



January Fitness Schedule 2019

**Class schedule subject to change. Please reserve at least 24 hours in advance at: 540.326.4060*

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| <p><i>Class Schedule Subject to Change</i></p> <p>24-HOUR ADVANCE RESERVATIONS REQUIRED.</p> <p><i>To guarantee class availability, please call: 540.326.4060</i></p> | | | | | | |
| | | 1 | 2 | 3 | 4 | 5 |
| | | 8:30am Resort Walk* 9am 30 min Ab Blaster -- Erika 10:30am HIIT -- Erika 3pm Guided Hike | 8am Barre -- Cara 8:30am Resort Walk* 9am Boot Camp -- Jen 10:30am Vinyasa Yoga -- Maribeth 3pm Guided Hike | 8:30am Resort Walk* 9am Meditation & Yoga -- Ginny 10:30am Vinyasa Yoga -- Ginny 12pm HIIT -- Erika 3pm Guided Hike | 8:30am Resort Walk* 9am Stress Burner Yoga -- Unyong 10:30am Gentle Yoga -- Unyong 12pm HIIT -- Erika 3pm Guided Hike | 8am Butts & Guts -- Erika 8:30am Resort Walk* 9am Meditation & Yoga -- Ginny 10:30am Buti Yoga -- Ginny 3pm Guided Hike |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 8am Zumba -- Coleen 8:30am Resort Walk* 9am Pound -- Karen 10:30am Groove -- Karen 3pm Guided Hike | 8:30am Resort Walk* 9am Deep Stretch Yoga -- Ginny 10:30am Power Mat Pilates -- Jilori 1pm Boot Camp -- Jen 3pm Guided Hike 6pm Buti Yoga -- Ginny | 8:30am Resort Walk* 8:30am Boot Camp -- Jen 10:30am Pilates Barre Fusion -- Jilori 3pm Guided Hike 6pm Meditation & Yoga -- Tawny | 8am Barre -- Cara 8:30am Resort Walk* 9am Boot Camp -- Jen 10:30am Vinyasa Yoga -- Maribeth 3pm Guided Hike 5pm Butts & Guts -- Erika | 8:30am Resort Walk* 9am Meditation & Yoga -- Ginny 10:30am Vinyasa Yoga -- Ginny 12pm HIIT -- Erika 3pm Guided Hike | 8:30am Resort Walk* 9am Stress Burner Yoga -- Unyong 10:30am Gentle Yoga -- Unyong 3pm Guided Hike | 8am Butts & Guts -- Erika 8:30am Resort Walk* 9am Meditation & Yoga -- Ginny 10:30am Buti Yoga -- Ginny 3pm Guided Hike |
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| 27 | 28 | 29 | 30 | 31 | <p>All classes are open to Local Guests!</p> <p>Drop in: \$20</p> <p>10-class-pack: \$180</p> | |
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CLASS DESCRIPTIONS

TO GUARANTEE CLASS AVAILABILITY, PLEASE RESERVE AT LEAST 24 HOURS IN ADVANCE AT: 540.326.4060

Outdoor Offerings

Guided Hike (regular or advanced)

3:00 pm Daily & by appointment

Join one of our enthusiastic recreation guides, to get outside, learn about the resort, and get to know our hiking trails. 45 minutes/\$25

Resort Walk *Complimentary

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

Fitness Classes

30 minute Ab-Blaster This class uses stability balls and body weight exercises to sculpt not only your abs but also trains other muscle groups to create a stronger core. A great way to fit a quick but challenging workout into your busy day. 30 minutes/\$20

Barre This class uses the ballet barre to perform body-sculpting isometric exercises, then stretching to tone the entire body without adding bulk. 60 minutes/\$20

Barre Express Our same great barre class and instructors, but condensed to 45 minutes for those on the go! 45 minutes/\$20

Bootcamp This circuit-style class incorporates strength and cardio into one high-impact workout. Boot camp is designed to target every area with a full body work out, including core, legs, and arms. Be ready to break a sweat! 60 minutes/\$20

Buti Yoga Buti Yoga is a dynamic yoga practice rooted in Kundalini yoga, fused with primal movement, plyometrics, high intensity intervals, tribal dance and deep core engagement. Sweat like you have never sweat before and dig deep! This is an active yoga workout that will challenge and push you to your edge! 60 minutes/\$20



Butts and Guts Through body weight exercises, this class focuses on toning the abs and gluteus maximus while also improving your posture. This is a great class for all fitness levels! 45 minutes/\$20

Deep Stretch Yoga

Do you really need a good stretch? This class employs longer holds in deep, therapeutic yoga postures and incorporates breathwork to help you relax deeper into each stretch. 1 hour/\$20

Foundation Training Cutting edge exercises designed to create good habits for daily life and exercise. This is beneficial for everyone from couch sitters to elite athletes. 45 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

GROOVE A revolutionary approach to fitness and dance using easy, functional movements, and awesome music so participants can learn fun dance moves while also dancing it their own way. Come dance your heart out! 60 minutes/\$20

HIIT HIIT is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong! 30 minutes/\$20

Meditation & Yoga This gentle yoga class starts and ends with meditation, guiding you through a thoughtful yoga practice in-between, in order to use the body in a meditative and centering way. 60 minutes/\$20

Additional Offerings

Private Group Fitness Classes
Private Personal Training
Private Yoga & Meditation
Family and Kids Yoga
Chair/Wheelchair/Adaptive Yoga
& More!



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

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

Stress Burner Yoga Through yoga poses, breath and meditation, this class teaches ways to bring the mindfulness, peace, flexibility and alignment gained from yoga into our daily lives. All levels. 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

Yin Yoga This class consists of a series of long-held, passive, floor yoga postures, focusing on releasing and nourishing connective tissue in the body, including fascia, tendons and ligaments. 60 minutes/\$20

Zumba Zumba incorporates Latin dance styles while mixing low-intensity with high-intensity moves for an interval-style, calorie-burning dance fitness party. 60 minutes/\$20

FITNESS CENTER & POOL

Hours of Operation

Sunday-Thursday | 6am-8pm

Friday & Saturday | 6am-9pm

Adult Lap Swim | 6am-9am

January Fitness Highlights

Kick off 2019 by scheduling an appointment for a 60-minute personal training session!

January special is \$75 per session or a 10-session package for \$675. A 20-minute consultation is included at the beginning of all 10-session packages.