



# November Fitness Calendar 2021

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

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
|--|---|---|--|--|--|---|
| 31<br>8:30am Resort Walk*<br>9am Pound 🔥 - Karen<br>10am Meditation – Karen<br>3pm Guided Hike | 1<br>7:30am Kangoo Power DVD Workout<br>8:30am Resort Walk*<br>9am Power Mat Pilates-Jilori<br>3pm Guided Hike  | 2<br>8:30am – Water Yoga – Monica<br>8:30am Resort Walk*<br>10am – Vinyasa Yoga – Monica<br>3pm Guided Hike                         | 3<br>7:30am Intro HIIT Workout<br>8am Pound 🔥 Karen<br>8:30am Resort Walk*<br>10am Yin Yoga - Tanya<br>3pm Guided Hike | 4<br>7am Vinyasa Yoga – Ginny<br>8:30am Resort Walk*<br>8:30am Water Yoga – Monica<br>3pm Guided Hike                              | 5<br>8:30am Resort Walk*<br>8:30am Good Morning Yoga - Kelly<br>10am Yin Yoga – Tanya<br>10:30am Hike & Brew<br>3pm Guided Hike    | 6<br>8:30am Resort Walk*<br>10am Vinyasa Yoga & Meditation - Cara<br>9:30am Naturalist Hike<br>3pm Guided Hike    |
| 7<br>8:30am Resort Walk*<br>9am Pound 🔥 - Karen<br>10am Meditation - Karen<br>3pm Guided Hike  | 8<br>7:30am Kangoo Power DVD Workout<br>8:30am Resort Walk*<br>9am Power Mat Pilates-Jilori<br>3pm Guided Hike  | 9<br>8:30am Resort Walk*<br>8:30am Water Yoga – Monica<br>9am Boot Camp – Bryce<br>10:00am Vinyasa Yoga - Monica<br>3pm Guided Hike | 10<br>7:30am Intro HIIT Workout<br>8am Pound 🔥 Karen<br>8:30am Resort Walk*<br>3pm Guided Hike                         | 11<br>7am Vinyasa Yoga - Ginny<br>8:30am Resort Walk*<br>8:30am Water Yoga – Monica<br>9:00am Boot Camp – Bryce<br>3pm Guided Hike | 12<br>8:30am Resort Walk*<br>8:30am Good Morning Yoga - Kelly<br>10am Yin Yoga – Tanya<br>10:30am Hike & Brew<br>3pm Guided Hike   | 13<br>8:30am Resort Walk*<br>9:00am Boot Camp – Bryce<br>10am Vinyasa Yoga & Meditation - Cara<br>3pm Guided Hike |
| 14<br>8:30am Resort Walk*<br>9am Pound 🔥 Karen<br>10am Meditation Karen<br>3pm Guided Hike     | 15<br>7:30am Kangoo Power DVD Workout<br>8:30am Resort Walk*<br>9am Power Mat Pilates-Jilori<br>3pm Guided Hike | 16<br>8:30am – Water Yoga – Monica<br>8:30am Resort Walk*<br>10am – Vinyasa Yoga – Monica<br>3pm Guided Hike                        | 17<br>7:30am Intro HIIT Workout<br>8am Pound 🔥 Karen<br>8:30am Resort Walk*<br>3pm Guided Hike                         | 18<br>7am Vinyasa Yoga - Ginny<br>8:30am Resort Walk*<br>8:30am Water Yoga – Monica<br>3pm Guided Hike                             | 19<br>8:30am Resort Walk*<br>8:30am Good Morning Yoga - Kelly<br>10am Yin Yoga – Tanya<br>10:30am – Hike & Brew<br>3pm Guided Hike | 20<br>8:30am Resort Walk*<br>9:30am Naturalist Hike<br>3pm Guided Hike  |
| 21<br>8:30am Resort Walk*<br>9am Pound 🔥 Karen<br>10am Meditation Karen<br>3pm Guided Hike     | 22<br>7:30am Kangoo Power DVD Workout<br>8:30am Resort Walk*<br>9am Power Mat Pilates-Jilori<br>3pm Guided Hike | 23<br>8:30am – Water Yoga – Monica<br>8:30am Resort Walk*<br>10am – Vinyasa Yoga – Monica<br>3pm Guided Hike                        | 24<br>7:30am Intro HIIT Workout<br>8:30am Resort Walk*<br>10am Yin Yoga - Tanya<br>3pm Guided Hike                     | 25<br>7am Vinyasa Yoga - Ginny<br>8:30am Resort Walk*<br>8:30am Water Yoga – Monica<br>3pm Guided Hike                             | 26<br>8:30am Resort Walk*<br>8:30am Good Morning Yoga - Kelly<br>10am Yin Yoga – Tanya<br>10:30am – Hike & Brew<br>3pm Guided Hike | 27<br>8:30am Resort Walk*<br>10am Yin Yoga - Tanya<br>3pm Guided Hike   |
| 28<br>8:30am Resort Walk*<br>9am Pound 🔥 Karen<br>10am Meditation Karen<br>3pm Guided Hike     | 29<br>7:30am Kangoo Power DVD Workout<br>8:30am Resort Walk*<br>9am Power Mat Pilates-Jilori<br>3pm Guided Hike | 30<br>8:30am – Water Yoga – Monica<br>8:30am Resort Walk*<br>10am – Vinyasa Yoga – Monica<br>3pm Guided Hike                        | 1<br>7:30am Intro HIIT Workout<br>8am Pound 🔥 Karen<br>8:30am Resort Walk*<br>10am Yin Yoga - Tanya<br>3pm Guided Hike | 2<br>7am Vinyasa Yoga – Ginny<br>8:30am Resort Walk*<br>8:30am Water Yoga – Monica<br>3pm Guided Hike                              | 3<br>8:30am Resort Walk*<br>8:30am Good Morning Yoga - Kelly<br>10am Yin Yoga – Tanya<br>10:30am – Hike & Brew<br>3pm Guided Hike  | 4<br>8:30am Resort Walk*<br>10am Yin Yoga - Tanya<br>3pm Guided Hike  |

# Class Descriptions

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



## 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 instructors 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. 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

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!

## Hours of Operation

Monday-Sunday | 7am-7pm

\*\*See calendar for updates

## FITNESS CENTER & POOL

### Fitness Highlights:

### Naturalist Hike \$75 per Person

11/6, 11/20 | 9:30 – 11:30am

Learn from the experts at Ashby Gap Adventures how to forage for mushrooms in the Virginia landscape. Part classroom part hands-on field experience, learn the proper foraging techniques and different recipes to create with your findings. Sample oils, vinegars, sauces, ferments and spices and take home your bounty and use what you learned to create delicious recipes at home! Ages 8 and up.

### Lost Barrel Hike & Brew

10:30am 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.

To book fitness classes,  
Please call our recreation line at  
540.326.4060!