



THE  
LILY PAD  
OPEN



**YOUR GUIDE TO CLASSES & ACTIVITIES**  
June 1st - 9th, 2024

**THE LODGE  
AT WOODLOCH**  
A DESTINATION SPA RESORT



At The Lodge at Woodloch, choice is cultivated.  
Whether choosing a day packed with activities or simply relaxing,  
the options await.

## **CHOOSE YOUR OWN ADVENTURE, ON YOUR TIME**

Designed for those seeking a flexible, relaxing getaway or last minute plans, our open activities allow pop-in participation at any time during their posted hours. There is no need to sign-up or plan for these ahead of time - simply pop-in on a whim!

### **ARCHERY**

1pm - 5pm daily at the Archery Range

### **BIKING**

9am - 7pm daily, bikes are available at Lily Pad

### **BIRDING**

9am - 7pm daily, binoculars are available at Lily Pad

### **DISC GOLF**

9am - 7pm daily, discs and scorecards are available at Lily Pad

### **HIKING**

Our grounds have over 6 miles of trails to hike at your leisure.

### **KAYAKING**

9am - 7pm daily, kayaks are available at the Dock

### **IMBIBE & VIBE**

8pm - 10pm on Thursdays, Fridays, and Saturdays on the FireCircle Patio. Join us for live music and drinks around the FireCircle after dinner (weather permitting). Patio bar service will be available.

### **PICKLEBALL**

Our courts are open daily from dawn - dusk, equipment is available for your use at the courts

### **S'MORES**

9am - 7pm daily at the Lily Pad

### **STAND UP PADDLEBOARDING**

9am - 7pm daily, stand-up paddleboards are available at the Dock

Our guides are on hand to assist you with equipment and give you all of the pointers you will need, just like a scheduled group activity.

## **PLAN YOUR STAY**

For more information or to plan your stay, please contact our Spa Concierge at 570.685.8000, option 2, then option 2. Class & activity schedules are subject to change. Upon arrival, please check for the most current version of the class & activity schedule.



## THE BLACKMORE FARM

Come experience the sights and sounds (and tastes) of The Lodge at Woodloch's working organic farm. Just a 5-10 minute walk from the hotel, encompassed by the blue hiking & biking trail, you'll find attractions such as our vegetable garden, orchard, composting operation, mushroom logs, high tunnels, and our very own apiary. You are welcome to visit Blackmore Farm at any time, so if exploring on your own, please step only in the walkways and always close the doors of the tunnels behind you.

## KNOW THY FARMER

### DERRICK BRAUN, THE FARMICIST

With a background in Culinary Nutrition and Dietetics, Derrick's #1 goal is to transcend the Farm-to-Table dining experience in an everyday practice for our guests. Through meals at Blackmore Farm, cooking demonstrations, or slinging salads at TREE Restaurant, "The Farmicist" strives to prescribe food as medicine and make soil health synonymous with human health.

### SAM LINDENMUTH, THE DIRT DOCTOR

Sam, The Lodge at Woodloch's own "Dirt Doctor", has made it his life's work to heal the land through a plethora of sustainable agricultural practices and will share his experiences with whomever will listen. A holistic orchardist with a degree in Environmental Sustainability, Sam's love for the plant kingdom and passion for the natural world can inspire anyone, from the novice gardener to the most seasoned grower.

### STEFANI FABIANO, THE MINDFUL FARMER

Born and raised in Queens NY, Stefani went to a small farm in Iowa in pursuit of a more natural solution to life's problems. Now, with a degree in Regenerative Organic Agriculture and a backing in consciousness-based education, The Mindful Farmer illuminates the integration of spirit and agriculture through grounding, journaling, herbal medicine, and becoming more present with the symbiotic relationship with nature.

### SARA BOYSEN, THE CREATIVITY CULTIVATOR

With a background as a professional artist and educator and over a decade spent working in a wide variety of gardens, Sara has a passion for fostering new opportunities by observing, understanding and drawing inspiration from the natural world. She shares methods for utilizing plants as the medium in a diverse range of creative practices, from fine art and wild crafting to herbal teas and traditional medicine making. Through hands-on learning and in-depth conversations she strives to cultivate a deeper sense of the integral connection between people and nature, allowing the universe as a whole to become our truest teacher.

## FEATURED ACTIVITIES

### BLACKMORE FARM TOUR

For a more in-depth explanation of our farm, join our farmers daily at 2pm for a farm tour.

### HONEY BEE TALK

Spend some time with our resident beekeeper, in discussion of the life cycle of the honey bee and their environmental importance. We'll compare holistic and conventional beekeeping while displaying the components and tools necessary to start your very own apiary! Honey Bee Talks are every Tuesday and Saturday.

### GARDENING CONSULTATIONS (\$)

Please inquire with the Spa Concierge for availability & scheduling.  
60 minutes // \$250 (limited to two guests)

+Access to our gardeners via email for any follow-up questions

Invest in your own growth and join our experts for a personalized gardening consultation. Your consultation can focus on a variety of topics. Some examples include:

Getting the most of your gardening space | Composting Education | Companion Planting  
Supporting Pollinators | Seed Starting

This session is a great way to enhance your gardening knowledge and set yourself up for success!



## GUEST SPEAKERS & SPECIAL EVENTS

Experience exciting and educational events at The Lodge at Woodloch, featuring inspirational and motivational guest speakers, available to elevate your consciousness and personal awareness. Diverse opportunities are offered to discover a greater understanding of life, love, self, spirituality, health, music, healing, the environment, and our world.



### **ALANA VAN DER SLUYS, CERTIFIED INTUITIVE EATING COUNSELOR**

*May 31st - June 2nd*

Alana Van Der Sluys is a Certified Intuitive Eating Counselor, TEDx speaker, author, eating disorder survivor, and the founder of Freedom with Food and Fitness. She is dedicated to empowering women to heal their relationship with food and their bodies to step into their potential, take up space, and pursue true health. Her debut book- Freedom with Food and Fitness: How Intuitive Eating is the Key to Becoming Your Happiest, Healthiest Self-was released worldwide in 2023 with Urano World USA. She is a contributing writer for several national publications, including the National Eating Disorder Information Centre (NEDIC) and Best Holistic Life Magazine. She was also, most recently, a panelist and speaker for the Speak Up Women's Conference and a speaker for Women Speak Up. You can find out more about Alana and Freedom with Food and Fitness on Instagram: @FreedomwithFoodandFitness.



### **MARCI ALBOHER, AUTHOR**

*June 7th - 8th*

Marci Alboher is an author/speaker/nonprofit leader with deep experience at the intersection of workplace and career issues, intergenerational relationships, and aging with purpose. Marci has had a varied working life that has sparked her interest in how careers unfold. Currently, she is a Vice President at CoGenerate, a nonprofit working to bridge the generational divide. Previously, Marci wrote the Shifting Careers column and blog for The New York Times, coached aspiring writers, and practiced law for nearly a decade. She has written two books that explore new models for working today, The Encore Career Handbook: How to Make a Living and a Difference in the Second Half of Life, and One Person/ Multiple Careers: The Original Guide to the Slash "/" Career. She has appeared in or been quoted by numerous media outlets including The Today Show, The Wall Street Journal, and National Public Radio. She serves as a Senior Advisor to Girls Write Now, as a mentor editor for The OpEd Project, and as faculty at The Modern Elder Academy in Baja, Mexico. She lives in New York City with her husband Jay.



## FEATURED PERSONAL CONSULTATIONS

Whether reconnecting with a long lost passion or delving into a new hobby - there is no better way than personalized attention and custom plans to help with your journey. Our team of experts and the personal consultations they offer are here to help you on your journey.



### ERIK OLIVA, TUI NA, QIGONG & CLINICAL MASSAGE THERAPIST

Since 1988, Erik Oliva has been a practitioner of both Buddhist and Daoist cultivation, and throughout that time he learned Tai Ji Quan, Bagua, Xing Yi, Wing Chun, Chinese Medical Qigong, and Tui Na Therapy. Since 2000, he has been teaching at various educational institutions both at home and abroad. Erik spent 10 years living in China teaching martial arts, meditation practices, Qigong and Ancient Chinese culture. While in China, Erik became a lay disciple of both the Complete Reality School of Daoism and Buddhism. He lived and trained at various temples throughout China. He opened a clinic and center of cultivation and martial arts in Brooklyn, NY. During that time, he taught several semesters of Qigong and Tai Ji Quan at Pacific College of Oriental Medicine and NY College of Health Professions. He was guest speaker at Pace University on Buddhism and Modern Society, ongoing speaker at The Confucius Institute, and guest speaker at the U.N. representing Chinese culture and language on bridging the cross-cultural gap for international business relations. During his last several years in China, Erik formulated a system of cultivation based on all of his training called Great Nature Path, which consists of his own style of Tai Ji Quan called Zong Huan (The Art of Interdependence) and a Buddhist/Daoist esoteric cultivation called Jiu Wu Tan Gong (White Canopy Meditation Platform.)

### TRADITIONAL EASTERN THERAPEUTIC BODYWORK

*50 minutes // \$190, 75 minutes // \$280*

Incorporating Classical Chinese Medicine's Tui Na (tway na) therapeutic bodywork, this holistic experience addresses specific health concerns or areas of tension within the body. Creating a personalized treatment, your practitioner combines musculoskeletal manipulation, Acupressure, Qigong Therapy, and Gua Sha to rid the body of blockages and disturbances that manifest as illness, disease, and emotional issues. A movement practice is taught after the hands on session to help you in your own ability to self-heal, leading to true harmony and balance!

For more information or to plan your stay, please contact our Spa Concierge at 570.685.8000, option 2, then option 2.



## HELPFUL INFO

*Activities shaded in grey have limited space and/or seating and require advanced sign up through our Spa Concierge. We ask as a courtesy to others, if you are no longer going to attend any class or activity that you have signed up for that you cancel by speaking with our Spa Concierge team. Canceling prior to the scheduled start time allows us to contact guests that are on our waitlist.*

*We also ask for the consideration of others, that you arrive at least 5 minutes before the start of any class and that you do not join any class later than the scheduled start time. Once the door of a class is closed, we ask that you join us for the next scheduled class.*

## OPEN ACTIVITIES

*We invite you to participate in the following activities at your leisure during posted open times.*

*Guides will be on hand to assist you with equipment or to answer any questions that you may have.*

**ARCHERY**  
Archery Range, 1pm - 5pm

**BIKING**  
Lily Pad, 9am - 7pm

**BIRDING**  
Lily Pad, 9am - 7pm

**DISC GOLF**  
Lily Pad, 9am - 7pm

**FISHING**  
Lily Pad, 9am - 7pm

**KAYAKING**  
Dock, 9am - 7pm

**PICKLEBALL**  
Pickleball Courts, Dawn - Dusk

**STAND UP PADDLEBOARDING**  
Dock, 9am - 7pm

**S'MORES**  
Lily Pad, 9am - 7pm

**IMBIBE & VIBE**  
FireCircle Patio, 8pm - 10pm  
Join us for live music and drinks around the FireCircle after dinner (weather permitting). Patio bar service will be available.

## DINING

*Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.*

*Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.*

**BREAKFAST**  
7am to 9:30am

**LUNCH**  
11:30am to 2pm

**DINNER**  
5:30pm to 8:30pm

*\*Please allow two hours for dinner service.*



## SCHEDULED ACTIVITIES

**7:00 AM - WAKE UP WARM UP**  
(45 min, Linden Studio)  
A "feel good" full body yoga flow to help energize both physically and mentally.

**7:30 AM - BASICS OF STAND UP PADDLEBOARDING**  
(60 min, Lily Pad)  
Experience this popular water sport on Little Lake Teedyuskung, our guides will be available to assist you with tips and techniques as you paddle on our beautiful 15 acre glacial lake.

**8:00 AM - AM STRETCH & MEDITATION**  
(45 min, Willow Studio)  
Create space for a new day with an opening and lengthening stretch. Then set your intention with gentle and loving awareness.

**8:00 AM - BLISSFUL BALANCE**  
(45 min, Linden Studio)  
Find balance through a series of standing, seated, and unexpected poses. The focus will be proper body alignment to help build a stronger foundation.

**9:00 AM - ACRYLIC FOREST PATH**  
(90 min, Art Studio)  
Find inspiration in The Lodge at Woodloch's scenic beauty for an acrylic painting on canvas! Explore diverse techniques to craft a captivating forest path adorned with an array of trees and lush greenery!

**9:00 AM - SWEET SERENITY: RESTORATIVE AND YIN**  
(45 min, Willow Studio)  
This class includes the moments of calm you've been waiting for! Enjoy a restful practice that is all about slowing down while passively opening your body through gentle stretching. Without strain or pain we can achieve physical, mental and emotional relaxation.

**9:00 AM - DRUMS ALIVE**  
(45 min, Oak Studio)  
Drum your way to fitness results! Unique and different from every other workout you've tried before, Drums Alive captures the essence of movement and rhythm and combines it with fun. Sneakers are required.

**9:00 AM - GET UP AND GO**  
(45 min, Linden Studio)  
Learn different standing and seated stretches and strengthening exercises to help you get down and up off the floor with little assistance.

**9:00 AM - NATURE CHI YOGA FLOW**  
(45 min, Meet in Garden Hall)  
Enjoy the beautiful surroundings of nature outside as you fuse the gentle fluid movements of QiGong with very simple standing yoga poses.

**9:00 AM - TRX YOGA**  
(45 min, CardioWeight Studio)  
TRX YOGA is a style of vinyasa yoga that uses the TRX Suspension Trainer as a helping hand to make you feel safe to explore a deeper stretch, try new poses, and advance your practice.

**9:30 AM - TENKARA**  
(50 min, Lily Pad)  
Join our fly-fishing guides for an introduction to Tenkara, a simplified, Japanese style of fly fishing. They will discuss a little bit of the history, then go into equipment and set up. You will learn the differences between Tenkara and conventional fly tackle, flies, and also have the opportunity to cast these unique rods.

**9:30 AM - TWO LAKES HIKE**  
(150 min, Meet in Garden Hall)  
Join our guides on an educational 3-mile hike through our beautiful property, traveling through wide open fields, peaceful pine barrens, and new growth forests. Be prepared to traverse over raw trails, spillways connecting waterways, lake shores, and adventure through mud. Along the way enjoy many breathtaking views of both Lake Teedyuskung and our very own lake, Little Lake Teedyuskung.

**9:45 AM - GOLF CLINIC (\$)**  
(90 min, Meet in Garden Hall)  
The Country Club at Woodloch Springs is nationally recognized by GOLF Magazine as "one of the finest courses in America" and rated "4.5 Stars" by Golf Digest's Best Places to Play. Work with Woodloch Springs golf professionals from the green back to the tee. Start with putting, on to the short game, irons, hybrids, & fairway woods, and of course, THE DRIVER. Cost is \$40 per person.

**10:00 AM - AQUA TONING**  
(45 min, Aqua Garden)  
Weight-training without weights. Firm your muscles with resistance aqua equipment. Perfect for sensitive joints. A great variation to your present weight-training routines.

**10:00 AM - VINYASA FLOW**  
(45 min, Willow Studio)  
A flowing, dynamic form of yoga, linking smooth body movements with breath. Challenging postures will be used to help build endurance, flexibility, and strength. Prior yoga experience recommended.

**10:00 AM - BARRY WHITE YOGA**  
(45 min, Oak Studio)  
Feel energized and groovy as you learn very simple yoga inspired moves to fun music including songs by, Mr. Smooth himself, Barry White and a slew of his friends. Please wear comfortable workout clothes. No sneakers required.

**10:00 AM - GUIDED LABYRINTH WALK**  
(45 min, Meet in Garden Hall)  
Learn how to use the labyrinth for meditation practice, a serene mindfulness in motion. This is a wonderful practice for those who find it difficult to quiet the mind and body during seated meditation.

