also improving your posture. This is a great class for all fitness levels! 45 minutes/\$20



Garden Groove

Do you love to dance? GROOVE takes a revolutionary approach to fitness and dance, using easy, functional movements, and a variety of music so participants can learn fun dance moves while also dancing to it their own way. Dance with fingertip glow lights as the sun sets and end with a complimentary glass of wine. Grab your sweetheart, your girlfriend, your best friend or come on your own and meet us on the dance floor! 2 hours/\$35 per person

HardCORE This class aims to increase your anaerobic threshold and boost your metabolism through a full body workout. High intensity intervals, athletic conditioning, resistance training and plyometrics ignite your core! 60 minutes/\$20

Hatha Yoga One of the most classical styles of yoga, Hatha Yoga stretches, strengthens and invigorates at a moderate pace. Appropriate for all levels. Ends with relaxing yoga breath-work. 60 minutes/\$20

HIIT HIIT is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. 45 minutes/\$20

Pilates Barre Fusion Designed to create a strong core and long lean muscles. Start with mat pilates, followed by isometric exercises at the ballet barre. 60 minutes/\$20

Please Inquire about our Additional Group Offerings Including:

Private Group Fitness Classes
Private Personal Training
Private Yoga & Meditation
Family and Kids Yoga
Chair/Wheelchair/Adaptive Yoga & More!

For more information on any of these private offerings, please email recreation@salamanderresort.com or call 540.326.4060

Pound Pound fuses cardio, Pilates, isometric movements, & plyometrics with constant simulated drumming using lightly weighted drumsticks set to rock music to sculpt muscle and torch calories! 45 minutes/\$20

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/\$20

Vinyasa Yoga This energetic yoga class incorporates strengthening, stretching and balance, focused on mindfulness of movement and understanding alignment in postures. 60 minutes/\$20

Yoga Sculpt This all levels yoga class incorporates hand weights and high-intensity cardio bursts for a maximum calorie burning effect. 60 minutes/\$20

Yoga and Pilates Fusion A flowing mind/body practice integrating yoga and Pilates to increase strength, flexibility, and core stability. 60 minutes /\$20

FITNESS CENTER & POOL

Hours of Operation

Sunday-Thursday | 6am-8pm
Friday & Saturday | 6am-9pm
Adult Lap Swim | 6am-9am

September Fitness Highlights

Garden Groove

Saturday, September 7th, 7:00 pm-9:00pm
\$35 per person

National Health and Women's Fitness Day

Wednesday, September 25th, 9:00 am
\$20 per person, 60 minutes

National Family and Health Fitness Day Yoga Workshop

Saturday, September 28th, 10:00 am
\$20 per person, 60 minutes

