



# March 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	
March 31 8:30am Resort Walk* 9am Pound – Karen 10:30am Groove – Karen 2:30 Meditation -- Ginny 3pm Guided Hike 4pm Vinyasa Yoga – Jacklynn 5:15 Yin Yoga -- Jacklynn	<b>24-HOUR ADVANCE RESERVATIONS REQUIRED.</b> <i>To guarantee class availability, please call 540.326.4060</i>			<b>All classes are open to Local Guests!</b> <b>Drop in: \$20</b> <b>10-class-pack: \$180</b>		1 8:30am Resort Walk* 9am Stress Burner Yoga -- Unyong 10:30am Gentle Yoga—Unyong 12pm HIIT – Erika 3pm Guided Hike	2 8:30am Resort Walk* 9am Hatha Yoga – Ginny 10:30am Buti Yoga -- Ginny 3pm Guided Hike 4pm Vinyasa Yoga – Jacklynn 5:15 Yin Yoga -- Jacklynn
3 8:30am Resort Walk* 9am Deep Stretch Yoga -- Ginny <b>11am Bubbles &amp; Buti Yoga -- Ginny</b> 3pm Guided Hike 4pm Vinyasa Yoga – Jacklynn 5:15 Yin Yoga -- Jacklynn	4 8:30am Resort Walk* 8am Meditation & Yoga -- Jacklynn 9:15am Yin Yoga -- Jacklynn 10:30am Power Mat Pilates – Jilori 3pm Guided Hike 6pm Buti Yoga -- Ginny	5 8:30am Resort Walk* 8:30am Boot Camp -- Jen 3pm Guided Hike	6 8am Deep Stretch Yoga -- Cara 8:30am Resort Walk* 9am Pound -- Karen 10:30am Vinyasa Yoga – Maribeth 3pm Guided Hike	7 8:30am Resort Walk* 9am Meditation & Yoga -- Ginny 10:30am Vinyasa Yoga – Ginny 12pm HIIT – Erika 2pm Boot Camp -- Jen 3pm Guided Hike 5pm Vinyasa Yoga – Tawny 6pm Vinyasa Yoga – Jacklynn	8 8:30am Resort Walk* 9am Meditation & Yoga -- Ginny 10:30am Deep Stretch Yoga -- Ginny 12pm Body Sculpt – Erika 3pm Guided Hike	9 8am Butts & Guts -- Erika 8:30am Resort Walk* 9am Hatha Yoga – Ginny 10:30am Buti Yoga – Ginny <b>11am Loudoun Abused Women's Shelter Yoga Fundraiser -- Tawny</b> 3pm Guided Hike 4pm Vinyasa Yoga – Jacklynn 5:15 Yin Yoga -- Jacklynn	
10 8am Zumba -- Coleen 8:30am Resort Walk* 9am Pound – Karen 10:30am HardCORE -- Erika 3pm Guided Hike 4pm Vinyasa Yoga – Jacklynn 5:15 Yin Yoga -- Jacklynn	11 8:30am Resort Walk* 8am Meditation & Yoga -- Jacklynn 9:15am Yin Yoga -- Jacklynn 10:30am Power Mat Pilates – Jilori 3pm Guided Hike 6pm Buti Yoga -- Ginny	12 8:30am Resort Walk* 8:30am Boot Camp -- Jen 10:30am Pilates Barre Fusion—Jilori 3pm Guided Hike	13 8am Deep Stretch Yoga -- Cara 8:30am Resort Walk* 9am Pound -- Karen 10:30am Vinyasa Yoga – Maribeth 3pm Guided Hike 5pm Butts & Guts -- Erika	14 8:30am Resort Walk* 9am Meditation & Yoga -- Ginny 10:30am Vinyasa Yoga – Ginny 12pm HIIT – Erika 2pm Boot Camp -- Jen 3pm Guided Hike 5pm Vinyasa Yoga – Tawny 6pm Vinyasa Yoga -- Jacklynn	15 8:30am Resort Walk* 9am Stress Burner Yoga -- Unyong 10:30am Gentle Yoga—Unyong 12pm Body Sculpt – Erika 3pm Guided Hike	16 8am Butts & Guts -- Erika 8:30am Resort Walk* 9am Hatha Yoga – Ginny <b>11am Yoga, Beer &amp; Rock N' Roll -- Ginny</b> 3pm Guided Hike 4pm Vinyasa Yoga – Jacklynn 5:15 Yin Yoga -- Jacklynn	
17 8am Zumba -- Coleen 8:30am Resort Walk* 9am Pound – Karen 10:30am HardCORE -- Erika 3pm Guided Hike 4pm Vinyasa Yoga – Jacklynn 5:15 Yin Yoga -- Jacklynn	18 8:30am Resort Walk* 8am Meditation & Yoga -- Jacklynn 9:15am Yin Yoga -- Jacklynn 10:30am Power Mat Pilates --Jilori 3pm Guided Hike 6pm Buti Yoga -- Ginny	19 8:30am Resort Walk* 8:30am Boot Camp -- Jen 10:30am Pilates Barre Fusion—Jilori 3pm Guided Hike	20 8am Deep Stretch Yoga -- Cara 8:30am Resort Walk* 9am Pound -- Karen 10:30am Vinyasa Yoga – Maribeth 3pm Guided Hike 5pm Butts & Guts -- Erika	21 8:30am Resort Walk* 9am Meditation & Yoga – Ginny 10:30am Vinyasa Yoga – Ginny 12pm HIIT – Erika 2pm Boot Camp -- Jen 3pm Guided Hike 5pm Vinyasa Yoga – Tawny 6pm Vinyasa Yoga -- Jacklynn	22 8:30am Resort Walk* 9am Stress Burner Yoga -- Unyong 10:30am Gentle Yoga—Unyong 12pm Body Sculpt – Erika 3pm Guided Hike	23 8am Butts & Guts -- Erika 8:30am Resort Walk* 9am Hatha Yoga – Ginny 10:30am Buti Yoga – Ginny <b>11am Yoga Nidra Workshop -- Cara</b> 3pm Guided Hike 4pm Vinyasa Yoga – Jacklynn 5:15 Yin Yoga -- Jacklynn	
24 8:30am Resort Walk* 9am HIIT -- Erika 10:30am HardCORE -- Erika 3pm Guided Hike 4pm Vinyasa Yoga – Jacklynn 5:15 Yin Yoga -- Jacklynn	25 8:30am Resort Walk* 8am Meditation & Yoga -- Jacklynn 9:15am Yin Yoga -- Jacklynn 10:30am Power Mat Pilates -- Jilori 3pm Guided Hike 6pm Buti Yoga -- Ginny	26 8:30am Resort Walk* 8:30am Boot Camp -- Jen 10:30am Pilates Barre Fusion—Jilori 3pm Guided Hike	27 8am Deep Stretch Yoga -- Cara 8:30am Resort Walk* 9am Pound -- Karen 10:30am Vinyasa Yoga – Maribeth 3pm Guided Hike 5pm Butts & Guts -- Erika	28 8:30am Resort Walk* 9am Meditation & Yoga -- Ginny 10:30am Vinyasa Yoga – Ginny 12pm HIIT – Erika 2pm Boot Camp -- Jen 3pm Guided Hike 5pm Vinyasa Yoga – Tawny 6pm Vinyasa Yoga -- Jacklynn	29 8:30am Resort Walk* 9am Stress Burner Yoga -- Unyong 10:30am Gentle Yoga—Unyong 12pm Body Sculpt – Erika 3pm Guided Hike	30 8am Butts & Guts -- Erika 8:30am Resort Walk* 9am Hatha Yoga – Ginny 10:30am Buti Yoga – Ginny <b>11am Yin Yoga Workshop -Jacklynn</b> 3pm Guided Hike 4pm Vinyasa Yoga – Jacklynn 5:15 Yin Yoga -- Jacklynn	