**10:00 AM - TOWER POWER**  
(45 min, Rowing Room)  
The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance postural awareness.

**11:00 AM - COOKING DEMONSTRATION**  
(50 min, Chef's Kitchen)  
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Saturday's demonstration will feature Dark Chocolate Mousse with Gluten Free Oatmeal Chocolate Chip Cookies and Caramel Cream.

**11:00 AM - YOGA FOUNDATIONS**  
(45 min, Willow Studio)  
It's all about the feet! In this class you'll learn basic yoga poses, focusing on strong standing postures to help improve strength and flexibility in your feet. Great for beginners or those looking for an easy practice including slow mindful stretches and deep relaxation.

**11:00 AM - SERENE SURROUND SHIMMER**  
(45 min, Linden Studio)  
Embrace the resonance of the gong, crystal bowls, Koshi chimes, rain stick, and other instruments! Immerse yourself in a symphony of frequency of both spatial and up close and personal sound healing. Join Kimberly Matthew, Energy and Reiki Practitioner along with Susan Levin, Yogi and Tantra Instructor, as they weave a tapestry of soul soothing tones welcoming you into a state of tranquility and delight!

**11:00 AM - FITNESS WALK**  
(60 min, Meet in Garden Hall)  
Greet the day with an invigorating 3-mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required.

**11:00 AM - PICKLEBALL FOR BEGINNERS**  
(45 min, Pickleball Courts)  
Learn the basics of pickleball and what every beginner must know in order to start playing.

**11:00 AM - MUSICAL GARDEN VINYL RECORDS (\$)**  
(120 min, Art Studio)  
Learn to paint a beautiful garden of flowers and greenery with acrylic paints on vinyl records. You will receive a custom palette based on the colors found on the label of your chosen record! A wonderful keepsake for any music-lover, or whimsical-gardener! Cost is \$15 per person.

**11:00 AM - SUN PRINTING IN THE GARDEN**  
(80 min, Blackmore Farm)  
Enjoy the season at Blackmore Farm while creating unique and beautiful images on paper using only plants, sunlight, and water. The cyanotype process has been used by botanists and architects for centuries and is an excellent way to express both artistic creativity and a love of nature. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

**11:30 AM - DECORATIVE BIRDHOUSES (\$)**  
(120 min, Owl's Nest)  
Be inspired by nature's gifts and design beautiful ornamental birdhouses. We provide the ornament style birdhouses and natural items, you provide the creative spirit. Your unique and natural pieces will be perfect for displaying at home, a great reminder of your time at The Lodge at Woodloch. Cost is \$20 per person.



## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - MOVE, BREATHE, MEDITATE

(45 min, Willow Studio)  
For individuals grappling with restlessness in body and mind, this meditation initiates with movement. The session commences in a standing posture, integrating lively, fluid motions with simple yet impactful breathing exercises. Transitioning to a seated position (on the floor or a chair), participants delve into an expansive, tranquil exploration of their authentic selves. Seamlessly progress into a heightened awareness, a serene state of mind, and a receptive heart, moving with ease and authenticity.

### 12:00 PM - CHAKRA YOGA

(45 min, Linden Studio)  
Open, balance, and cleanse all seven chakras using simple yoga poses and visualization. You'll leave this class feeling energized.

### 12:00 PM - ZUMBA

(45 min, Oak Studio)  
Zumba fuses Latin rhythms and easy-to-follow moves to help you experience an exhilarating, calorie-burning, body energizing blast of a class. Sneakers are required.

### 12:00 PM - NUNCHAKU FOR BEGINNERS

(45 min, Rowing Room)  
Now's your chance to do something you secretly wanted to do since you were a kid. Learn how to perform realistic combat and traditional Nunchaku techniques by using foam filled nunchakus.

### 1:00 PM - REJUVENATE & RESTORE

(45 min, Linden Studio)  
Begin with a standing vigorous yoga warm-up to help open your body to the pleasure of movement. Then, to the floor to restore with a soft mat, bolster, blankets, and eye pillow. Find all the essentials of a restorative yoga practice, designed to nourish the body, mind, and spirit. You will find yourself refreshed and ready for the next adventure.

### 1:00 PM - TSUNAMI

(45 min, Aqua Garden)  
Make some waves in this incredibly intense, fast-paced pool workout. Sometimes we must weather the storm BUT today "YOU ARE THE STORM".

### 1:00 PM - T'AI CHI

(45 min, Willow Studio)  
The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

### 1:00 PM - UKULELE LESSONS

(45 min, Fireside Room)  
Learn beginner friendly ukulele classics to sing around the campfire! We will explore simple chords and strumming patterns that can be used in an array of songs.

### 1:30 PM - PRIMITIVE FIRE MAKING

(90 min, Lily Pad)  
Test your determination and patience learning how to make fire. With traditional fire starting tools take home this skill and impress anyone by creating fire using primitive methods.

### 2:00 PM - CRYSTAL CONNECTIONS

(45 min, Fitness Lounge)  
Healing crystals come in an array of cuts and colors, each with different energies and purposes. We will examine a collection of commonly used crystals and discuss how to use them with intention and confidence.

### 2:00 PM - YOBO

(45 min, Oak Studio)  
In this class, we will start with a couple of seated yoga poses on the BOSU to help establish confidence. Next, a few standing poses will be introduced to help to improve muscle memory and balance. Finally, a few energizing cardio moves will be added to help create heat.

### 2:00 PM - L.E.G.S.

(45 min, Rowing Room)  
Lower body Exercises and Glute Strengthening.

### 2:00 PM - INTENSE STRETCH FOR MOBILITY

(45 min, Linden Studio)  
Release tight muscles for added flexibility and fluidity with a combination of legs up the wall for hips, hamstrings, and low back along with stick mobility for shoulders and upper back. Must be able to get up and down off of the floor.

### 2:00 PM - BLACKMORE FARM TOUR

(50 min, Blackmore Farm)  
Come experience the sights and sounds (and tastes) of The Lodge at Woodloch's working organic farm. Just a short walk from the hotel, you'll find attractions such as our vegetable garden, orchard, composting operation, mushroom logs, high tunnels, and our very own apiary. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 2:00 PM - INTRO TO DRAWING

(120 min, Art Studio)  
Awaken your creativity with visual expression and discover your inner artist. Drawing differs from painting in that it is much more exploratory with emphasis on observation and composition. Leave inspired by your journey to self-discovery and a picture that shows off your rejuvenated artistic energy.

### 3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Saturday's demonstration will feature Dark Chocolate Mousse with Gluten Free Oatmeal Chocolate Chip Cookies and Caramel Cream.

### 3:00 PM - HIPPIE YOGA

(45 min, Willow Studio)  
Hip opener yoga poses - great for people with tight hips.

### 3:00 PM - OPEN PLAY PICKLEBALL

(45 min, Pickleball Courts)  
Missing your weekly game of Pickleball? If you are an established player that knows how to play and score, but didn't bring a partner, Open Play is for you! In the spirit of Open Play, everyone gets to play with different players in a recreational and fun setting. Lessons are available at Pickleball for Beginners for true beginners.

### 3:00 PM - TABATA

(45 min, Oak Studio)  
High repetition and short rest periods will burn fat, build endurance, and increase strength. Allow 2 hours after eating before taking this advanced level class. Sneakers are required. Not recommended for those with recent injuries.

### 3:00 PM - LET'S ROLL

(45 min, Linden Studio)  
During this class you will roll your body weight along a firm foam roller, deeply massaging your muscles to help improve the way your body moves and feels.

### 4:00 PM - HONEY BEE TALK

(50 min, Blackmore Farm)  
Spend some time with our resident beekeeper, in discussion of the life cycle of the honey bee and their environmental importance. We'll compare holistic and conventional beekeeping while displaying the components and tools necessary to start your very own apiary! \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 4:00 PM - JOURNEY TO PEACE

(45 min, Meet in Garden Hall)  
Start by grounding your root chakra then breathe in the fresh mountain air as you walk silently to the Lotus Labyrinth. Begin your journey by setting an intention and then follow the sacred path to the center. Upon arriving in the center, a smudging ritual will be performed removing all negative thoughts and energy from everything and everyone inside the circle. Receive. Follow your new path feeling light and peaceful.

### 4:00 PM - THE GREAT WALL OF YOGA

(45 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

### 4:00 PM - NATUREPIX 101

(90 min, Owl's Nest)  
Expand your horizons with smartphone photography. Learn the best kept secrets to getting the most out of your cell phone pictures. Join our guides as you practice your photo taking skills on The Lodge at Woodloch's beautiful grounds. Let's get snap happy!

### 5:00 PM - YOGA FOR RESTFUL SLEEP

(45 min, Linden Studio)  
Enjoy a blissful combination of mindful stretching, relaxation and breathing that will ease the day's cares from your body and mind.

### 5:30 PM - GARDEN DINNER (\$)

(120 min, Meet at Host Stand)  
We're switching up the typical Farm-to-Table dinner by bringing the table to the farm! The intimate two-hour tasting dinner will be led by one of our talented Chefs as they select the harvest focus for the dinner and our Sommelier will pair the dinner with wine. There is an up-charge for the intimate dinner experience of \$95 per person, which includes the wine pairing. Limited seating so please plan ahead! \*Dinners are weather dependent. Garden dinners include a garden tour prior to dinner, garden conditions may be muddy.\*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building. Due to satellite kitchen use and the uniquely creative & themed nature of our Harvest Lunches and Garden Dinners, allergy and dietary restriction accommodations may not be possible. Our team will reach out to you prior to the dinner to review the menu and any allergy modifications that may be necessary.

### 8:00 PM - WATERCOLOR PAINTING

(120 min, Art Studio)  
Explore new, hidden, or forgotten talents. This two-hour watercolor painting class offers you the opportunity to express your feelings through simple brushstrokes. Discover the pure beauty of nature and our surroundings by taking time to stop and really notice the colors and textures of our Pennsylvania countryside and capture it on paper. Leave with a finished work of art and a new or renewed creative side.

### 8:30 PM - EVENING ENTERTAINMENT

(Woodloch Pines)  
Live Music & Broadway-Style Theme Show "The Southern Route 2 American Music". For shuttle service to the show, please sign up with the Hostess by 5pm.

### 8:30 PM - AM I GOOD ENOUGH YET?

(60 min, Fireside Room)  
Do you ever feel like no matter how much you accomplish, you still don't feel "good enough"? You're sick of the rat race and want to simplify your life, but you still want to find the contentment and sense of accomplishment you so long for. This workshop will help transform the way you view success and happiness so you can achieve more of both...with less effort. Author, speaker, and former "gold star accumulator" Alana Van Der Sluys will walk you through how to stop searching for happiness through external validation, slow down the pace of your life, cultivate a sense of gratitude, and redefine success in a way that helps you better balance all the parts of your life.



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## OPEN ACTIVITIES

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*Guides will be on hand to assist you with equipment or to answer any questions that you may have.*

### ARCHERY

Archery Range, 1pm - 5pm

### BIKING

Lily Pad, 9am - 7pm

### BIRDING

Lily Pad, 9am - 7pm

### DISC GOLF

Lily Pad, 9am - 7pm

### FISHING

Lily Pad, 9am - 7pm

### KAYAKING

Dock, 9am - 7pm

### PICKLEBALL

Pickleball Courts, Dawn - Dusk

### STAND UP PADDLEBOARDING

Dock, 9am - 7pm

### S'MORES

Lily Pad, 9am - 7pm

## DINING

*Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.*

*Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.*



### BREAKFAST

7am to 9:30am

### LUNCH

11:30am to 2pm

### DINNER

5:30pm to 9pm

*\*Please allow two hours for dinner service.*

## SCHEDULED ACTIVITIES

### 8:00 AM - BASICS OF BIRDING

(90 min, Owl's Nest)

With binoculars and books in hand, join our guides for a walk around our lush 500 acre property to seek out and identify these winged beauties. This class, designed for beginners, will give tips and pointers on how to prepare for and get started in the world of birding.

### 8:00 AM - WAKE UP SUNSHINE

(45 min, Willow Studio)

Joints need specific movements and care to enable them to stay mobile and healthy for longevity. We will focus on juicing all of the joints of the body. You may be surprised at how great this makes you feel afterwards!

### 8:00 AM - ART FOR STRESS MANAGEMENT

(120 min, Art Studio)

Join us and learn how to incorporate simplified drawings to help manage stress and anxiety using "Neurographics," a straightforward drawing style based on incremental design. This will help you focus solely on the repetition and process of your abstract style creation, thereby alleviating the pressure to create something specific and fostering a more relaxed state of mind.

### 9:00 AM - HATHA: THE YOGA OF HARMONY AND BALANCE

(45 min, Linden Studio)

The path of yoga is a movement toward equanimity, a holistic state of balance between body and mind, thinking and feeling. Using the traditional tools of asana (postures) and breath, we find harmony in right/left brain function, strength and flexibility, release of stress, and deep relaxation.

### 9:00 AM - ARMS, CHEST, AND BACK

(45 min, Oak Studio)

This functional training class will tone and strengthen your upper body while teaching you stretches to keep you flexible. This class is not recommended if you have any injuries.

### 9:00 AM - TOWER POWER

(45 min, Rowing Room)

The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance postural awareness.

### 9:00 AM - CARDIO SHUFFLE

(45 min, CardioWeight Studio)

Engage in this upbeat and fast-paced class where you and the instructor deal the cards and play the hand that is given. 13 exercises to flush out energy straight from the heart to the full body.

### 9:00 AM - YOU KNEAD THIS

(45 min, Willow Studio)

Learn to use therapeutic balls to achieve a self deep tissue massage. Target specific muscles and connective tissue to relax and lengthen your muscles and fascia.

### 9:00 AM - SHUMAN POINT HIKE

(180 min, Meet in Garden Hall)

Explore Shuman Point Natural Area on a moderate hike completing a 3-mile loop along the shores of Lake Wallenpaupack. Shuman Point's trails meander through the forest and visit the lakeshore at several points, offering hikers a chance to observe beautiful lake views. The route follows mostly rolling terrain with only a few incline sections. Total Travel Time: 45 min., Hiking Time: 2 Hours

### 10:00 AM - SHOCKWAVE

(45 min, Rowing Room)

Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high-intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

### 10:00 AM - INTENSE STRETCH FOR MOBILITY

(45 min, Oak Studio)

Release tight muscles for added flexibility and fluidity with a combination of legs up the wall for hips, hamstrings, and low back along with stick mobility for shoulders and upper back. Must be able to get up and down off of the floor.

### 10:00 AM - SURRENDER

(45 min, Linden Studio)

Nurture mind and body with this gentle restorative yoga class. All poses are done on the floor with yoga bolsters and other props to relax the body into restful postures.

### 10:00 AM - YOU CAN'T BE SERIOUS YOGA

(45 min, Willow Studio)

Using a specialized yoga mat that has markings for foot and hand placement, this non-sequential, newbie yoga class will be great for anyone just learning yoga.

### 10:00 AM - PRIMAL LONGEVITY

(45 min, CardioWeight Studio)

Learn the importance of maintaining muscle mass for aging while living the benefits. A circuit workout mimicking the essential movements that humans have evolved to maintain since our earliest of ancestors. These simple yet challenging exercises focus on improving strength, balance, and mobility.

### 10:00 AM - WHAT'S THAT PLANT: PLANT ID 101

(90 min, Owl's Nest)

Learn how to confidently identify wild plants using a plant identification key and magnifying loop. Together we'll learn basic botanical terms, the medicinal and edible uses of the plants we identify, and discuss the habitats in which they grow. You'll learn how to identify any plant you may meet!

### 10:30 AM - WILDFLOWER WALK

(90 min, Meet in Garden Hall)

Join our Nature Guide as we explore the beautiful forests and fields that surround The Lodge at Woodloch seeking out the seasonal floral gifts Mother Nature provides us.

