



May 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
2 8:30am Resort Walk* 3pm Guided Hike	3 7:30am Kangoo Power DVD Workout 8:30am Resort Walk* 10am Power Mat Pilates-Jilori 3pm Guided Hike	4 8:30am – Water Yoga – Monica 8:30am Resort Walk* 10am – Vinyasa Yoga – Monica 3pm Guided Hike	5 7:30am Intro HIIT Workout 8am Pound 🔥 Karen 8:30am Resort Walk* 9:30am Gentle Yoga - Maribeth 3pm Guided Hike	6 8:30am Resort Walk* 8:30am Water Yoga – Monica 3pm Guided Hike 5pm Meditation - Shana	7 8:30am Resort Walk* 8:30am Good Morning Yoga- Kelly 10am Yin Yoga – Tanya 3pm Guided Hike	8 8:30am Resort Walk* 10am Mother's Day Yoga Workshop - Kelly 3pm Guided Hike 4pm Meditation - Shana
9 8:30am Resort Walk* 9am Pound 🔥 Karen 10am Meditation Karen 3pm Guided Hike	10 7:30am Kangoo Power DVD Workout 8:30am Resort Walk* 10am Power Mat Pilates-Jilori 3pm Guided Hike	11 8:30am – Water Yoga – Monica 8:30am Resort Walk* 10am – Vinyasa Yoga – Monica 3pm Guided Hike	12 7:30am Intro HIIT Workout 8am Pound 🔥 Karen 8:30am Resort Walk* 3pm Guided Hike	13 8:30am Resort Walk* 8:30am Water Yoga – Monica 3pm Guided Hike 5pm Meditation - Shana	14 8:30am Resort Walk* 8:30am Good Morning Yoga- Kelly 10am Yin Yoga – Tanya 3pm Guided Hike	15 8:30am Resort Walk* 3pm Guided Hike
16 8:30am Resort Walk* 9am Pound 🔥 Karen 10am Meditation Karen 3pm Guided Hike	17 7:30am Kangoo Power DVD Workout 8:30a Resort Walk* 10am Power Mat Pilates-Jilori 3pm Guided Hike	18 8:30am – Water Yoga – Monica 8:30am Resort Walk* 10am – Vinyasa Yoga – Monica 3pm Guided Hike	19 7:30am Intro HIIT Workout 8am Pound 🔥 Karen 8:30am Resort Walk* 9:30am Gentle Yoga - Maribeth 3pm Guided Hike	20 8:30am Resort Walk* 8:30am Water Yoga – Monica 3pm Guided Hike 5pm Meditation - Shana	21 8:30am Resort Walk* 8:30am Good Morning Yoga- Kelly 10am Yin Yoga – Tanya 3pm Guided Hike	22 8:30am Resort Walk* 10am Vinyasa Yoga & Meditation – Cara 3pm Guided Hike 4pm Meditation - Shana
23 8:30am Resort Walk* 9am Pound 🔥 Karen 10am Meditation Karen 3pm Guided Hike	24 7:30am Kangoo Power DVD Workout 8:30am Resort Walk* 10am Power Mat Pilates-Jilori 3pm Guided Hike	25 8:30am – Water Yoga – Monica 8:30am Resort Walk* 10am – Vinyasa Yoga – Monica 3pm Guided Hike	26 7:30am Intro HIIT Workout 8am Pound 🔥 Karen 8:30am Resort Walk* 9:30am Gentle Yoga - Maribeth 3pm Guided Hike	27 8:30am Resort Walk* 8:30am Water Yoga – Monica 3pm Guided Hike 5pm Meditation - Shana	28 8:30am Resort Walk* 8:30am Good Morning Yoga- Kelly 10am Yin Yoga – Tanya 3pm Guided Hike	29 8:30am Resort Walk* 3pm Guided Hike
30 8:30am Resort Walk* 9am Pound 🔥 Karen 10am Meditation Karen 3pm Guided Hike	31 7:30am Kangoo Power DVD Workout 8:30am Resort Walk* 3pm Guided Hike	1 8:30am – Water Yoga – Monica 8:30am Resort Walk* 10am – Vinyasa Yoga – Monica 3pm Guided Hike	2 7:30am Intro HIIT Workout 8am Pound 🔥 Karen 8:30am Resort Walk* 9:30am Gentle Yoga - Maribeth 3pm Guided Hike	3 8:30am Resort Walk* 8:30am Water Yoga – Monica 3pm Guided Hike 5pm Meditation - Shana	<p><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></p>	

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-8pm
**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!

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

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

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

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 masks are to be worn in the Fitness Center at all times.

May 8th - May 8th | 10:00a.m. | \$40 per person | Ballroom
"Celebrate Mother Earth and all the mothers in your life in a 'yoga-meets-day-spa' class with Kelly. Give yourself the gift of time to focus on your breath and body with gentle movements to release tension and invite a sense of calm and loving kindness. Enjoy a refreshing champagne cocktail after." Reservations are required.