# 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** 45 minutes/\$25 per person

### 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

**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

**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

**Body Sculpt** Improve muscle tone and cardiovascular fitness while building lean muscle mass. Push past your limits with this challenging workout! Body weight exercises, plyometric boxes and more will target all major muscle groups. 60 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

**HardCORE** 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 plyometrics ignite your core! 60 minutes/\$20

**Hatha Yoga** One of the most classical styles of yoga, Hatha Yoga stretches, strengthens and invigorates at a moderate pace. Appropriate for all levels and those simplicity in their yoga workout. Ends with relaxing yoga breath-work. 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

## Additional Offerings

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



through a thoughtful yoga practice in-between, in order to use the body in a meditative and centering way. 60 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, & 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**

## March Fitness Highlights

### Bubbles & Buti Yoga

**Sunday, March 3<sup>rd</sup>, 10:30am**

\$30 per person, 60 minutes

### Loudoun Abused Women's Shelter Yoga Fundraiser

**Saturday, March 9<sup>th</sup>, 11am**

\$30 per person, 60 minutes

### St. Patty's Day Yoga, Green Beer & Rock n' Roll!

**Saturday, March 16<sup>th</sup>, 11am**

\$30 per person, 75 minutes

### Yoga Nidra Workshop

**Sunday, March 24<sup>th</sup>, 11am**

\$35 per person, 90 minutes

### Yin Yoga Workshop: Restore, Relax, Renew

**Saturday, March 30<sup>th</sup>, 11am**

\$40 per person, 90 minutes