



April Fitness Schedule 2021

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|--|---|
| <p>Drop in Price: \$20 Package: \$180 for 10 classes <i>To guarantee your spot, please reserve all classes at least 24 hours in advance at 540.326.4060</i></p> | | | | | | |
| | | 30 | 31 | 1 | 2 | 3 |
| | | 8:30am – Water Yoga – Monica 8:30am Resort Walk* 10am – Vinyasa Yoga – Monica 3pm Guided Hike | 7:30am Intro HIIT Workout 8am Pound 🔥 Karen 8:30am Resort Walk* 9:30am Gentle Yoga - Maribeth 3pm Guided Hike | 8:30am Resort Walk* 8:30am Water Yoga – Monica 3pm Guided Hike 5pm Meditation - Shana | 8:30am Resort Walk* 10am Yin Yoga – Tanya 3pm Guided Hike | 8:30am Resort Walk* 9am Vinyasa Yoga - Ginny 3pm Guided Hike 4pm Meditation - Shana |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 8:30am Resort Walk* 9am Pound 🔥 Karen 10am Meditation Karen 3pm Guided Hike | 7:30am Kangoo Power DVD Workout 8:30am Resort Walk* 10am Power Mat Pilates-Jilori 3pm Guided Hike | 8:30am – Water Yoga – Monica 8:30am Resort Walk* 10am – Vinyasa Yoga – Monica 3pm Guided Hike | 7:30am Intro HIIT Workout 8am Pound 🔥 Karen 8:30am Resort Walk* 9:30am Gentle Yoga - Maribeth 3pm Guided Hike | 8:30am Resort Walk* 8:30am Water Yoga – Monica 3pm Guided Hike 5pm Meditation - Shana | 8:30am Resort Walk* 8:30am Good Morning Yoga- Kelly 10am Yin Yoga – Tanya 3pm Guided Hike | 8:30am Resort Walk* 1pm Yoga Workshop – Yoga Under a New Moon - Kelly 3pm Guided Hike 4pm Meditation - Shana |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
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| 25 | 26 | 27 | 28 | 29 | 30 | 1 |
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Class Descriptions

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Guided Hike


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

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!

Personal Training One-on-one training to guide you through a fitness guide right for you, to build muscle, and increase your fitness level on the appropriate modes of action. They will work with you to create individualized plans for achieving your fitness goals! 60 minutes /\$75

Beat the Instructor! Workout Challenge
*Complimentary

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 instructor's to see how you compare! Offered Daily

Boot Camp 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! Appropriate for all levels. 45 minutes /\$20

Buti Yoga  Buti Yoga is a dynamic yoga practice rooted in Kundalini yoga, fused

with primal movement, plyometric, high intensity intervals, tribal dance and deep core engagement. This is an active yoga workout that will challenge and push you to your edge! 60 minutes/\$20

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/\$20

Intro to HIIT


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

Kangoo Power

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

Meditation Begin with a flowing mind/body practice to increase strength, flexibility, and core stability. Then conclude with meditation to calm your mind, settle your body and find a softer focus. 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

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

For more information on any of these private offerings, please email recreation@salamanderresort.com or 540-326-4060

Private Group Fitness Classes
Private Personal Training & more!

Hours of Operation

Monday-Sunday | 7am-8pm
**See calendar for updates

FITNESS CENTER & POOL

Fitness Highlights:

Due to COVID-19 masks are to be worn in the Fitness Center at all times.

April 10th – Yoga Under a New Moon
Explore the cooling energy of Moon Salutations in an all-levels Hatha Flow Yoga class with Kelly. Notice shifts in your body's flexibility and emotional well-being as you connect with your breath to calm the mind. Enjoy a refreshing cocktail after!