### 11:00 AM - MANDALA COLORING - TIPS & TECHNIQUES

(120 min, Art Studio)

Take your coloring skills to a new level with demonstrations on how to incorporate different mediums such as marker, colored pencils and gel pens and use them to create depth, shadow and highlighting within your coloring projects here and at home! Creative coloring at its best in this fun and relaxing adventure!





## SCHEDULED ACTIVITIES, CONT.

### 11:00 AM - THE LIFT YOU NEED

(45 min, Willow Studio)  
Come join this low-impact, informative class where you will be led through common and uncommon exercises including breathing patterns to help strengthen your back, core, and pelvic floor.

### 11:00 AM - PICKLEBALL FOR BEGINNERS

(45 min, Pickleball Courts)  
Learn the basics of pickleball and what every beginner must know in order to start playing.

### 11:00 AM - TRIFECTA

(45 min, Oak Studio)  
20 minutes of step aerobics, followed by 20 minutes of strength conditioning, and finish with core, balance, and flexibility training. Not recommended for those with knee or ankle issues.

### 11:00 AM - STRETCH & TONE

(45 min, Linden Studio)  
Experience a total body workout that will improve your flexibility and circulation. Stretch to release stress and tension while keeping your muscles long and agile.

### 11:00 AM - KETTLEBELL BOOT CAMP

(45 min, CardioWeight Studio)  
Boot camp training has swept the nation! In an action-packed aerobic circuit, feel the burn using kettlebells. A quick paced, highly motivating workout that builds muscle and increases stamina.

### 12:00 PM - BELLY DANCING

(45 min, Oak Studio)  
Combines India's many classical and folk dances, fused with elements of Jazz, Hip-Hop, Arabic and Latin Forms.

### 12:00 PM - T'AI CHI

(45 min, Willow Studio)  
The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

### 12:00 PM - BAND TOGETHER

(45 min, Rowing Room)  
By combining light resistance, deep core exercises, and cardio bursts using just bands and tubing, you'll maximize your results without lifting a thing. Not for those with knee or hip issues.

### 12:00 PM - OPEN PLAY PICKLEBALL

(45 min, Pickleball Courts)  
Missing your weekly game of Pickleball? If you are an established player that knows how to play and score, but didn't bring a partner, Open Play is for you! In the spirit of Open Play, everyone gets to play with different players in a recreational and fun setting. Lessons are available at Pickleball for Beginners for true beginners.

### 12:00 PM - MYZONE CIRCUIT

(45 min, CardioWeight Studio)  
This combination of strength and cardiovascular exercise circuit class uses the MYZONE heart monitoring system to help you keep motivated and engaged. This improves personalized results and allows you to workout at intensity levels that are right for you.

### 12:15 PM - CHEF'S HARVEST LUNCH AT BLACKMORE FARM (\$)

(90 min, Blackmore Farm)  
We pride ourselves in serving local fare, but how often are you able to get out and experience where the food actually comes from? Join us at Blackmore Farm for a 4-course chef-led lunch, complete with a tour of the farm and meet our farmers who supply The Lodge at Woodloch with so much delicious produce! This culinary experience features produce hand-selected right from our garden, local farms and purveyors, and local craft beer and hand-selected wines are included. Alcohol free options are also available.. There is an up-charge for the intimate lunch experience of \$35 per person. *"Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building. Due to satellite kitchen use and the uniquely creative & themed nature of our Harvest Lunches and Garden Dinners, allergy and dietary restriction accommodations may not be possible. Our team will reach out to you prior to the lunch to review the menu and any allergy modifications that may be necessary."*

### 1:00 PM - PUMP

(45 min, Oak Studio)  
The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with highrep, dynamic weight work! Sneakers are required.

### 1:00 PM - AFTERNOON STRETCH

(25 min, Willow Studio)  
Get a quick boost of energy from this very gentle stretch class.

### 1:00 PM - TRX: TOTAL BODY

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

### 1:00 PM - BOTANICAL HIKE

(120 min, Meet in Garden Hall)  
Take a hike with our Certified Herbalist, on a nearby trail to meet the plants up close and personal. Many of these plants are edible and/or medicinal and can be found on your favorite trails, in your backyard, and even along urban sidewalks. While immersed in the beauty of the woods, learn helpful hints for identifying these plants and simple methods for using them yourself. There will be many stops along our path and the hike will be moderate in nature. Be sure to bring your camera and a notepad or smartphone for jotting down notes.

### 1:00 PM - POCONO MOUNTAIN BIRDING TOUR

(180 min, Meet in Garden Hall)  
Discover a variety of birds as you meander through the beautiful trails at The Van Scott Nature Preserve. This 2-mile walk consists of a grassy path with hilly terrain. Binoculars will be provided and all skill levels of birders are welcome. *Total Travel Time: 30 min., Hiking Time: 2 Hours*

### 2:00 PM - HATCHET THROWING

(50 min, Hatchet Range)  
Want a woody challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 2:00 PM - THE BARRE

(45 min, Oak Studio)  
Experience a low-impact class that is a fusion of Pilates, yoga, and ballet-inspired moves for beautiful, sculpted, lean muscles. The exercises use the ballet barre and your body weight to challenge core stability and balance.

### 2:00 PM - YOGA FOR A HEALTHY BACK

(45 min, Linden Studio)  
Improve overall back health by strengthening core muscles, increasing flexibility, and enhancing breathing capacity and awareness.

### 2:00 PM - W.A.V.E.

(45 min, Aqua Garden)  
Water Aerobics using Vertical Energy on the Hydro Trampoline.

### 2:00 PM - THE ENGINE ROOM CREW

(45 min, Rowing Room)  
The unique format of this Indo-Row class captures all the elements of competitive, on-water rowing, creating a class that is fast-paced and engaging from the first minute. From "Skills and Drills" to "Waves and Recoveries," and the final build up to a friendly but competitive "Race," Indo-Row quickly converts first-timers to devoted team members.

### 2:00 PM - TRX FOR BEGINNERS

(45 min, CardioWeight Studio)  
This class is for the unexperienced individuals who have never tried TRX. Learn all about the TRX program and try a little bit of everything.

### 2:00 PM - BLACKMORE FARM TOUR

(50 min, Blackmore Farm)  
Come experience the sights and sounds (and tastes) of The Lodge at Woodloch's working organic farm. Just a short walk from the hotel, you'll find attractions such as our vegetable garden, orchard, composting operation, mushroom logs, high tunnels, and our very own apiary. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 2:00 PM - MEDITATIVE DOTTING

(120 min, Art Studio)  
Practice balance, free your inner artist, and paint a beautiful dot mandala pendant necklace! 'Mandala' is a term taken from Hinduism and Buddhism that represents the universe. Participants will learn to use dotting tools on rounded wood pendants to create these eye-catching pieces.

### 3:00 PM - TIPPITY TOES TAP

(45 min, Rowing Room)  
Big smiles will appear when you learn to tap dance with over-the-shoe taps.

### 3:00 PM - SPINNING

(45 min, Spinning Studio)  
Ride like the wind in this indoor cycling class. All levels are welcome. Clips are SPD.

### 3:00 PM - MINDFUL INTERMEDIATE VINYASA YOGA

(45 min, Willow Studio)  
A well balanced practice including sun salutations, standing poses, and seated poses, set to awesome music. This class will marry breath and movement with attention to alignment and intelligent sequencing. Participants will gain a deeper understanding of vinyasa practice as well as clarity and inner quiet. Recommended for those with a regular yoga practice.

### 3:00 PM - TRX: CORE

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

### 3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Sunday's demonstration will feature Cous Cous Salad with Lemon Pepper Salmon.

### 3:00 PM - HATCHET THROWING

(50 min, Hatchet Range)  
Want a woody challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 4:00 PM - GROUNDING IN THE GARDEN

(80 min, Blackmore Farm)  
Treat yourself to a mindful moment in the garden and learn how to release the stress of daily life with help from the healing energy of nature! Your journey will include breath work, meditation, and moments of reflection as you unlock new levels of healing and connection to the natural world around us. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 4:00 PM - TRX: EXPRESS STRETCH

(25 min, CardioWeight Studio)  
Learn different ways to stretch your entire body using the TRX system.

### 4:00 PM - MEDITATION 101

(45 min, Linden Studio)  
Explore the many styles of meditation. Perfect for the newbie or the curious. Handouts will be given to help you continue your practice when you get home.

### 4:00 PM - HATCHET THROWING

(50 min, Hatchet Range)  
Want a woody challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 4:00 PM - EDIBLE & MEDICINAL GREENS AND FLOWERS

(60 min, Owl's Nest)  
Ever wonder what plants you could eat in the wild? Did you know that those weeds you pull from your garden could make a delicious salad? Interested in healthy eating and natural medicine? Join Heather, our Certified Herbalist, in discovering what edible and medicinal plants you may have growing near you. June is the month for abundant wild greens and beautiful flowers offering both food and medicine. Class will consist of a slideshow of easy-to-find, simple-to-use, and delicious plants that can be found from woodlands to backyard to urban sidewalk. Bring your foraging questions!

### 5:00 PM - AGATE GEMS & STERLING SILVER DROP EARRINGS (\$)

(60 min, Art Studio)  
Using agate beads and sterling silver wire, make a simple yet elegant pair of earrings. Use small hand tools to bend and twist the wire according to the step-by-step directions. Discover the understated elegance of these charming, classic earrings - a lovely memento of your stay at the Lodge at Woodloch. Cost is \$15 per person.

### 5:00 PM - SWEET CANDLELIGHT FLOW

(45 min, Linden Studio)  
Experience a slow-moving sweet vinyasa flow centered on breathing and filled with candlelight. The music will be sweet, the flow will be slow and steady...all leading up to a restorative and a beautifully long rest.

### 7:00 PM - EVENING KAYAKING

(60 min, Lily Pad)  
End your day with a relaxing, guided exploration of the lake and wetlands as the lilies close and the fish seek out the evening hatch. Ducks, blue herons, and beavers are frequently encountered as they too prepare for the night.

### 8:30 PM - MUSHROOMS & FLOWERS IN MOONLIGHT DRAWING

(90 min, Art Studio)  
Draw along with step-by-step instructions to recreate your own mystical scene of mushrooms and flowers lit by the moon. Explore and create with a variety of pencil and charcoal mediums to render this serene scene.

### 8:30 PM - WINE & CHOCOLATE PAIRING (\$)

(60 min, Garden View Room)  
Join our sommelier for an in depth look into the various characteristics of wine varietals from around the world and learn how they pair tastefully with delicious chocolates. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

### 8:30 PM - BINGO AND TRIVIA

(120 min, Fireside Room)  
Join us for a fun-filled evening of games! Arrive at your leisure, as multiple games will be played. We will start with Bingo and then move on to a trivia game! Winners of games will receive a special Lodge gift.



## HELPFUL INFO

Activities shaded in grey have limited space and/or seating and require advanced sign up through our Spa Concierge. We ask as a courtesy to others, if you are no longer going to attend any class or activity that you have signed up for that you cancel by speaking with our Spa Concierge team. Canceling prior to the scheduled start time allows us to contact guests that are on our waitlist.

We also ask for the consideration of others, that you arrive at least 5 minutes before the start of any class and that you do not join any class later than the scheduled start time. Once the door of a class is closed, we ask that you join us for the next scheduled class.

## OPEN ACTIVITIES

We invite you to participate in the following activities at your leisure during posted open times.

Guides will be on hand to assist you with equipment or to answer any questions that you may have.

### ARCHERY

Archery Range, 1pm - 5pm

### BIKING

Lily Pad, 9am - 7pm

### BIRDING

Lily Pad, 9am - 7pm

### DISC GOLF

Lily Pad, 9am - 7pm

### FISHING

Lily Pad, 9am - 7pm

### KAYAKING

Dock, 9am - 7pm

### PICKLEBALL

Pickleball Courts, Dawn - Dusk

### STAND UP PADDLEBOARDING

Dock, 9am - 7pm

### S'MORES

Lily Pad, 9am - 7pm

## DINING

Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.

Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.



### BREAKFAST

7am to 9:30am

### LUNCH

11:30am to 2pm

### DINNER

5:30pm to 8:30pm

\*Please allow two hours for dinner service.

## SCHEDULED ACTIVITIES

### 7:00 AM - CARDIO COMBO

(45 min, CardioWeight Studio)  
Ready, set, go with a solid 5,000 steps with a mix of walking/jogging/running, biking, and rowing to complete a quick 2.5 miles!

### 8:00 AM - DETOX YOGA

(45 min, Linden Studio)  
A challenging vinyasa practice focused on twisting to support your digestive system and lymphatic drainage. Best on an empty stomach.

### 8:00 AM - TRX FOR BEGINNERS

(45 min, CardioWeight Studio)  
This class is for the unexperienced individuals who have never tried TRX. Learn all about the TRX program and try a little bit of everything.

### 8:00 AM - BASICS OF BIRDING

(90 min, Owl's Nest)  
With binoculars and books in hand, join our guides for a walk around our lush 500 acre property to seek out and identify these winged beauties. This class, designed for beginners, will give tips and pointers on how to prepare for and get started in the world of birding.

### 8:00 AM - BASIC DECORATIVE HAND LETTERING

(120 min, Art Studio)  
Discover how to create basic cursive letterforms by applying calligraphy principles to decorative hand lettering using colored pencils and markers! You will be able to create a small displayable sign with your newly acquired talent.

### 9:00 AM - MINISINK BATTLEGROUND HIKE

(180 min, Meet in Garden Hall)  
Enjoy a short but moderate 2-mile hike in nearby Sullivan County, New York. Minisink Park was the site of a small Revolutionary War battle, a Native American rock shelter, and early American rock quarries. Additional stops to and from the park can be made in the hamlet of Lackawaxen to view the Roebling Aqueduct and observe Bald Eagles along the Delaware River. *Travel Time: 45 min, Hiking Time: 2 hrs*

### 9:00 AM - MEDITATION TO QUIET THE MIND

(45 min, Willow Studio)  
Come into the present moment with mindfulness meditation. This class guides you through steps of meditation with breath awareness and focusing the mind on a sound.

### 9:00 AM - ZUMBA

(45 min, Oak Studio)  
Zumba fuses Latin rhythms and easy-to-follow moves to help you experience an exhilarating, caloric-burning, body energizing blast of a class. Sneakers are required.

### 9:00 AM - PUSH N' PEDAL

(45 min, Spinning Studio)  
Boost your power as you sprint and climb through intervals and hills. Then transition smoothly into a chest and triceps workout. Strong heart, strong mind, strong body!

### 9:00 AM - REBEL YOGA

(45 min, Rowing Room)  
A POWERFUL yoga class using light weights and motivational music to help bring out your own personal BADASSERY.

### 9:00 AM - PILATES MAT

(45 min, Linden Studio)  
Developed for beginners to intermediate levels, this popular Pilates mat form of "mind-body" exercise helps improve core muscle strength, flexibility, balance and posture.

### 9:00 AM - TRX: TOTAL BODY

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

### 10:00 AM - DRUMS ALIVE

(45 min, Oak Studio)  
Drum your way to fitness results! Unique and different from every other workout you've tried before, Drums Alive captures the essence of movement and rhythm and combines it with fun. Sneakers are required.

### 10:00 AM - BOX N' BURN

(45 min, CardioWeight Studio)  
Get ready to feel unstoppable with an intense boxing series! Try this high intensity interval training session that will leave you breathless and high on endorphins with a major focus on conditioning and core work. You will experience three rounds of bag work, mitt, and core/conditioning to give you a sweat-dripping workout.

### 10:00 AM - MANTRA MEDITATION WITH HARMONIUM

(45 min, Willow Studio)  
The harmonium is a hand pump organ that has been used for chanting for over a century in India. Using the harmonium is a perfect way to free the mind from anxieties & worries so you focus on your own personal mantra (Mana - mind, tra - free).

