



September Fitness Schedule 2020

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30am – Water Yoga - Monica 8:30am Resort Walk* 10am – Outdoor Yoga - Monica 3pm Guided Hike	2 8am Pound 🔥 Karen 8:30am Resort Walk* 9:30am Gentle Yoga - Maribeth 3pm Guided Hike	3 8:30am Resort Walk* 10am Boot Camp- Ted 3pm Guided Hike	4 8:30am Resort Walk* 8:30am Good Morning Yoga- Kelly 10am Vinyasa Yoga - Cara 3pm Guided Hike	5 8am Outdoor Yoga- Ginny 8:30am Resort Walk* 9:30am Buti Yoga 🔥 - Ginny 3pm Guided Hike
6 8:30am Resort Walk* 9am Pound 🔥 Karen 10am Meditation Karen 3pm Guided Hike	7 8:30am Resort Walk* 10am Power Mat Pilates- Jilori 3pm Guided Hike	8 8:30am – Water Yoga - Monica 8:30am Resort Walk* 10am – Outdoor Yoga - Monica 3pm Guided Hike	9 8am Pound 🔥 Karen 8:30am Resort Walk* 9:30am Gentle Yoga - Maribeth 3pm Guided Hike	10 8:30am Resort Walk* 9am Boot Camp- Ted 3pm Guided Hike	11 8:30am Resort Walk* 8:30am Good Morning Yoga- Kelly 10am Vinyasa Yoga - Cara 3pm Guided Hike	12 8am Outdoor Yoga- Ginny 8:30am Resort Walk* 9:30am Buti Yoga 🔥 - Ginny 3pm Guided Hike
13 8:30am Resort Walk* 9am Pound 🔥 Karen 10am Meditation Karen 3pm Guided Hike	14 8:30am Resort Walk* 10am Power Mat Pilates- Jilori 3pm Guided Hike	15 8:30am – Water Yoga - Monica 8:30am Resort Walk* 10am – Outdoor Yoga - Monica 3pm Guided Hike	16 8am Pound 🔥 Karen 8:30am Resort Walk* 9:30am Gentle Yoga - Maribeth 3pm Guided Hike	17 8:30am Resort Walk* 10am Boot Camp- Ted 3pm Guided Hike	18 8:30am Resort Walk* 8:30am Good Morning Yoga- Kelly 3pm Guided Hike	19 8am Outdoor Yoga- Ginny 8:30am Resort Walk* 9:30am Buti Yoga 🔥 - Ginny 3pm Guided Hike
20 8:30am Resort Walk* 9am Pound 🔥 Karen 10am Meditation Karen 3pm Guided Hike	21 8:30am Resort Walk* 10am Power Mat Pilates- Jilori 3pm Guided Hike	22 8:30am – Water Yoga - Monica 8:30am Resort Walk* 10am – Outdoor Yoga - Monica 3pm Guided Hike	23 8am Pound 🔥 Karen 8:30am Resort Walk* 9:30am Gentle Yoga - Maribeth 3pm Guided Hike	24 8:30am Resort Walk* 10am Boot Camp- Ted 3pm Guided Hike	25 8:30am Resort Walk* 8:30am Good Morning Yoga- Kelly 10am Vinyasa Yoga - Cara 3pm Guided Hike	26 8am Outdoor Yoga- Ginny 8:30am Resort Walk* 9:30am Buti Yoga 🔥 - Ginny 3pm Guided Hike
27 8:30am Resort Walk* 9am Pound 🔥 Karen 10am Meditation Karen 3pm Guided Hike	28 8:30am Resort Walk* 10am Power Mat Pilates- Jilori 3pm Guided Hike	29 8:30am – Water Yoga - Monica 8:30am Resort Walk* 10am – Outdoor Yoga - Monica 3pm Guided Hike	30 8am Pound 🔥 Karen 8:30am Resort Walk* 9:30am Gentle Yoga - Maribeth 3pm Guided Hike	<p>Drop in Price: \$20 Package: \$180 for 10 classes <i>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

Hours of Operation

Monday-Sunday | 7am-7pm

Private Group Fitness Classes
Private Personal Training & more!

Outdoor Offerings

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!

*Exception of Buti Yoga (60 minute burner)

Personal Training One-on-one training to guide you through a fitness guide right for you, to build muscle, and increase your fitness level on the appropriate modes of action. They will work with you to create individualized plans for achieving your fitness goals! 60 minutes /\$75

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

Boot Camp 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 plyo-metrics ignite your core! Appropriate for all levels. 45 minutes /\$20

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

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

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, & plyo metrics 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 outdoor heated pool, this yoga experience welcomes all levels and incorporates flexibility, strength and cardio. The best part? Enjoying the sounds of the songbirds and breathing some fresh air as you move through a mind and body stretch like no other. The water yoga experience is a must do in the summer! 60 minutes/\$20

Yoga A flowing mind/body practice to increase strength, flexibility, and core stability. Appropriate for all levels. 60 minutes /\$20

FITNESS CENTER & POOL

Fitness Highlights:

Due to COVID-19 the majority of Fitness Classes will be held outdoors. If held indoors due to inclement weather, the Studio can only take 75% capacity. Please bring your own yoga mat. No props/equipment will be used during Phase 3 of reopening.