



January 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
31 8:30am Resort Walk* 9am Pound🔥 Karen 10am Meditation Karen 3pm Guided Hike			<i>Drop in Price: \$20 Package: \$180 for 10 classes To guarantee your spot, please reserve all classes at least 24 hours in advance at 540.326.4060</i>		1 8:30am Resort Walk* 8:30am Good Morning Yoga- Kelly 10am Yin Yoga - Tanya 3pm Guided Hike	2 8:30am Resort Walk* 10:00am New Year, New You Yoga Workshop with Kelly 3pm Guided Hike
3 8:30am Resort Walk* 9am Pound🔥 Karen 10am Meditation Karen 3pm Guided Hike	4 8:30am Resort Walk* 10am Power Mat Pilates- Jilori 3pm Guided Hike	5 8:30am – Water Yoga - Monica 8:30am Resort Walk* 10am – Vinyasa Yoga - Monica 3pm Guided Hike	6 8am Pound🔥 Karen 8:30am Resort Walk* 9:30am Gentle Yoga - Maribeth 3pm Guided Hike	7 8:30am Resort Walk* 8:30am Water Yoga - Monica 10am Boot Camp- Ted 3pm Guided Hike	8 8:30am Resort Walk* 8:30am Good Morning Yoga- Kelly 10am Yin Yoga - Tanya 3pm Guided Hike	9 8:30am Resort Walk* 10am Vinyasa Yoga & Meditation - Cara 3pm Guided Hike
10 8:30am Resort Walk* 9am Pound🔥 Karen 10am Meditation Karen 3pm Guided Hike	11 8:30am Resort Walk* 10am Power Mat Pilates- Jilori 3pm Guided Hike	12 8:30am – Water Yoga - Monica 8:30am Resort Walk* 10am – Vinyasa Yoga - Monica 3pm Guided Hike	13 8am Pound🔥 Karen 8:30am Resort Walk* 9:30am Gentle Yoga - Maribeth 3pm Guided Hike	14 8:30am Resort Walk* 8:30am Water Yoga - Monica 10am Boot Camp- Ted 3pm Guided Hike	15 8:30am Resort Walk* 10am Yin Yoga - Tanya 3pm Guided Hike	16 8:30am Resort Walk* 10am Vinyasa Yoga & Meditation - Cara 3pm Guided Hike
17 8:30am Resort Walk* 9am Pound🔥 Karen 10am Meditation Karen 3pm Guided Hike	18 8:30am Resort Walk* 10am Power Mat Pilates- Jilori 3pm Guided Hike	19 8:30am – Water Yoga - Monica 8:30am Resort Walk* 10am – Vinyasa Yoga - Monica 3pm Guided Hike	20 8am Pound🔥 Karen 8:30am Resort Walk* 9:30am Gentle Yoga - Maribeth 3pm Guided Hike	21 8:30am Resort Walk* 8:30am Water Yoga - Monica 10am Boot Camp- Ted 3pm Guided Hike	22 8:30am Resort Walk* 8:30am Good Morning Yoga- Kelly 10am Yin Yoga - Tanya 3pm Guided Hike	23 8:30am Resort Walk* 10am Vinyasa Yoga & Meditation – Cara 2pm Release, Restore, & Reset - Gentle Flow w' Yoga Nidra Workshop - Kelly 3pm Guided Hike
24 8:30am Resort Walk* 9am Pound🔥 Karen 10am Meditation Karen 2pm – Closed to Public	25 All Day - Closed to Public	26 All Day - Closed to Public	27 Opens at 12pm to Public 3pm Guided Hike	28 8:30am Resort Walk* 8:30am Water Yoga - Monica 10am Boot Camp- Ted 3pm Guided Hike	29 8:30am Resort Walk* 8:30am Good Morning Yoga- Kelly 10am Yin Yoga - Tanya 3pm Guided Hike	30 8:30am Resort Walk* 10am Vinyasa Yoga & Meditation - Cara 3pm Guided Hike

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 or 540-326-4060

Private Group Fitness Classes
Private Personal Training & more!

Hours of Operation

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

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!

*Exception of Buti Yoga (60 minute burner)

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 plyo-metrics 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

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, & plyo metrics 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

Water Yoga Flowing with ease in our Vinyasa heated pool, this yoga experience welcomes all levels and incorporates flexibility, strength and cardio. 60 minutes/\$20

Yoga A flowing mind/body practice to increase strength, flexibility, and core stability. Appropriate for all levels. 60 minutes /\$20

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 /\$20

FITNESS CENTER & POOL

Fitness Highlights:

Due to COVID-19 the majority of Fitness Classes will be held Vinyasas. If held indoors due to inclement weather, the Studio can only take 75% capacity. Please bring your own yoga mat. No props/equipment will be used during Phase 3 of reopening.

“Release, Restore, & Reset - Gentle Flow w' Yoga Nidra” - Yoga Workshop – 1.5 hours \$40 pp includes a winter-themed beverage at the end.