### 10:00 AM - CRYSTAL CONNECTIONS

(45 min, Fitness Lounge)  
Healing crystals come in an array of cuts and colors, each with different energies and purposes. We will examine a collection of commonly used crystals and discuss how to use them with intention and confidence.

### 10:00 AM - TSUNAMI

(45 min, Aqua Garden)  
Make some waves in this incredibly intense, fast-paced pool workout. Sometimes we must weather the storm BUT today "YOU ARE THE STORM".

### 10:00 AM - THE GREAT WALL OF YOGA

(45 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

### 10:00 AM - GARDENING FOR SELF-CULTIVATION

(50 min, Blackmore Farm)  
Using breath work in tune with movements for cultivation and harvesting, learn ways gardening can help improve one's mind, body, and spirit. Also learn the steps one can take to properly steward any size piece of Earth to promote the health of its surroundings. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 10:00 AM - FLY CASTING

(50 min, Meet on FireCircle Patio)  
Join our in-house fly fishing guide, Jim, as he demonstrates the fundamental skills and techniques used in fly casting. You will be guided through the basics of fly rod handling, line management, and casting mechanics.

### 10:30 AM - WILDFLOWER WALK

(90 min, Meet in Garden Hall)  
Join our Nature Guide as we explore the beautiful forests and fields that surround The Lodge at Woodloch seeking out the seasonal floral gifts Mother Nature provides us.

### 11:00 AM - ACRYLICS ON CANVAS

(120 min, Art Studio)  
Learn to paint a seemingly endless landscape of beautiful flowers over a rolling hillside. You will learn how to blend to create unexpected and beautiful ombres, and discover how simple marks can translate into a magnificent scene!

### 11:00 AM - DECOMPRESS THE STRESS

(45 min, Linden Studio)  
This class will be using sandbags, bolsters, blocks, blankets plus a few other props that will help you settle into comfortable postures. These postures will nourish the endocrine glands, promote circulation, balance metabolic function and increase blood flow to the brain.

### 11:00 AM - YOU KNEAD THIS

(45 min, Rowing Room)  
Learn to use therapeutic balls to achieve a self deep tissue massage. Target specific muscles and connective tissue to relax and lengthen your muscles and fascia.

### 11:00 AM - PARTNERS YOGA

(45 min, Willow Studio)  
Family & friends approved. Two of The Lodge at Woodloch's top yoga teachers, Angelita Adames and Veronica Fernandez are friends who met through yoga. Join them for a super fun and easy pose-filled class to help lengthen and strengthen your body and your bond.

### 11:00 AM - THE 100'S

(45 min, Oak Studio)  
This class is a plateau breaker. This type of workout targets slow-twitch muscle fibers and permanently enhances blood flow for firmer and stronger muscles.

### 11:00 AM - WHEEL OF STEEL

(45 min, CardioWeight Studio)  
Build stamina and strength in this innovative class. Here's the deal, spin the wheel to reveal a workout that is unique and unreal. Sneakers required, no recent surgeries or injuries.

### 11:00 AM - OPEN PLAY PICKLEBALL

(45 min, Pickleball Courts)  
Missing your weekly game of Pickleball? If you are an established player that knows how to play and score, but didn't bring a partner, Open Play is for you! In the spirit of Open Play, everyone gets to play with different players in a recreational and fun setting. Lessons are available at Pickleball for Beginners for true beginners.

### 11:00 AM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Monday's demonstration will feature Cajun Shrimp with Creamy Polenta with Bacon and Cheddar.

### 11:00 AM - GARDEN-INFUSED OILS (\$)

(60 min, Blackmore Farm)  
By infusing plants with oil, we can extract their beneficial properties and bring them into more parts of our lives. From arthritis to anxiety, plant-infused oils can help to heal and nourish us naturally. Use these oils directly on your skin or as an ingredient to make salves, lotions, balms, ointments... the list goes on. We will work with freshly dried plants and flowers straight from Blackmore Farm. Cost is \$15 per person. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 11:30 AM - GRAPES & CREPES (\$)

(50 min, Garden View Room)  
Tantalize your taste buds with wine & crepes! Create your own crepes with our Pastry Chef's homemade sauces and then pair your crepes with our Wine Geek's specially selected wines. Cost is \$35 per person. Guests must be ages 21 and older. Beverages can be alcohol free if desired.



## SCHEDULED ACTIVITIES, CONT.

**12:00 PM - HONEY LOUNGE YOGA**

(45 min, Willow Studio)  
Use a combination of some very slow and held postures with a focus on hip openers, breath work, and an extended svasana. We'll finish with a brief meditation. You'll be walking on clouds!

**12:00 PM - THE BARRE**

(45 min, Oak Studio)  
Experience a low-impact class that is a fusion of Pilates, yoga, and ballet-inspired moves for beautiful, sculpted, lean muscles. The exercises use the ballet barre and your body weight to challenge core stability and balance.

**12:00 PM - SPINNING**

(45 min, Spinning Studio)  
Ride like the wind in this indoor cycling class. All levels are welcome. Clips are SPD.

**12:00 PM - PICKLEBALL FOR BEGINNERS**

(45 min, Pickleball Courts)  
Learn the basics of pickleball and what every beginner must know in order to start playing.

**1:00 PM - AFTERNOON STRETCH**

(25 min, Oak Studio)  
Get a quick boost of energy from this very gentle stretch class.

**1:00 PM - MID-DAY POWER NAP**

(45 min, Linden Studio)  
Fall into that blissful state between dreaming and wakefulness with a guided meditation focusing on bringing the awareness to "alert theta brainwaves." This is the closest you will feel to REM sleep without needing to actually hit the hay.

**1:00 PM - MOVE, BREATHE, MEDITATE**

(45 min, Willow Studio)  
For individuals grappling with restlessness in body and mind, this meditation initiates with movement. The session commences in a standing posture, integrating lively, fluid motions with simple yet impactful breathing exercises. Transitioning to a seated position (on the floor or a chair), participants delve into an expansive, tranquil exploration of their authentic selves. Seamlessly progress into a heightened awareness, a serene state of mind, and a receptive heart, moving with ease and authenticity.

**1:00 PM - TRX YOGA**

(45 min, CardioWeight Studio)  
TRX YOGA is a style of vinyasa yoga that uses the TRX Suspension Trainer as a helping hand to make you feel safe to explore a deeper stretch, try new poses, and advance your practice.

**1:00 PM - POCONO MOUNTAIN BIRDING TOUR**

(180 min, Meet in Garden Hall)  
Discover a variety of birds as you meander through the beautiful trails at The Van Scott Nature Preserve. This 2-mile walk consists of a grassy path with hilly terrain. Binoculars will be provided and all skill levels of birders are welcome. *Total Travel Time: 30 min., Hiking Time: 2 Hours*

**2:00 PM - SPLASH DANCE**

(30 min, Aqua Garden)  
No experience or high heels needed in this fun Hydridorider Aquatic Pole Dancing Class. Build strength and stamina while learning simple dance moves to music that will make you giggle. Yes, we actually use poles in the water.

**2:00 PM - BOSU**

(45 min, Oak Studio)  
The BOSU is used to help improve kinesthetic awareness, strength, and joint stability. Sneakers are required. Not recommended for those with balance issues and/or knee or ankle injuries.

**2:00 PM - REJUVENATE AND RESTORE**

(45 min, Linden Studio)  
Begin with a standing vigorous yoga warm-up to help open your body to the pleasure of movement. Then, to the floor to restore with a soft mat, bolster, blankets, and eye pillow. Find all the essentials of a restorative yoga practice, designed to nourish the body, mind, and spirit. You will find yourself refreshed and ready for the next adventure.

**2:00 PM - POWER WALK**

(45 min, Meet in Garden Hall)  
Enjoy a vigorous 3-mile power walk on our scenic nature trail, which winds through the woods around The Lodge at Woodloch.

**2:00 PM - KETTLEBELL BOOT CAMP**

(45 min, CardioWeight Studio)  
Boot camp training has swept the nation! In an action-packed aerobic circuit, feel the burn using kettlebells. A quick paced, highly motivating workout that builds muscle and increases stamina.

**2:00 PM - HATCHET THROWING**

(50 min, Hatchet Range)  
Want a woodsy challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

**2:00 PM - BLACKMORE FARM TOUR**

(50 min, Blackmore Farm)  
Come experience the sights and sounds (and tastes) of The Lodge at Woodloch's working organic farm. Just a short walk from the hotel, you'll find attractions such as our vegetable garden, orchard, composting operation, mushroom logs, high tunnels, and our very own apiary. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

**2:00 PM - MUSICAL GARDEN VINYL RECORDS (\$)**

(120 min, Art Studio)  
Learn to paint a beautiful garden of flowers and greenery with acrylic paints on vinyl records. You will receive a custom palette based on the colors found on the label of your chosen record! A wonderful keepsake for any music-lover, or whimsical-gardener! Cost is \$15 per person.

**3:00 PM - SHOCKWAVE**

(45 min, CardioWeight Studio)  
Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high-intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

**3:00 PM - POWER OF INTENTION**

(45 min, Meet in Garden Hall)  
In this class, using simple meditation and mind-mapping techniques, you will look for your deepest heartfelt desire, your life's purpose. Bring your curiosity, open your intuitive mind, relax, and reflect. Move out of conflict and confusion, find peace and clarity.

**3:00 PM - TIPPITY TOES TAP**

(45 min, Rowing Room)  
Big smiles will appear when you learn to tap dance with over-the-shoe taps.

**3:00 PM - BUTTS & GUTS**

(45 min, Oak Studio)  
This class uses the step, bands, kettlebells and your own body weight to primarily work on the glutes and abdominal muscles. Remember: The Only Bad Workout is the One You Didn't Do.

**3:00 PM - HATCHET THROWING**

(50 min, Hatchet Range)  
Want a woodsy challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

**3:00 PM - COOKING DEMONSTRATION**

(50 min, Chef's Kitchen)  
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Monday's demonstration will feature Cajun Shrimp with Creamy Polenta with Bacon and Cheddar.

**3:30 PM - CRAFT MARGARITAS (\$)**

(50 min, Garden View Room)  
Come and create lively, craft margaritas with fresh ingredients from the gardens. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

**4:00 PM - YOGA WITH CHAIR AND WALL**

(45 min, Linden Studio)  
Join us for a class on developing balance, strength, flexibility, and stability, safely done with the support of a chair and wall. Basic yoga warm ups and poses are user-friendly, doable, personal, and fun! New to yoga, come on in! This is perfect for you.

**4:00 PM - LET'S ROLL**

(45 min, Oak Studio)  
During this class you will roll your body weight along a firm foam roller, deeply massaging your muscles to help improve the way your body moves and feels.

**4:00 PM - HATCHET THROWING**

(50 min, Hatchet Range)  
Want a woodsy challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

**5:00 PM - GONG WITH THE WIND**

(45 min, Linden Studio)  
Be ready to be blown away and feel at total peace by allowing the gong's phenomenal vibration to pass through you as if you weren't even there. Tuning to this positive vibration will give you a sense of well-being, success and happiness.

**7:00 PM - EVENING KAYAKING**

(60 min, Lily Pad)  
End your day with a relaxing, guided exploration of the lake and wetlands as the lilies close and the fish seek out the evening hatch. Ducks, blue herons, and beavers are frequently encountered as they too prepare for the night.

**8:30 PM - LILY PAD POND IN OIL PASTELS**

(90 min, Art Studio)  
Oil pastels are a wonderful medium for beginning artists who love and wish to explore a world of rich color. Learn how to blend oil pastels to create shifting light on water, sky reflections on land, and how to turn a few simple marks into lily pads and a faraway forest.

**8:30 PM - WINE & CHOCOLATE TRUFFLES (\$)**

(60 min, Garden View Room)  
Join us for house-made decadent chocolate truffles created by one of our pastry professionals paired with fine wines selected by one of our Wine Geeks. Guests must be at least 21 years of age to participate. Cost is \$35 per person.



## HELPFUL INFO

*Activities shaded in grey have limited space and/or seating and require advanced sign up through our Spa Concierge. We ask as a courtesy to others, if you are no longer going to attend any class or activity that you have signed up for that you cancel by speaking with our Spa Concierge team. Canceling prior to the scheduled start time allows us to contact guests that are on our waitlist.*

*We also ask for the consideration of others, that you arrive at least 5 minutes before the start of any class and that you do not join any class later than the scheduled start time. Once the door of a class is closed, we ask that you join us for the next scheduled class.*

## OPEN ACTIVITIES

*We invite you to participate in the following activities at your leisure during posted open times.*

*Guides will be on hand to assist you with equipment or to answer any questions that you may have.*

### ARCHERY

Archery Range, 1pm - 5pm

### BIKING

Lily Pad, 9am - 7pm

### BIRDING

Lily Pad, 9am - 7pm

### DISC GOLF

Lily Pad, 9am - 7pm

### FISHING

Lily Pad, 9am - 7pm

### KAYAKING

Dock, 9am - 7pm

### PICKLEBALL

Pickleball Courts, Dawn - Dusk

### STAND UP PADDLEBOARDING

Dock, 9am - 7pm

### S'MORES

Lily Pad, 9am - 7pm

## DINING

*Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.*

*Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.*

### BREAKFAST

7am to 9:30am

### LUNCH

11:30am to 2pm

### DINNER

5:30pm to 8:30pm

*\*Please allow two hours for dinner service.*



## SCHEDULED ACTIVITIES

### 6:30 AM - FITNESS WALK

(60 min, Meet in Garden Hall)  
Greet the day with an invigorating 3-mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required.

### 7:30 AM - BASICS OF STAND UP PADDLEBOARDING

(60 min, Lily Pad)  
Experience this popular water sport on Little Lake Teedyuskung, our guides will be available to assist you with tips and techniques as you paddle on our beautiful 15 acre glacial lake.

### 8:00 AM - TABATA

(45 min, CardioWeight Studio)  
High repetition and short rest periods will burn fat, build endurance, and increase strength. Allow 2 hours after eating before taking this advanced level class. Sneakers are required. Not recommended for those with recent injuries

### 8:00 AM - DECOMPRESS THE STRESS

(45 min, Linden Studio)  
This class will be using sandbags, bolsters, blocks, blankets plus a few other props that will help you settle into comfortable postures. These postures will nourish the endocrine glands, promote circulation, balance metabolic function and increase blood flow to the brain.

### 8:00 AM - FLORALS WITH COLORED PENCILS

(120 min, Art Studio)  
Learn simple and effective techniques for highlighting, shadowing, and blending colors while creating a beautiful floral drawing!

### 8:00 AM - SHAMANIC SERENITY: GUIDED MEDITATION & HANDS-ON HEALING

(50 min, Fireside Room)  
Honor your vessel and Shamanic Energy Healer Vanessa Hernandez in a sacred space of serenity and self-care. Lay back on your mat, rest those eyes, and surrender to a channeled guided meditation and Reiki Shamanic energy healing. Using essential oils, singing bowls, rattles, chimes, and oracle cards, we will strengthen your connection with your Spirit team, align your energetic body, and bring you back home to yourself.

### 9:00 AM - TRX: TOTAL BODY

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

### 9:00 AM - BLISSFUL BREATH: CALM, STEADY, RESILIENT

(45 min, Willow Studio)  
Be like the flower and BLOOM! Embrace this gentle yoga practice while deepening the art of your breath! Reduce stress by reuniting breath, body and mind back into a state of flow bringing peace and bliss within.

### 9:00 AM - ZUMBA

(45 min, Oak Studio)  
Zumba fuses Latin rhythms and easy-to-follow moves to help you experience an exhilarating, caloric-burning, body energizing blast of a class. Sneakers are required.

### 9:00 AM - NORDIC WALK

(45 min, Meet in Garden Hall)  
Nordic walking is a total body version of walking using walking poles similar to ski poles. It's an energizing and fast paced power walk on and off pavement. Participants must wear walking/running shoes.

