

# March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30am Water Aerobics – Joylyn	2 8:30am Water Yoga – Monica 4pm Core and Arms – Bryce	3 8:30am Hatha Yoga – Kelly 8:30am AquaFit – Ann 10am Yin Yoga – Tanya 12pm Hike & Brew	4 7:30am Kangoo Power DVD Workout 9am Boot Camp 🔥 - Bryce
5 9am Pound 🔥 – Karen 10am Meditation – Karen Anytime – Beat the Instructor’s Workout Anytime – Intro to HIIT Workout	6 8:30am Water Aerobics – Joylyn 9am Power Mat Pilates- Jilori 10am –Erika’s Total Body Reset 🔥 4pm Spring into Fitness - Bryce	7 8:30am Water Yoga – Monica 10:00am Vinyasa Yoga – Monica 4pm Boot Camp 🔥 - Bryce	8 8:30am Water Aerobics – Joylyn 5:30pm Women’s Day Yoga - Kelly	9 8:30am Water Yoga – Monica 4pm Core and Arms – Bryce	10 8:30am Hatha Yoga – Kelly 8:30am AquaFit – Ann 10am Yin Yoga – Tanya 12pm Hike & Brew	11 8:30am Water Aerobics- Joylyn 9am Boot Camp 🔥 - Bryce 11am St. Patrick’s Day Beer Yoga - Ginny
12 9am – Erika’s Total Body Reset 🔥 Anytime – Beat the Instructor’s Workout Anytime – Intro to HIIT Workout	13 8:30am Water Aerobics – Joylyn 9am Power Mat Pilates- Jilori	14 8:30am Water Yoga – Monica 10:00am Vinyasa Yoga – Monica 4pm Boot Camp 🔥 - Bryce	15 8:30am Water Aerobics – Joylyn	16 8:30am Water Yoga – Monica 4pm Core and Arms – Bryce	17 8:30am Hatha Yoga – Kelly 8:30am AquaFit – Ann 10am Yin Yoga – Tanya 12pm Hike & Brew	18 8:30am Water Aerobics- Joylyn
19 Anytime – Beat the Instructor’s Workout Anytime – Intro to HIIT Workout	20 8:30am Water Aerobics – Joylyn 9am Power Mat Pilates- Jilori 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	23 8:30am Water Yoga – Monica 4pm Core and Arms – Bryce	24 8:30am Hatha Yoga – Kelly 8:30am AquaFit – Ann 10am Yin Yoga – Tanya 12pm Hike & Brew	25 8:30am Water Aerobics- Joylyn 9am Boot Camp 🔥 - Bryce 2pm – How to find Calm in the Chaos – Yoga Workshop and Book Signing – Monica
26 9am – Erika’s Total Body Reset 🔥 Anytime – Beat the Instructor’s Workout Anytime – Intro to HIIT Workout	27 8:30am Water Aerobics – Joylyn 9am Power Mat Pilates- Jilori	28 8:30am Water Yoga – Monica 10:00am Vinyasa Yoga – Monica 4pm Boot Camp 🔥 - Bryce	29 8:30am Water Aerobics – Joylyn	30 8:30am Water Yoga – Monica 4pm Core and Arms – Bryce	31 8:30am Hatha Yoga – Kelly 8:30am AquaFit – Ann 10am Yin Yoga – Tanya 12pm Hike & Brew	

# 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

3:00pm 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 at 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 high consciousness to life.  
60 minutes / \$25

## Intro to HIIT

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

## KangooPower

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

**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 / \$25

## 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

## Wine & Cider Bike Tour

A 4-mile bike ride with a tasting at Boxwood Winery and Mt. Defiance Cider. 21 and up.  
90 minutes / \$90 + \$25 for an e-bike upgrade.  
60 minutes / \$25

## FITNESS CENTER & POOL

### Lost Barrel Hike & Brew

12:00pm Fridays  
45 minute Hike to Lost Barrel, drinks at your leisure. Cost of one tasting flight included. Pickup from Lost Barrel can be requested through the resort's ride service / \$35 per person

### Women's Day Yoga

Celebrate International Women's Day with a Vinyasa yoga class. Instructor Kelly Little will lead you through this all-levels, energetic yoga class that incorporates strength, stretching and balance while focusing on mindful movement and posture alignment. After class, enjoy a glass of wine or specialty mocktail.  
Wednesday, March 11<sup>th</sup> 75 minutes | \$45 per person

### St. Patrick's Day Beer Yoga

What better way to kick off St. Patrick's Day Weekend than with yoga! Join us for an all-levels flow yoga class with a complimentary beer when you are done. 21+ only.  
Saturday, March 11<sup>th</sup> | 60 minutes | \$30 per person

### How to Find Calm in the Chaos Yoga Workshop & Book Signing

Give yourself the gift of more joy daily when you learn what the new book *Open Your Presence* teaches you. Using the book's methodology, begin with a 45-minute yoga flow, perfect for all levels. While enjoying fresh pressed Greenheart Juice, end with a Q&A and a chance to meet the author, Monica Fernandi.  
Saturday, March 25<sup>th</sup> | 120 Minutes | \$65 per person  
TO BOOK FITNESS CLASSES, PLEASE CALL OUR RECREATION LINE AT 540.326.4060