



May Fitness Schedule 2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Please reserve classes at least 24 hours in advance at 540.326.4060</i></p>			<p><i>All classes are open to Local Guests! Drop in: \$20 10-class-pack: \$180</i></p>			
			1	2	3	4
			8am Deep Stretch Yoga -- Cara 8:30am Resort Walk* 9am Pound -- Karen 10:30am Vinyasa Yoga -- Maribeth 3pm Guided Hike	8:30am Resort Walk* 9am Deep Stretch Yoga -- Ginny 10:30am Vinyasa Yoga -- Ginny 12pm HIIT -- Erika 2:30pm Boot Camp -- Jen 3pm Guided Hike 5:30pm Vinyasa Yoga -- Tawny	8am Boot Camp -- Ted 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 Hatha Yoga -- Ginny 10:30am Buti Yoga -- Ginny 11am Yin Yoga Workshop -- Jacklynn 3pm Guided Hike
5	6	7	8	9	10	11
8:30am Resort Walk* 9am HIIT -- Erika 10:30am HardCORE -- Erika 3pm Guided Hike	8:30am Resort Walk* 9am Deep Stretch Yoga -- Ginny 10:30am Power Mat Pilates -- Jilori 3pm Guided Hike	8am Vinyasa Yoga -- Tawny 8:30am Resort Walk* 8:30am Boot Camp -- Jen 10:30am Pilates Barre Fusion -- Jilori 3pm Guided Hike	8am Deep Stretch Yoga -- Cara 8:30am Resort Walk* 9am Pound -- Karen 10:30am Gentle Yoga -- Maribeth 3pm Guided Hike	8:30am Resort Walk* 9am Deep Stretch Yoga -- Ginny 10:30am Vinyasa Yoga -- Ginny 12pm HIIT -- Erika 2:30pm Boot Camp -- Jen 3pm Guided Hike 5:30pm Vinyasa Yoga -- Tawny	8am Boot Camp -- Ted 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 Hatha Yoga -- Tawny 10:30am Vinyasa Yoga -- Tawny 2pm Mother & Daughter Yoga & Tea -- Monica 3pm Guided Hike
12	13	14	15	16	17	18
8:30am Resort Walk* 9am Pound -- Karen 9am Family Yoga -- Ginny 10:30am Bubbles & Buti Yoga -- Ginny 3pm Guided Hike	8:30am Resort Walk* 9am Deep Stretch Yoga -- Ginny 10:30am Power Mat Pilates -- Jilori 3pm Guided Hike	8am Vinyasa Yoga -- Tawny 8:30am Resort Walk* 8:30am Boot Camp -- Jen 10:30am Pilates Barre Fusion -- Jilori 3pm Guided Hike	8am Deep Stretch Yoga -- Cara 8:30am Resort Walk* 9am Pound -- Karen 10:30am Gentle Yoga -- Maribeth 3pm Guided Hike	8:30am Resort Walk* 9am Deep Stretch Yoga -- Ginny 10:30am Vinyasa Yoga -- Ginny 12pm HIIT -- Erika 2:30pm Boot Camp -- Jen 3pm Guided Hike 5:30pm Vinyasa Yoga -- Tawny	8am Boot Camp -- Ted 8:30am Resort Walk* 9am Meditation & Yoga -- Ginny 10:30am Vinyasa Yoga -- Ginny 3pm Guided Hike	8:30am Resort Walk* 9am Hatha Yoga -- Ginny 10:30am Buti Yoga -- Ginny 3pm Guided Hike
19	20	21	22	23	24	25
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 3pm Guided Hike	8am Vinyasa Yoga -- Tawny 8:30am Resort Walk* 8:30am Boot Camp -- Jen 10:30am Pilates Barre Fusion -- Jilori 3pm Guided Hike	8am Deep Stretch Yoga -- Cara 8:30am Resort Walk* 9am Pound -- Karen 10:30am Gentle Yoga -- Maribeth 3pm Guided Hike	8:30am Resort Walk* 9am Deep Stretch Yoga -- Ginny 10:30am Vinyasa Yoga -- Ginny 12pm HIIT -- Erika 2:30pm Boot Camp -- Jen 3pm Guided Hike 5:30pm Vinyasa Yoga -- Tawny	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 Hatha Yoga -- Ginny 10:30am Buti Yoga -- Ginny 3pm Guided Hike
26	27	28	29	30	31	June 1
8am Water Yoga Workshop -- Monica 8:30am Resort Walk* 9am HIIT -- Erika 10:30am HardCORE -- Erika 3pm Guided Hike	8:30am Resort Walk* 9am Deep Stretch Yoga -- Ginny 10:30am Power Mat Pilates -- Jilori 3pm Guided Hike	8am Vinyasa Yoga -- Tawny 8:30am Resort Walk* 8:30am Boot Camp -- Jen 10:30am Pilates Barre Fusion -- Jilori 3pm Guided Hike	8am Deep Stretch Yoga -- Cara 8:30am Resort Walk* 9am Pound -- Karen 10:30am Gentle Yoga -- Maribeth 3pm Guided Hike	8:30am Resort Walk* 9am Deep Stretch Yoga -- Ginny 10:30am Vinyasa Yoga -- Ginny 12pm HIIT -- Erika 2:30pm Boot Camp -- Jen 3pm Guided Hike 5:30pm Vinyasa Yoga -- Tawny	8am Boot Camp -- Ted 8:30am Resort Walk* 9am Stress Burner Yoga -- Unyong 10:30am Gentle Yoga -- Unyong 1pm HIIT -- Erika 3pm Guided Hike	8am Butts & Guts -- Erika 8:30am Resort Walk* 9am Hatha Yoga -- Ginny 10:30am Buti Yoga -- Ginny 3pm Guided Hike

Class Descriptions

Advance Reservations Required.

Please reserve classes 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

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

Please Inquire about our Additional Group Offerings Including:

Private Group Fitness Classes

Private Personal Training

Private Yoga & Meditation

Family and Kids Yoga

Chair/Wheelchair/Adaptive Yoga & More!

For more information on any of these private offerings, please email recreation@salamanderresort.com or call 540.326.4060

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

May Fitness Highlights

Yin Yoga Workshop: Restore, Relax, Renew

Saturday, May 4th, 11am

\$40 per person, 90 minutes

Mother & Daughter Yoga & Tea Workshop

Saturday, May 11th, 2:00pm

\$45 per person, 90 minutes

Bubbles & Buti Yoga

Sunday, May 12th, 10:30am

\$30 per person, 60 minutes

Water Yoga Workshop

Sunday, May 26th, 8am

\$45 per person, 90 minutes