### 9:00 AM - TOWER POWER

(45 min, Rowing Room)  
The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance postural awareness.

### 9:30 AM - TWO LAKES HIKE

(150 min, Meet in Garden Hall)  
Join our guides on an educational 3-mile hike through our beautiful property, traveling through wide open fields, peaceful pine barrens, and new growth forests. Be prepared to traverse over raw trails, spillways connecting waterways, lake shores, and adventure through mud. Along the way enjoy many breathtaking views of both Lake Teedyuskung and our very own lake, Little Lake Teedyuskung.

### 9:30 AM - TENKARA

(50 min, Lily Pad)  
Join our fly-fishing guides for an introduction to Tenkara, a simplified, Japanese style of fly fishing. They will discuss a little bit of the history, then go into equipment and set up. You will learn the differences between Tenkara and conventional fly tackle, flies, and also have the opportunity to cast these unique rods.

### 9:45 AM - GOLF CLINIC (\$)

(90 min, Meet in Garden Hall)  
The Country Club at Woodloch Springs is nationally recognized by GOLF Magazine as "one of the finest courses in America" and rated "4.5 Stars" by Golf Digest's Best Places to Play. Work with Woodloch Springs golf professionals from the green back to the tee. Start with putting, on to the short game, irons, hybrids, & fairway woods, and of course, THE DRIVER. Cost is \$40 per person.

### 10:00 AM - W.A.V.E

(45 min, Aqua Garden)  
Water Aerobics using Vertical Energy on the Hydro Trampoline.

### 10:00 AM - YOU KNEAD THIS

(45 min, Oak Studio)  
Learn to use therapeutic balls to achieve a self deep tissue massage. Target specific muscles and connective tissue to relax and lengthen your muscles and fascia.

### 10:00 AM - MALA MEDITATION

(45 min, Willow Studio)  
Mala beads are a wonderful tether to assist in mantra meditation as they help in escaping our busy conscious thought stream. Concludes with a group sharing.

### 10:00 AM - SHOCKWAVE

(45 min, CardioWeight Studio)  
Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high-intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

### 10:00 AM - THE GREAT WALL OF YOGA

(45 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which use gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

### 11:00 AM - NATURE JOURNALING

(90 min, Owl's Nest)  
Join us in a nature-based journaling class that will help enhance your personal perspective by engaging your five senses and exploring your deeper self in the beautiful outdoors. You will learn how to start a journaling practice that you can continue long after your time at The Lodge at Woodloch. This class will begin with an indoor component and then move outdoors as you embrace the nature that surrounds us!

### 11:00 AM - ART FOR STRESS MANAGEMENT

(120 min, Art Studio)  
Join us and learn how to incorporate simplified drawings to help manage stress and anxiety using "Neurographics," a straightforward drawing style based on incremental design. This will help you focus solely on the repetition and process of your abstract style creation, thereby alleviating the pressure to create something specific and fostering a more relaxed state of mind.

### 11:00 AM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Tuesday's demonstration will feature Sautéed Scallops with Preserved Lemon Relish and Spiced Tortilla Chips.

### 11:00 AM - BOX N' BURN

(45 min, CardioWeight Studio)  
Get ready to feel unstoppable with an intense boxing series! Try this high intensity interval training session that will leave you breathless and high on endorphins with a major focus on conditioning and core work. You will experience three rounds of bag work, mitt, and core/conditioning to give you a sweat-dripping workout.

### 11:00 AM - EBB AND FLOW

(45 min, Oak Studio)  
A rhythmic flowing movement pattern using wooden dowels to help mobility and fluidity in the upper body.

### 11:00 AM - THE ENGINE ROOM CREW

(45 min, Rowing Room)  
The unique format of this Indo-Row class captures all the elements of competitive, on-water rowing, creating a class that is fast-paced and engaging from the first minute. From "Skills and Drills" to "Waves and Recoveries," and the final build up to a friendly but competitive "Race," Indo-Row quickly converts first-timers to devoted team members.

### 11:00 AM - UKULELE LESSONS

(45 min, Fireside Room)  
Learn beginner friendly ukulele classics to sing around the campfire! We will explore simple chords and strumming patterns that can be used in an array of songs.



# SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - BOOGIE WOOGIE LINE DANCIN'

(45 min, Oak Studio)  
Easy dance moves that don't require you to coordinate moves with a partner. All types of music, all types of fun.

### 12:00 PM - T'AI CHI

(45 min, Willow Studio)  
The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

### 12:00 PM - OPEN PLAY PICKLEBALL

(45 min, Pickleball Courts)  
Missing your weekly game of Pickleball? If you are an established player that knows how to play and score, but didn't bring a partner, Open Play is for you! In the spirit of Open Play, everyone gets to play with different players in a recreational and fun setting. Lessons are available at Pickleball for Beginners for true beginners.

### 12:00 PM - TRX YOGA

(45 min, CardioWeight Studio)  
TRX YOGA is a style of vinyasa yoga that uses the TRX Suspension Trainer as a helping hand to make you feel safe to explore a deeper stretch, try new poses, and advance your practice.

### 12:30 PM - SUN PRINTING IN THE GARDEN

(80 min, Blackmore Farm)  
Enjoy the season at Blackmore Farm while creating unique and beautiful images on paper using only plants, sunlight, and water. The cyanotype process has been used by botanists and architects for centuries and is an excellent way to express both artistic creativity and a love of nature. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 1:00 PM - AFTERNOON STRETCH

(25 min, Oak Studio)  
Get a quick boost of energy from this very gentle stretch class.

### 1:00 PM - REMEMBER, RELEASE, RECEIVE, RETURN: WALKING A SACRED PATH

(45 min, Linden Studio)  
Join us for the spiritual practice of walking The Lodge at Woodloch's very own indoor labyrinth. Follow the sacred path on an ancient archetype pattern as you go on your own personal inner journey, bringing about a state of consciousness to facilitate change.

### 1:00 PM - VINYASA FLOW

(45 min, Willow Studio)  
A flowing, dynamic form of yoga, linking smooth body movements with breath. Challenging postures will be used to help build endurance, flexibility, and strength. Prior yoga experience recommended.

### 1:00 PM - TRX: EXPRESS STRETCH

(25 min, CardioWeight Studio)  
Learn different ways to stretch your entire body using the TRX system.

### 1:30 PM - GARDENING IN MINIATURE-TERRARIUM WORKSHOP (\$)

(90 min, Owl's Nest)  
Step into the enchanting world of terrariums in our hands-on workshop where you'll learn to create your own miniature ecosystem. Our botany team will guide you through plant selection, design, and care tips. Perfect for nature lovers and beginners alike! The cost is \$40 per person.

### 1:30 PM - PRIMITIVE FIRE MAKING

(90 min, Lily Pad)  
Test your determination and patience learning how to make fire. With traditional fire starting tools take home this skill and impress anyone by creating fire using primitive methods.

### 2:00 PM - BOSU

(45 min, Oak Studio)  
The BOSU is used to help improve kinesthetic awareness, strength, and joint stability. Sneakers are required. Not recommended for those with balance issues and/or knee or ankle injuries.

### 2:00 PM - SOUND IMMERSION

(45 min, Linden Studio)  
Everything in life causes stress in one way or another. When we begin to experience high levels of stress, our physical bodies feel the effects. Join us on an ancient meditation journey where you will be immersed in waves of sound. Reset, destress and decompress all of your worries away! No meditation experience required.

### 2:00 PM - YO CHI

(45 min, Willow Studio)  
Experience an energizing fusion of several ancient disciplines for mind, body, wellness, balance and fitness. Enjoy alternating segments of yoga poses, tai chi and qigong movement patterns along with mindful meditation.

### 2:00 PM - THE CYCLE ZONE

(45 min, Spinning Studio)  
Transform your indoor cycling program using the MyZone heart rate monitor. Feel the power as you climb the mountains or sprint to the finish line.

### 2:00 PM - SPLASH DANCE

(30 min, Aqua Garden)  
No experience or high heels needed in this fun Hydrolider Aquatic Pole Dancing Class. Build strength and stamina while learning simple dance moves to music that will make you giggle. Yes, we actually use poles in the water.

### 2:00 PM - WATERCOLOR PAINTING

(120 min, Art Studio)  
Explore new, hidden, or forgotten talents. This two-hour watercolor painting class offers you the opportunity to express your feelings through simple brushstrokes. Discover the pure beauty of nature and our surroundings by taking time to stop and really notice the colors and textures of our Pennsylvania countryside and capture it on paper. Leave with a finished work of art and a new or renewed creative side.

### 2:00 PM - BLACKMORE FARM TOUR

(50 min, Blackmore Farm)  
Come experience the sights and sounds (and tastes) of The Lodge at Woodloch's working organic farm. Just a short walk from the hotel, you'll find attractions such as our vegetable garden, orchard, composting operation, mushroom logs, high tunnels, and our very own apiary. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 2:00 PM - MANIFEST YOUR HEART'S DESIRE

(90 min, Fireside Room)  
Have you ever wondered how manifestation actually works? What new experience are you looking to attract into your life? Join Shamanic Energy Healer Vanessa Hernandez and learn all about the art of manifesting. Bring your dreams to the table and let's work together on creating the next steps to your heart's desires. Learn to work WITH the energy of the Universe to support you in creating your highest vibrational life!

### 3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Tuesday's demonstration will feature Sautéed Scallops with Preserved Lemon Relish and Spiced Tortilla Chips.

### 3:00 PM - PUMP

(45 min, Oak Studio)  
The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with high-rep, dynamic weight work! Sneakers are required.

### 3:00 PM - SEATED STRETCH & STRONG

(45 min, Linden Studio)  
It's time to lengthen and strengthen! Nourish your mind, body, and spirit with this seated yoga class that uses hand weights to build muscular strength and moves to build bone density.

### 3:00 PM - CARDIO COMBO

(45 min, CardioWeight Studio)  
Ready, set, go with a solid 5,000 steps with a mix of walking/jogging/running, biking, and rowing to complete a quick 2.5 miles!

### 3:00 PM - CORE FOCUS

(45 min, Rowing Room)  
Join us for intense functional training to strengthen and tone the core, and help promote body awareness and better posture.

### 4:00 PM - IMMORTAL PUSHING STONE

(45 min, Willow Studio)  
Create your own resonance with this powerful therapeutic practice. Up your vibration with Six Healing Sounds to harmonize your vital organs. Then explore the Eight Brocade Qigong, a healing flow as smooth as silk! Take more time to invite peace and calm inward.

### 4:00 PM - PRIMAL LONGEVITY

(45 min, Oak Studio)  
Learn the importance of maintaining muscle mass for aging while living the benefits. A circuit workout mimicking the essential movements that humans have evolved to maintain since our earliest of ancestors. These simple yet challenging exercises focus on improving strength, balance, and mobility.

### 4:00 PM - HONEY BEE TALK

(50 min, Blackmore Farm)  
Spend some time with our resident beekeeper, in discussion of the life cycle of the honey bee and their environmental importance. We'll compare holistic and conventional beekeeping while displaying the components and tools necessary to start your very own apiary! \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 4:00 PM - NATUREPIX 101

(90 min, Owl's Nest)  
Expand your horizons with smartphone photography. Learn the best kept secrets to getting the most out of your cell phone pictures. Join our guides as you practice your photo taking skills on The Lodge at Woodloch's beautiful grounds. Let's get snap happy!

### 5:00 PM - INTRO TO DRAWING

(120 min, Art Studio)  
Awaken your creativity with visual expression and discover your inner artist. Drawing differs from painting in that it is much more exploratory with emphasis on observation and composition. Leave inspired by your journey to self-discovery and a picture that shows off your rejuvenated artistic energy.

### 5:00 PM - RESTORATIVE YOGA GONG BATH

(45 min, Linden Studio)  
Treat yourself to restorative yoga which prioritizes stillness and support. Pair that with a gong immersion to release tension, nourish the nervous system and quiet the mind! Bring your whole body into a deeply relaxed state!

### 5:30 PM - GARDEN DINNER (\$)

(120 min, Meet at Host Stand)  
We're switching up the typical Farm-to-Table dinner by bringing the table to the farm! The intimate two-hour tasting dinner will be led by one of our talented Chefs as they select the harvest focus for the dinner and our Sommelier will pair the dinner with wine. There is an up-charge for the intimate dinner experience of \$95 per person, which includes the wine pairing. Limited seating so please plan ahead! \*Dinners are weather dependent. Garden dinners include a garden tour prior to dinner, garden conditions may be muddy. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building. Due to satellite kitchen use and the uniquely creative & themed nature of our Harvest Lunches and Garden Dinners, allergy and dietary restriction accommodations may not be possible. Our team will reach out to you prior to the dinner to review the menu and any allergy modifications that may be necessary.

### 8:30 PM - CREATING WITH CLAY

(90 min, Art Studio)  
Experience the joy of working with your hands to create trinket trays out of air-dry clay. You will press dried leaves and flowers into the clay to create organic textures and then embellish them with stunning metallic paints.

### 8:30 PM - BINGO SINGO AND NAME THAT TUNE!

(120 min, Fireside Room)  
Based on the timeless game of bingo, Bingo Singo features the same card-based setup with the exciting twist of awesome music playlists. Filled with genre-based classics, you will find yourself singing along, dancing along, and playing to win!



HELPFUL INFO

*Activities shaded in grey have limited space and/or seating and require advanced sign up through our Spa Concierge. We ask as a courtesy to others, if you are no longer going to attend any class or activity that you have signed up for that you cancel by speaking with our Spa Concierge team. Canceling prior to the scheduled start time allows us to contact guests that are on our waitlist.*

*We also ask for the consideration of others, that you arrive at least 5 minutes before the start of any class and that you do not join any class later than the scheduled start time. Once the door of a class is closed, we ask that you join us for the next scheduled class.*

OPEN ACTIVITIES

*We invite you to participate in the following activities at your leisure during posted open times.*

*Guides will be on hand to assist you with equipment or to answer any questions that you may have.*

**ARCHERY**  
Archery Range, 1pm - 5pm

**BIKING**  
Lily Pad, 9am - 7pm

**BIRDING**  
Lily Pad, 9am - 7pm

**DISC GOLF**  
Lily Pad, 9am - 7pm

**FISHING**  
Lily Pad, 9am - 7pm

**KAYAKING**  
Dock, 9am - 7pm

**PICKLEBALL**  
Pickleball Courts, Dawn - Dusk

**STAND UP PADDLEBOARDING**  
Dock, 9am - 7pm

**S'MORES**  
Lily Pad, 9am - 7pm

**DINING**  
*Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.*

*Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.*



**BREAKFAST**  
7am to 9:30am

**LUNCH**  
11:30am to 2pm

**DINNER**  
5:30pm to 8:30pm  
*\*Please allow two hours for dinner service.*

SCHEDULED ACTIVITIES

**8:00 AM - HATHA YOGA SUN AND MOON**  
(45 min, Linden Studio)  
Hatha yoga aims to balance the sun (ha) and the moon (tha) represented as the right and left sides of the body. This is achieved by practicing asanas (postures) and pranayama (breath techniques) with awareness. The asanas are held for a long time so the body can get maximum benefits from each posture as well as helping to steady the mind.

**8:00 AM - ENERGETIC SELF CARE: LEARN HOW TO CARE FOR YOUR PERSONAL ENERGY**  
(50 min, Fireside Room East)  
Do you ever feel like you're carrying the weight of the world on your shoulders, or feel the emotions of your friends, family, and the collective during these intense times on our planet? That's probably because energetically you are! How can you help release the energy that is not yours, strengthen your own energetic field, and protect yourself from sucking in everyone else's stuff? Easy...come chat with Vanessa Hernandez and find out! Learn why and how we are affected by everyone on the planet, as well as different ways to care for your personal energy.

**8:00 AM - ZENDOODLE**  
(120 min, Art Studio)  
Unwind in this whimsical art class, where you have the freedom to unleash your creativity. Explore a selection of Zen-style patterns and create layouts as you are guided through the process of transforming your doodles into stunning designs. Add color or shading and bring them to life!

**9:00 AM - DECORATIVE BIRDHOUSES (\$)**  
(120 min, Owl's Nest)  
Be inspired by nature's gifts and design beautiful ornamental birdhouses. We provide the ornament style birdhouses and natural items, you provide the creative spirit. Your unique and natural pieces will be perfect for displaying at home, a great reminder of your time at The Lodge at Woodloch. Cost is \$20 per person.

**9:00 AM - TUSTEN MOUNTAIN HIKE**  
(180 min, Meet in Garden Hall)  
This 3-mile hike offers challenging uphill terrain and traverses rocky outcroppings to a vista overlooking the Upper Delaware River. The landscape includes abandoned bluestone quarries and glacial erratics. Bald Eagle sightings near the river are not uncommon year round. *Total Travel Time: 60 min., Hiking Time: 2 Hours.*

**9:00 AM - YOGA FOR A HEALTHY BACK**  
(45 min, Linden Studio)  
Improve overall back health by strengthening core muscles, increasing flexibility, and enhancing breathing capacity and awareness.

**9:00 AM - YOU KNEAD THIS**  
(45 min, Willow Studio)  
Learn to use therapeutic balls to achieve a self deep tissue massage. Target specific muscles and connective tissue to relax and lengthen your muscles and fascia.

**9:00 AM - DRUMS ALIVE**  
(45 min, Oak Studio)  
Drum your way to fitness results! Unique and different from every other workout you've tried before, Drums Alive captures the essence of movement and rhythm and combines it with fun. Sneakers are required.

**9:00 AM - MYZONE CIRCUIT**  
(45 min, CardioWeight Studio)  
This combination of strength and cardiovascular exercise circuit class uses the MYZONE heart monitoring system to help you keep motivated and engaged. This improves personalized results and allows you to workout at intensity levels that are right for you.

**9:00 AM - SHOCKWAVE**  
(45 min, Rowing Room)  
Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high-intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

**9:00 AM - W.A.V.E.**  
(45 min, Aqua Garden)  
Water Aerobics using Vertical Energy on the Hydro Trampoline.

**10:00 AM - SWEET SERENITY: RESTORATIVE AND YIN**  
(45 min, Willow Studio)  
This class includes the moments of calm you've been waiting for! Enjoy a restful practice that is all about slowing down while passively opening your body through gentle stretching. Without strain or pain we can achieve physical, mental and emotional relaxation.

**10:00 AM - PUSH N' PEDAL**  
(45 min, Spinning Studio)  
Boost your power as you sprint and climb through intervals and hills. Then transition smoothly into a chest and triceps workout. Strong heart, strong mind, strong body!

**10:00 AM - 45 MINUTE STRETCH**  
(45 min, Linden Studio)  
Enjoy a quick stretch before your busy day begins.

**10:00 AM - RADICAL ROW**  
(45 min, Rowing Room)  
In this righteous advanced class, get ready to be rowdy and rambunctious while radically using the rower like never before! Pikes, push-ups, and planks are included.

**10:00 AM - BARRY WHITE YOGA**  
(45 min, Oak Studio)  
Feel energized and groovy as you learn very simple yoga inspired moves to fun music including songs by, Mr. Smooth himself, Barry White and a slew of his friends. Please wear comfortable workout clothes. No sneakers required.

**10:00 AM - TRX FOR BEGINNERS**  
(45 min, CardioWeight Studio)  
This class is for the unexperienced individuals who have never tried TRX. Learn all about the TRX program and try a little bit of everything.

**10:00 AM - EDIBLE & MEDICINAL PLANT WALK**  
(90 min, Meet in Garden Hall)  
Join Heather, our Certified Herbalist, for a walk along one of The Lodge at Woodloch's woodland trails to discover the edible and medicinal plants that can be found not only throughout the region but in your very own backyard. Heather will share helpful hints for proper identification, as well as easy and efficient methods for harvesting and preparing these plants at home. Allow Heather to answer any plant questions you may have. There will be many stops along the way to meet the plants, so be sure to bring your camera and a notepad for taking notes.

**10:30 AM - OUTDOOR WATERCOLOR PAINTING**  
(90 min, FireCircle Patio)  
Experience the natural splendor of summer outdoors through the art of watercolor painting. Discover various techniques, experiment with shapes and hues, and create your own masterpiece to cherish. This class is weather permitting and will be moved indoors into the Art Studio in case of inclement weather.

**11:00 AM - COOKING DEMONSTRATION**  
(50 min, Chef's Kitchen)  
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Wednesday's demonstration will feature Asparagus Bacon Tart with a Spring Greens Salad and Spring Onion Vinaigrette.

**11:00 AM - THE BARRE**  
(45 min, Oak Studio)  
Experience a low-impact class that is a fusion of Pilates, yoga, and ballet-inspired moves for beautiful, sculpted, lean muscles. The exercises use the ballet barre and your body weight to challenge core stability and balance.

**11:00 AM - CHAKRA MEDITATION**  
(45 min, Willow Studio)  
Through chakra meditation, you can improve the balance of your key chakras and bring your health and mental attitude into a more peaceful state.

**11:00 AM - LET'S ROLL**  
(45 min, Linden Studio)  
During this class you will roll your body weight along a firm foam roller, deeply massaging your muscles to help improve the way your body moves and feels.

**11:00 AM - L.E.G.S.**  
(45 min, Rowing Room)  
Lower body Exercises and Glute Strengthening.

**11:00 AM - TRX: TABATA**  
(45 min, CardioWeight Studio)  
This is a Level 3 class for anyone looking to push their fitness to the next level. Includes timed intervals of TRX and plyometrics.



## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - TOWER POWER

(45 min, Rowing Room)  
The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance posture awareness.

### 12:00 PM - KETTLEBELL BOOT CAMP

(45 min, Oak Studio)  
Boot camp training has swept the nation! In an action-packed aerobic circuit, feel the burn using kettlebells. A quick paced, highly motivating workout that builds muscle and increases stamina.

### 12:00 PM - THE LIFT YOU NEED

(45 min, Willow Studio)  
Come join this low-impact, informative class where you will be led through common and uncommon exercises including breathing patterns to help strengthen your back, core, and pelvic floor.

### 12:00 PM - PICKLEBALL FOR BEGINNERS

(45 min, Pickleball Courts)  
Learn the basics of pickleball and what every beginner must know in order to start playing.

### 12:00 PM - GNOME ROOM

(90 min, Meet in Garden Hall)  
Get outside and have some fun with our guides. We will wander around our beautiful 500 acres searching for The Lodge At Woodloch Gnomes. This activity is based on the tradition of geocaching. We will use handheld GPS units to assist us in locating our forest neighbors. Bring your camera for some fun photos with you and the Gnomes.

### 12:15 PM - CHEF'S HARVEST LUNCH AT BLACKMORE FARM (\$)

(90 min, Blackmore Farm)  
We pride ourselves in serving local fare, but how often are you able to get out and experience where the food actually comes from? Join us at Blackmore Farm for a 4-course chef-led lunch, complete with a tour of the farm and meet our farmers who supply The Lodge at Woodloch with so much delicious produce! This culinary experience features produce hand-selected right from our garden, local farms and purveyors, and local craft beer and hand-selected wines are included. Alcohol free options are also available.. There is an up-charge for the intimate lunch experience of \$35 per person. *\*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building. Due to satellite kitchen use and the uniquely creative & themed nature of our Harvest Lunches and Garden Dinners, allergy and dietary restriction accommodations may not be possible. Our team will reach out to you prior to the lunch to review the menu and any allergy modifications that may be necessary.*

### 12:30 PM - CHAKRA BEAD CLASS (\$)

(60 min, Art Studio)  
Balance your chakras and lift your spirits by selecting from mala beads to create a beautiful and meaningful energy bracelet. Cost is \$15 per person.

### 1:00 PM - FOREST BATHING

(110 min, Meet in Garden Hall)  
Join one of our Certified Forest Bathing experts for a slow and contemplative walk that will focus on keeping the body and mind in the present while teaching techniques for deep breathing and mind-body awareness. Research shows that there is a marked decrease in stress-related hormones, a decrease in heart rates, lowered blood pressure, among other monumental benefits. Come and enjoy the healing powers of the nature that surrounds us.

### 1:00 PM - WHAT'S MY DOSHA

(45 min, Linden Studio)  
Come learn the basics about doshas from the Indian medical system of Ayurveda! We will take a test to identify your particular doshas and learn how to use the dosha system to help you gain more balance in your everyday life.

### 1:00 PM - DREAM SHIFTING JOURNEY

(45 min, Willow Studio)  
Ancient cultures were deeply connected to the intelligence of the Universe. They believed that the world is the way we dream it, and that everything we do, we dream first. Using the sound of a drum or a rattle, we'll journey into the space between worlds to experience the power of dreamshifting. We'll meet a spirit guide and ask for information about our personal dream and the actions we need to take to fulfill our roles as conscious dreamshifters in the modern world.

### 1:00 PM - AFTERNOON STRETCH

(25 min, Oak Studio)  
Get a quick boost of energy from this very gentle stretch class.

### 1:00 PM - OPEN PLAY PICKLEBALL

(45 min, Pickleball Courts)  
Missing your weekly game of Pickleball? If you are an established player that knows how to play and score, but didn't bring a partner, Open Play is for you! In the spirit of Open Play, everyone gets to play with different players in a recreational and fun setting. Lessons are available at Pickleball for Beginners for true beginners.

### 2:00 PM - HATCHET THROWING

(50 min, Hatchet Range)  
Want a woody challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 2:00 PM - FLY TYING

(50 min, Owl's Nest)  
Join our in-house fly fishing guide, Jim, as he teaches the art of crafting your own flies. You will be introduced to the tools, materials, and techniques used in modern-day fly tying.

### 2:00 PM - HIPPIE YOGA

(45 min, Linden Studio)  
Hip opener yoga poses - great for people with tight hips.

### 2:00 PM - PUMP

(45 min, Oak Studio)  
The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with highrep, dynamic weight work! Sneakers are required.

### 2:00 PM - INNER SMILE MEDITATION

(45 min, Willow Studio)  
In this guided meditation, smiling energy is directed into the organs, muscles, glands, and body systems to produce a refined quality of internal energy with the power to relax, heal, and rejuvenate. This ancient, simple, and loving practice transforms stress into vitality.

### 2:00 PM - AQUA TABATA

(45 min, Aqua Garden)  
A challenging pool workout using the Tabata technique of high-intensity cardio and alternating rest periods for a great, non-impact total body workout.

### 2:00 PM - BLACKMORE FARM TOUR

(50 min, Blackmore Farm)  
Come experience the sights and sounds (and tastes) of The Lodge at Woodloch's working organic farm. Just a short walk from the hotel, you'll find attractions such as our vegetable garden, orchard, composting operation, mushroom logs, high tunnels, and our very own apiary. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 2:00 PM - CREATE WITH INKS!

(60 min, Art Studio)  
Be inspired by the beauty of the natural world and create a masterpiece using alcohol inks on photo paper. By using a quill you will be able to capture those intricate details that help add a degree of depth to your piece, making it truly remarkable.

### 2:30 PM - WEST FALLS CREEK TRAIL HIKE

(90 min, Meet in Garden Hall)  
Join our guides on an easy 2-mile hike. The trail meanders through a rustic farm property, and everchanging wetlands. Enjoy strolling through towering pines, ancient apple trees, and lush wild meadows

### 3:00 PM - TIPPITY TOES TAP

(45 min, Rowing Room)  
Big smiles will appear when you learn to tap dance with over-the-shoe taps.

### 3:00 PM - JUMP AND JIVE

(45 min, Oak Studio)  
Join us for this unique class combining intervals of trampolining and hula hooping for a full body, low impact workout. Be prepared to sweat and smile like never before! Sneakers required. No leg, ankle, or foot injuries.

### 3:00 PM - CHI GONG

(45 min, Willow Studio)  
Movement and meditation are used to unite and harmonize the spirit of the five organs governed by each element. A series of exercises: Ocean Breathing, Inner Smile, and Toning the Six Healing Sounds, activate the Chi (universal energy).

### 3:00 PM - THE GREAT WALL OF YOGA

(45 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

### 3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Wednesday's demonstration will feature Asparagus Bacon Tart with a Spring Greens Salad and Spring Onion Vinaigrette.

### 3:00 PM - HATCHET THROWING

(50 min, Hatchet Range)  
Want a woody challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 3:30 PM - PAPER MARBLING

(60 min, Art Studio)  
Come have fun with inks, water, and paper to create an original piece of art or stationary!

### 4:00 PM - HATCHET THROWING

(50 min, Hatchet Range)  
Want a woody challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 4:00 PM - WILD MEDICINAL TEAS

(60 min, Owl's Nest)  
Have you ever tried tea made from Birch bark and Pine needles? Why not spice up your sweet tea with Sweet Fern Tea? Join Heather, our Certified Herbalist, in sampling an herbal tea using wild plants harvested from the forests and meadows of Woodloch. Learn the myriad of uses for these plants and how to harvest and prepare them yourself.

### 4:00 PM - VINYASA FLOW (6/19 YOGA RESET, 75 MIN)

(45 min, Willow Studio)  
A flowing, dynamic form of yoga, linking smooth body movements with breath. Challenging postures will be used to help build endurance, flexibility, and strength. Prior yoga experience recommended.

### 4:00 PM - BREATHE & CHANGE YOUR LIFE

(45 min, Linden Studio)  
Open the mind as you learn to focus your attention within and experience simple ways in which you can enhance your body's energy levels while cleansing and rebalancing.

### 5:00 PM - SHRUTI SPIRIT SOUND BATH

(45 min, Linden Studio)  
The Shruti Box is a beautiful musical instrument that opens the heart, quiets the mind, and elevates the spirit. Relax as you listen to its hypnotic sound, along with soft vocal toning, chimes, and crystal bowls. Enter the sacred realm of your own deep healing and inner peace.

### 7:00 PM - EVENING KAYAKING

(60 min, Lily Pad)  
End your day with a relaxing, guided exploration of the lake and wetlands as the lilies close and the fish seek out the evening hatch. Ducks, blue herons, and beavers are frequently encountered as they too prepare for the night.

### 8:00 PM - WATERCOLOR PAINTING

(120 min, Art Studio)  
Explore new, hidden, or forgotten talents. This two-hour watercolor painting class offers you the opportunity to express your feelings through simple brushstrokes. Discover the pure beauty of nature and our surroundings by taking time to stop and really notice the colors and textures of our Pennsylvania countryside and capture it on paper. Leave with a finished work of art and a new or renewed creative side.

### 8:30 PM - MOVIE NIGHT AT BLACKMORE FARM

(120 min, Blackmore Farm)  
Whether or not the stars are out in the sky, they will be on the big screen at Blackmore Farm. Sam, one of our organic farmers has selected one of his favorite films to showcase in this week's movie night. Join us this week under the night sky as he presents *Big Fish*. *Big Fish* is a heartwarming story of a son who tries to tell the facts from fiction from his father's life story.

### 8:30 PM - THE FIZZ LOVER'S GUIDE: DECODING SPARKLING WINE (\$)

(45 min, Garden View Room)  
Whether it's Champagne, Prosecco, or Cava, we've all tasted sparkling wine, at the very least around the holidays or when celebrating a special occasion, yet many of us have no idea what the difference is—or how they even get the bubbles into the wine in the first place. Let us taste through a variety of Fizz and explore the legends behind the bubbles. Guests must be at least 21 years of age to participate. Cost is \$35 per person.



## HELPFUL INFO

*Activities shaded in grey have limited space and/or seating and require advanced sign up through our Spa Concierge. We ask as a courtesy to others, if you are no longer going to attend any class or activity that you have signed up for that you cancel by speaking with our Spa Concierge team. Canceling prior to the scheduled start time allows us to contact guests that are on our waitlist.*

*We also ask for the consideration of others, that you arrive at least 5 minutes before the start of any class and that you do not join any class later than the scheduled start time. Once the door of a class is closed, we ask that you join us for the next scheduled class.*

## OPEN ACTIVITIES

*We invite you to participate in the following activities at your leisure during posted open times.*

*Guides will be on hand to assist you with equipment or to answer any questions that you may have.*

### ARCHERY

Archery Range, 1pm - 5pm

### BIKING

Lily Pad, 9am - 7pm

### BIRDING

Lily Pad, 9am - 7pm

### DISC GOLF

Lily Pad, 9am - 7pm

### FISHING

Lily Pad, 9am - 7pm

### KAYAKING

Dock, 9am - 7pm

### PICKLEBALL

Pickleball Courts, Dawn - Dusk

### STAND UP PADDLEBOARDING

Dock, 9am - 7pm

### S'MORES

Lily Pad, 9am - 7pm

### IMBIBE & VIBE

FireCircle Patio, 8pm - 10pm

Join us for live music and drinks around the FireCircle after dinner (weather permitting). Patio bar service will be available.

## DINING

*Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.*

*Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.*

### BREAKFAST

7am to 9:30am

### LUNCH

11:30am to 2pm

### DINNER

5:30pm to 8:30pm

*\*Please allow two hours for dinner service*



## SCHEDULED ACTIVITIES

### 6:30 AM - FITNESS WALK

(60 min, Meet in Garden Hall)  
Greet the day with an invigorating 3-mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required.

### 7:30 AM - BASICS OF STAND UP PADDLEBOARDING

(60 min, Lily Pad)  
Experience this popular water sport on Little Lake Teedyuskung, our guides will be available to assist you with tips and techniques as you paddle on our beautiful 15 acre glacial lake.

### 8:00 AM - GUIDED FLY FISHING TRIP (\$)

(240 min, Meet in Garden Hall)  
Join our in-house fly fishing guide, Jim, on a half-day walk and wade guided fly fishing trip on the pristine Lackawaxen River. Whether you are a seasoned angler or a beginner, you will receive personalized instruction and support to help you catch some beautiful Pennsylvania trout. All equipment, plus snacks and drinks, are provided. A Pennsylvania fishing license is required for all participants - it is the responsibility of the participant to obtain the license and have it on the trip. Please sign-up for this activity by 7pm the evening prior to the event. Fishing is catch and release. Cost is \$250 per person.

### 8:00 AM - PILATES MAT

(45 min, Oak Studio)  
Developed for beginners to intermediate levels, this popular Pilates mat form of "mind-body" exercise helps improve core muscle strength, flexibility, balance and posture.

### 8:00 AM - AM STRETCH & MEDITATION

(45 min, Willow Studio)  
Create space for a new day with an opening and lengthening stretch. Then set your intention with gentle and loving awareness.

### 8:00 AM - SHAMANIC SERENITY: GUIDED MEDITATION & HANDS-ON HEALING

(50 min, Fireside Room)  
Honor your vessel and Shamanic Energy Healer Vanessa Hernandez in a sacred space of serenity and self-care. Lay back on your mat, rest those eyes, and surrender to a channeled guided meditation and Reiki Shamanic energy healing. Using essential oils, singing bowls, rattles, chimes, and oracle cards, we will strengthen your connection with your Spirit team, align your energetic body, and bring you back home to yourself.

### 9:00 AM - BOX N' BURN

(45 min, CardioWeight Studio)  
Get ready to feel unstoppable with an intense boxing series! Try this high intensity interval training session that will leave you breathless and high on endorphins with a major focus on conditioning and core work. You will experience three rounds of bag work, mitt, and core/conditioning to give you a sweat-dripping workout.

### 9:00 AM - ZUMBA

(45 min, Oak Studio)  
Zumba fuses Latin rhythms and easy-to-follow moves to help you experience an exhilarating, caloric-burning, body energizing blast of a class. Sneakers are required.

### 9:00 AM - TOWER POWER

(45 min, Rowing Room)  
The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance postural awareness.

### 9:00 AM - WALKING MEDITATION

(45 min, Meet in Garden Hall)  
Learn standing postures for grounding and centering, while practicing the art of walking peacefully along the path to mindfulness and relaxation.

### 9:00 AM - YOU KNEAD THIS

(45 min, Willow Studio)  
Learn to use therapeutic balls to achieve a self deep tissue massage. Target specific muscles and connective tissue to relax and lengthen your muscles and fascia.

### 9:00 AM - INTENSE STRETCH FOR MOBILITY

(45 min, Linden Studio)  
Release tight muscles for added flexibility and fluidity with a combination of legs up the wall for hips, hamstrings, and low back along with stick mobility for shoulders and upper back. Must be able to get up and down off of the floor.

### 9:00 AM - ABSTRACT PAINTING

(60 min, Art Studio)  
Open your mind to the world of abstract painting! While standing at your desk you will connect with your chakras allowing your feelings to flow freely, releasing a wealth of inner creativity. After a demonstration from the instructor, you will use flow acrylics, inks, collage pieces, and newsprints to create your masterpiece.

### 9:30 AM - TENKARA

(50 min, Lily Pad)  
Join our fly-fishing guides for an introduction to Tenkara, a simplified, Japanese style of fly fishing. They will discuss a little bit of the history, then go into equipment and set up. You will learn the differences between Tenkara and conventional fly tackle, flies, and also have the opportunity to cast these unique rods.

### 9:30 AM - BLACKMORE FIELD & FOREST HIKE

(120 min, Meet in Garden Hall)  
A glacial bog, mixed wood forests, our farm-to-table garden, and an orchard await you on this easy 2 plus mile on-property hike.

### 10:00 AM - T'AI CHI

(45 min, Willow Studio)  
The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

### 10:00 AM - TRX: TOTAL BODY

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

### 10:00 AM - TRIFECTA

(45 min, Oak Studio)  
20 minutes of step aerobics, followed by 20 minutes of strength conditioning, and finish with core, balance, and flexibility training. Not recommended for those with knee or ankle issues.

### 10:00 AM - SHOCKWAVE

(45 min, Rowing Room)  
Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high-intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

### 10:00 AM - PICKLEBALL FOR BEGINNERS

(45 min, Pickleball Courts)  
Learn the basics of pickleball and what every beginner must know in order to start playing.

### 11:00 AM - NATURE JOURNALING

(90 min, Owl's Nest)  
Join us in a nature-based journaling class that will help enhance your personal perspective by engaging your five senses and exploring your deeper self in the beautiful outdoors. You will learn how to start a journaling practice that you can continue long after your time at The Lodge at Woodloch. This class will begin with an indoor component and then move outdoors as you embrace the nature that surrounds us!

### 11:00 AM - WATERCOLOR FLOWER STUDY

(60 min, Art Studio)  
Take a step into simplicity by painting one petal at a time. Beautiful flowers will be used as an inspiration and guide as we explore this pure form of watercolor painting.

### 11:00 AM - COUNTRY FUSION

(45 min, Oak Studio)  
No cowboy boots required while you step, hitch and YEE HAW in this beginner cardio line dancing class.

### 11:00 AM - HEALING SOUNDS MEDITATION

(45 min, Willow Studio)  
In this meditation, we use soft vocal sounds to cleanse, tone and detoxify the organs. Crystal bowls then fill the room with healing vibrations to restore balance and serenity, facilitating an inner journey.

### 11:00 AM - THE CYCLE ZONE

(45 min, Spinning Studio)  
Transform your indoor cycling program using the MyZone heart rate monitor. Feel the power as you climb the mountains or sprint to the finish line.

### 11:00 AM - W.A.V.E.

(45 min, Aqua Garden)  
Water Aerobics using Vertical Energy on the Hydro Trampoline.

### 11:00 AM - HOLISTIC HEALING WITH FOOD

(50 min, Garden View Room)  
"Let food be thy medicine and thy medicine shall be thy food." -Hippocrates  
Hippocrates wrote centuries ago about the direct connection between food and our health and longevity. Learn a fresh approach to healthy eating, and why such a diet will have more influence in determining your longevity than your genetics





## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - MEDITATION TO RUMI'S POETRY

(45 min, Willow Studio)  
Rumi, the great 13th century mystic poet, expressed his awakened consciousness through his passionate poetry. Today he is the most widely read poet in the world. In this meditation we'll listen deeply to Rumi's words, immersing in the beauty and blazing fire of his divine love. We'll invite him into our hearts to inspire and illuminate our lives.

### 12:00 PM - THE ENGINE ROOM CREW

(45 min, Rowing Room)  
The unique format of this Indo-Row class captures all the elements of competitive, on-water rowing, creating a class that is fast-paced and engaging from the first minute. From "Skills and Drills" to "Waves and Recoveries," and the final build up to a friendly but competitive "Race," Indo-Row quickly converts first-timers to devoted team members.

### 12:00 PM - TRX YOGA

(45 min, CardioWeight Studio)  
TRX YOGA is a style of vinyasa yoga that uses the TRX Suspension Trainer as a helping hand to make you feel safe to explore a deeper stretch, try new poses, and advance your practice.

### 12:00 PM - PUMP

(45 min, Oak Studio)  
The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with high-rep, dynamic weight work! Sneakers are required.

### 12:00 PM - THE BITTER TRUTH ABOUT SUGAR

(50 min, Garden View Room)  
It is a well-documented fact that sugar is a contributing factor to all-around poor health, not to mention weight gain. This presentation will discuss the effect sugar has on our bodies and the problems that may arise from eating too much sugar.

### 12:00 PM - CRYSTALS AND STONES: A POWERFUL TOOL FOR YOUR AWAKENING JOURNEY (\$)

(90 min, Fireside Room East)  
Join Vanessa Hernandez, a Reiki Shamanic Energy Healer, for a unique crystal healing experience. Receive your own crystal, learn how to use it, care for it, and incorporate it into your life. Experience guided visualization to align your energy with your crystal's frequency and unlock its potential for gifts, surprises, prosperity, and abundance. Plus, enjoy Reiki Shamanic Energy Healing, a 3-card oracle pull, essential oils, and take home your Reiki-infused crystal. Bring your own crystals too! Cost is \$20 per person.

### 12:30 PM - FARM CRAFTED COCKTAILS & MIMOSAS (\$)

(45 min, Blackmore Farm)  
Our Alchemy Farm Team will lead you through a hands on class on how to create two seasonal cocktails with fresh ingredients found right in our own Blackmore Herb garden. Guests will have the opportunity to create their own signature cocktails at the designated bar stations during the cocktail session. Each guest will take home easy to follow recipe cards to recreate the drinks at home. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

### 1:00 PM - ALCOHOL INKS ON PORCELAIN TILE (\$)

(60 min, Art Studio)  
Create a set of four coasters using alcohol inks on porcelain tiles. You can bring your own ideas or be inspired by the samples in the studio. Cost is \$15 per person.

### 1:00 PM - CULINARY NUTRITION

(50 min, Garden View Room)  
Join Talia, Holistic Nutritionist, for a fun and informative class in which she will discuss the health benefits of ancient practices, such as soaking nuts and seeds to make your own dairy-free milks. Talia will introduce easy recipes for homemade almond milk, coconut milk, and cashew cheese.

### 1:00 PM - AFTERNOON STRETCH

(25 min, Linden Studio)  
Get a quick boost of energy from this very gentle stretch class.

### 1:00 PM - BLISSFUL BRAIN MEDITATION

(45 min, Willow Studio)  
Learn an easy and powerful meditation technique that produces a coherent brain state by combining several modalities, including tapping, mindfulness and compassionate heart breathing. Just 15 minutes a day has been shown to produce noticeable changes in brain waves, enhancing the state of flow associated with health, relaxation and creativity.

### 1:00 PM - OPEN PLAY PICKLEBALL

(45 min, Pickleball Courts)  
Missing your weekly game of Pickleball? If you are an established player that knows how to play and score, but didn't bring a partner, Open Play is for you! In the spirit of Open Play, everyone gets to play with different players in a recreational and fun setting. Lessons are available at Pickleball for Beginners for true beginners.

### 1:00 PM - NUNCHAKAU FOR BEGINNERS

(20 min, Oak Studio)  
Now's your chance to do something you secretly wanted to do since you were a kid. Learn how to perform realistic combat and traditional Nunchaku techniques buy using foam filled nunchakus.

### 1:30 PM - PRIMITIVE FIRE MAKING

(90 min, Lily Pad)  
Test your determination and patience learning how to make fire. With traditional fire starting tools take home this skill and impress anyone by creating fire using primitive methods.

### 2:00 PM - SPLASH DANCE

(30 min, Aqua Garden)  
No experience or high heels needed in this fun Hydroider Aquatic Pole Dancing Class. Build strength and stamina while learning simple dance moves to music that will make you giggle. Yes, we actually use poles in the water.

### 2:00 PM - MEDITATION 101

(45 min, Willow Studio)  
Explore the many styles of meditation. Perfect for the newbie or the curious. Handouts will be given to help you continue your practice when you get home.

### 2:00 PM - ARMS, CHEST, AND BACK

(45 min, Oak Studio)  
This functional training class will tone and strengthen your upper body while teaching you stretches to keep you flexible. This class is not recommended if you have any injuries.

### 2:00 PM - HARD CORE HULA

(45 min, Linden Studio)  
Shake your hips to hard rock classics as you get a full body workout in this nontraditional hula hoop styled class. You'll be surprised at how many ways you can use a hula hoop. All levels welcome, sneakers required.

### 2:00 PM - BLACKMORE FARM TOUR

(50 min, Blackmore Farm)  
Come experience the sights and sounds (and tastes) of The Lodge at Woodloch's working organic farm. Just a short walk from the hotel, you'll find attractions such as our vegetable garden, orchard, composting operation, mushroom logs, high tunnels, and our very own apiary. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 2:30 PM - CLOUD CREATIONS

(60 min, FireCircle Patio)  
Come step outside and revisit a favorite childhood memory, looking up at the clouds. Using a new technique with alcohol inks and isopropyl alcohol you will be able to create a beautiful painting of the clouds above us. This class is weather permitting and will be moved indoors into the Art Studio in case of inclement weather.

### 3:00 PM - THE GREAT WALL OF YOGA

(45 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

### 3:00 PM - 12-3-30

(45 min, CardioWeight Studio)  
This low-impact treadmill workout will burn fat while keeping your knees, hips, lower back, and ankles safe. Curious? Give it a try!

### 3:00 PM - BUTTS & GUTS

(45 min, Oak Studio)  
This class uses the step, bands, kettlebells and your own body weight to primarily work on the glutes and abdominal muscles. Remember: The Only Bad Workout is the One You Didn't Do.

### 3:00 PM - PICKLEBALL FOR BEGINNERS

(45 min, Pickleball Courts)  
Learn the basics of pickleball and what every beginner must know in order to start playing.

### 3:00 PM - LIGHT & EASY HEALTHY DISHES

(50 min, Chef's Kitchen)  
Introducing more fresh food into your diet is a great way to eat less meat, less processed food, and more fruits and vegetables. Join Talia, natural foods chef, certified holistic health counselor and culinary nutritionist, for a fun and informative cooking demonstration, and discover how fresh raw food can be delicious, healthful and easy to prepare.

### 4:00 PM - THE WIND DOWN

(45 min, Willow Studio)  
This is a perfect before cocktails and dinner, stretch out, chill out, wind down to your day. You will wander out of class feeling supple and relaxed.

### 4:00 PM - BAND TOGETHER

(45 min, Linden Studio)  
By combining light resistance, deep core exercises, and cardio bursts using just bands and tubing, you'll maximize your results without lifting a thing. Not for those with knee or hip issues.

### 4:00 PM - NATUREPIX 101

(90 min, Owl's Nest)  
Expand your horizons with smartphone photography. Learn the best kept secrets to getting the most out of your cell phone pictures. Join our guides as you practice your photo taking skills on The Lodge at Woodloch's beautiful grounds. Let's get snap happy!

### 5:00 PM - SOUND IMMERSION

(45 min, Linden Studio)  
Everything in life causes stress in one way or another. When we begin to experience high levels of stress, our physical bodies feel the effects. Join us on an ancient meditation journey where you will be immersed in waves of sound. Reset, destress and decompress all of your worries away! No meditation experience required.

### 5:30 PM - GARDEN DINNER (\$)

(120 min, Meet at Host Stand)  
We're switching up the typical Farm-to-Table dinner by bringing the table to the farm! The intimate two-hour tasting dinner will be led by one of our talented Chefs as they select the harvest focus for the dinner and our Sommelier will pair the dinner with wine. There is an up-charge for the intimate dinner experience of \$95 per person, which includes the wine pairing. Limited seating so please plan ahead! \*Dinners are weather dependent. Garden dinners include a garden tour prior to dinner, garden conditions may be muddy.\*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building. Due to satellite kitchen use and the uniquely creative & themed nature of our Harvest Lunches and Garden Dinners, allergy and dietary restriction accommodations may not be possible. Our team will reach out to you prior to the dinner to review the menu and any allergy modifications that may be necessary.

### 6:15PM - DARK MOON FIRE OFFERING: THE FOUR POWERS

(75 min, Owl's Nest)  
In this unique offering, you will learn the fundamental rules of how karma works, and The Four Powers, a method for clearing "bad karma" (things we've thought, said, or done that will hurt us in the future) from one of our professionals who has studied ancient texts on karma with The Dalai Lama. Then you will do a fire offering: a powerful and beautiful method for working with karma which will leave you feeling clear, grounded, and light. The dark moon is an especially auspicious time for releasing negativity and setting new intentions as we begin things anew in the lunar cycle!

### 8:00 PM - INTRO TO DRAWING

(120 min, Art Studio)  
Awaken your creativity with visual expression and discover your inner artist. Drawing differs from painting in that it is much more exploratory with emphasis on observation and composition. Leave inspired by your journey to self-discovery and a picture that shows off your rejuvenated artistic energy.

### 8:30 PM - BINGO & TRIVIA

(120 min, Fireside Room)  
Join us for a fun-filled evening of games! Arrive at your leisure, as multiple games will be played. We will start with Bingo and then move on to a trivia game! Winners of games will receive a special Lodge at Woodloch gift.

### 8:30 PM - IRISH WHISKEY TASTING (\$)

(45 min, FireCircle Patio)  
Listen, learn, laugh, and have a good craic during this fireside Irish whiskey tasting with Amy, our newest Irish whiskey certificate holder. Learn the history of the spirit and its importance in both Ireland's history as well as our own "Spirit"ual journey. Guests must be at least 21 years of age to participate. Cost is \$35 per person.



## HELPFUL INFO

*Activities shaded in grey have limited space and/or seating and require advanced sign up through our Spa Concierge. We ask as a courtesy to others, if you are no longer going to attend any class or activity that you have signed up for that you cancel by speaking with our Spa Concierge team. Canceling prior to the scheduled start time allows us to contact guests that are on our waitlist.*

*We also ask for the consideration of others, that you arrive at least 5 minutes before the start of any class and that you do not join any class later than the scheduled start time. Once the door of a class is closed, we ask that you join us for the next scheduled class.*

## OPEN ACTIVITIES

*We invite you to participate in the following activities at your leisure during posted open times.*

*Guides will be on hand to assist you with equipment or to answer any questions that you may have.*

### ARCHERY

Archery Range, 1pm - 5pm

### BIKING

Lily Pad, 9am - 7pm

### BIRDING

Lily Pad, 9am - 7pm

### DISC GOLF

Lily Pad, 9am - 7pm

### FISHING

Lily Pad, 9am - 7pm

### KAYAKING

Dock, 9am - 7pm

### PICKLEBALL

Pickleball Courts, Dawn - Dusk

### STAND UP PADDLEBOARDING

Dock, 9am - 7pm

### S'MORES

Lily Pad, 9am - 7pm

### IMBIBE & VIBE

FireCircle Patio, 8pm - 10pm

Join us for live music and drinks around the FireCircle after dinner (weather permitting). Patio bar service will be available.

## DINING

*Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.*

*Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.*

### BREAKFAST

7am to 9:30am

### LUNCH

11:30am to 2pm

### DINNER

5:30pm to 8:30pm

*\*Please allow two hours for dinner service.*



## SCHEDULED ACTIVITIES

### 7:00 AM - TRX: EXPRESS STRETCH

(25 min, CardioWeight Studio)

Learn different ways to stretch your entire body using the TRX system.

### 8:00 AM - SHOCKWAVE

(45 min, Rowing Room)

Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high-intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

### 8:00 AM - T'AI CHI

(45 min, Willow Studio)

The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

### 8:00 AM - STRETCH & TONE

(45 min, Oak Studio)

Experience a total body workout that will improve your flexibility and circulation. Stretch to release stress and tension while keeping your muscles long and agile.

### 8:00 AM - BASICS OF BIRDING

(90 min, Owl's Nest)

With binoculars and books in hand, join our guides for a walk around our lush 500 acre property to seek out and identify these winged beauties. This class, designed for beginners, will give tips and pointers on how to prepare for and get started in the world of birding.

### 9:00 AM - GENTLE YOGA

(45 min, Linden Studio)

Explore the basics of Ancient Yoga through postures, breath work, and meditation. Designed for beginners, although all levels are welcome.

### 9:00 AM - RADICAL ROW

(45 min, Rowing Room)

In this righteous advanced class, get ready to be rowdy and rambunctious while radically using the rower like never before! Pikes, push-ups, and planks are included.

### 9:00 AM - THE 100'S

(45 min, Oak Studio)

This class is a plateau breaker. This type of workout targets slow-twitch muscle fibers and permanently enhances blood flow for firmer and stronger muscles.

### 9:00 AM - MANTRA MEDITATION WITH HARMONIUM

(45 min, Willow Studio)

The harmonium is a hand pump organ that has been used for chanting for over a century in India. Using the harmonium is a perfect way to free the mind from anxieties & worries so you focus on your own personal mantra (Mana - mind, tra - free).

### 9:00 AM - W.A.V.E.

(45 min, Aqua Garden)

Water Aerobics using Vertical Energy on the Hydro Trampoline.

### 9:00 AM - OPEN PLAY PICKLEBALL

(45 min, Pickleball Courts)

Missing your weekly game of Pickleball? If you are an established player that knows how to play and score, but didn't bring a partner, Open Play is for you! In the spirit of Open Play, everyone gets to play with different players in a recreational and fun setting. Lessons are available at Pickleball for Beginners for true beginners.

### 9:00 AM - MINIATURE VIGNETTES

(120 min, Art Studio)

Explore the world of colors, patterns, and textures while creating a beautiful collection of miniature vignettes. Using a variety of mediums you will embrace the abstract style of art and create a true masterpiece.

### 9:00 AM - DORFLINGER HIKE

(180 min, Meet in Garden Hall)

The former estate of glassmaker Christian Dorflinger is now the home to an extraordinary sanctuary. This easy-moderate 3-mile hike winds through the woods, crosses several fields, and visits two ponds. The terrain is mostly level and trail conditions can be wet. *Total Travel Time: 30 min., Hiking Time: 2 hours*

### 10:00 AM - GUIDED LABYRINTH WALK

(45 min, Meet in Garden Hall)

Learn how to use the labyrinth for meditation practice, a serene mindfulness in motion. This is a wonderful practice for those who find it difficult to quiet the mind and body during seated meditation.

### 10:00 AM - BACK TO YOUR ROOTS

(45 min, Willow Studio)

Also called "Muladhara" ("mula" meaning "root", "adhara" meaning "support"), the root chakra is the first chakra. When this chakra is blocked, we may experience tight hips, feeling "ungrounded", and digestive issues. Find grounding and the support system within through yoga poses, sound, and color meditation.

### 10:00 AM - TRX: TOTAL BODY

(45 min, CardioWeight Studio)

The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

### 10:00 AM - ZUMBA

(45 min, Oak Studio)

Zumba fuses Latin rhythms and easy-to-follow moves to help you experience an exhilarating, caloric-burning, body energizing blast of a class. Sneakers are required.

### 10:00 AM - KENPO CARDIO

(45 min, Linden Studio)

This P90X Plus workout is a fusion of cardio and Kenpo karate with the intensity cranked up to 11. It's a fastpaced, all-out session that will improve your stamina, balance, and agility. Sneakers are required.

### 10:00 AM - PICKLEBALL FOR BEGINNERS

(45 min, Pickleball Courts)

Learn the basics of pickleball and what every beginner must know in order to start playing.

### 10:30 AM - WILDFLOWER WALK

(90 min, Meet in Garden Hall)

Join our Nature Guide as we explore the beautiful forests and fields that surround The Lodge at Woodloch seeking out the seasonal floral gifts Mother Nature provides us.

### 11:00 AM - HEALTHY SMOOTHIE DEMONSTRATION

(50 min, Chef's Kitchen)

One of the easiest and simplest ways to get all the nutrients your body needs is to consume a green drink - it packs more nutrients in one glass than a full plate of salad. In this demonstration, we will introduce you to combinations of nutritious and delicious smoothies. A homemade almond milk demonstration will also be included.

### 11:00 AM - VIBE AND RELAX

(45 min, Linden Studio)

Up your vibration and feel better! Learn meridian tapping, Myofascial release, and how to be present to recognize your daily energetic wave. Then integrate our self care practice with a crystal-infused deep relaxation!

### 11:00 AM - PUMP

(45 min, Oak Studio)

The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with high-rep, dynamic weight work! Sneakers are required.

### 11:00 AM - CONES AND LADDERS

(45 min, CardioWeight Studio)

This exhilarating combination of footwork and agility drills will challenge everyone's athletic side. This workout combines upper and lower body drills for an intense cardio workout.

### 11:00 AM - TOWER POWER

(45 min, Rowing Room)

The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance postural awareness.

### 11:30 AM - PASTELS

(90 min, Art Studio)

Embrace velvety rich colors with magic at every stroke. Pastels offer a softer side and meld the worlds of painting and drawing together. Join us to discover the softer side of color expression.



## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - SPINNING

(45 min, Spinning Studio)  
Ride like the wind in this indoor cycling class. All levels are welcome. Clips are SPD.

### 12:00 PM - BOOGIE WOOGIE LINE DANCIN'

(45 min, Rowing Room)  
Easy dance moves that don't require you to coordinate moves with a partner. All types of music, all types of fun.

### 12:00 PM - HUMMING MEDITATION

(45 min, Linden Studio)  
Did you know that the most powerful instrument for healing is our own voice? The simplest and most profound sound we can make is the hum, which produces a vibro-acoustic effect like an internal massage. In this class you will learn an easy and effective humming technique that will help you reduce stress, improve sleep and empower manifestation.

### 12:00 PM - AQUA TABATA

(45 min, Aqua Garden)  
A challenging pool workout using the Tabata technique of high-intensity cardio and alternating rest periods for a great, non-impact total body workout.

### 12:30 PM - DIY MICROGREENS (\$)

(50 min, Blackmore Farm)  
Want to produce nutrient-dense food at home, but don't feel like you have the space or the time? Come join one of the growers of Blackmore Farm and discover how easy it can be to harvest fresh greens at home in only 7-10 days - no green thumb required! Cost is \$15 per person. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 12:30 PM - LIQUID GOLD - OLIVE OIL & WINE (\$)

(45 min, Garden View Room)  
The love and lore of olive oil date back thousands of years. Like wine, it illuminated life over the centuries. Join our Holistic Nutritionist, Talia as she presents this one-of-a-kind educational, entertaining, and healthy hour of olive oil and wine tasting. Learn how to evaluate olive oil and wine for quality, flavor, and how to pair it with your favorite foods. Guests must be at least 21 years of age to participate. Cost is \$25 per person.

### 1:00 PM - DREAM SHIFTING JOURNEY

(45 min, Linden Studio)  
Ancient cultures were deeply connected to the intelligence of the Universe. They believed that the world is the way we dream it, and that everything we do, we dream first. Using the sound of a drum or a rattle, we'll journey into the space between worlds to experience the power of dreamshifting. We'll meet a spirit guide and ask for information about our personal dream and the actions we need to take to fulfill our roles as conscious dreamshifters in the modern world.

### 1:00 PM - CHAKRA YOGA

(45 min, Willow Studio)  
Open, balance, and cleanse all seven chakras using simple yoga poses and visualization. You'll leave this class feeling energized.

### 1:00 PM - INTENSE STRETCH FOR MOBILITY

(45 min, Oak Studio)  
Release tight muscles for added flexibility and fluidity with a combination of legs up the wall for hips, hamstrings, and low back along with stick mobility for shoulders and upper back. Must be able to get up and down off of the floor.

### 1:00 PM - FOREST BATHING

(110 min, Meet in Garden Hall)  
Join one of our Certified Forest Bathing experts for a slow and contemplative walk that will focus on keeping the body and mind in the present while teaching techniques for deep breathing and mind-body awareness. Research shows that there is a marked decrease in stress-related hormones, a decrease in heart rates, lowered blood pressure, among other monumental benefits. Come and enjoy the healing powers of the nature that surrounds us.

### 1:00 PM - POCONO MOUNTAIN BIRDING TOUR

(180 min, Meet in Garden Hall)  
Discover a variety of birds as you meander through the beautiful trails at The Van Scott Nature Preserve. This 2-mile walk consists of a grassy path with hilly terrain. Binoculars will be provided and all skill levels of birders are welcome. *Total Travel Time: 30 min., Hiking Time: 2 Hours*

### 1:30 PM - FOOD FOR THOUGHT - ASK THE NUTRITIONIST

(50 min, Fireside Room)  
Holistic nutrition and health coach, Talia, is here to answer your questions and give you tips and ideas on how to improve your nutrition, lifestyle, and overall well-being.

### 2:00 PM - HATCHET THROWING

(50 min, Hatchet Range)  
Want a woody challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 2:00 PM - SPLASH DANCE

(30 min, Aqua Garden)  
No experience or high heels needed in this fun Hydrorider Aquatic Pole Dancing Class. Build strength and stamina while learning simple dance moves to music that will make you giggle. Yes, we actually use poles in the water.

### 2:00 PM - L.E.G.S

(45 min, Rowing Room)  
Lower body Exercises and Glute Strengthening.

### 2:00 PM - SHRUTI SPIRIT SOUND BATH

(45 min, Linden Studio)  
The Shruti Box is a beautiful musical instrument that opens the heart, quiets the mind, and elevates the spirit. Relax as you listen to its hypnotic sound, along with soft vocal toning, chimes, and crystal bowls. Enter the sacred realm of your own deep healing and inner peace.

### 2:00 PM - THE BARRE

(45 min, Oak Studio)  
Experience a low-impact class that is a fusion of Pilates, yoga, and ballet-inspired moves for beautiful, sculpted, lean muscles. The exercises use the ballet barre and your body weight to challenge core stability and balance.

### 2:00 PM - SILK SCARF PAINTING (\$)

(60 min, Art Studio)  
Create a beautiful one-of-a-kind wearable piece of art by using simple, creative techniques. You will be truly surprised at how easily your masterpiece comes together! Cost is \$20 per person.

### 2:00 PM - FLORAL ARRANGEMENT WORKSHOP (\$)

(60 min, Owl's Nest)  
In this class, you'll immerse yourself in the world of flowers as we guide you through the art of creating stunning floral arrangements. Explore your creativity by hand-selecting from a variety of exquisite floral stems, and learning techniques to compose a captivating arrangement! Let your imagination bloom as you craft your unique masterpiece! The Cost is \$50 per person.

### 2:00 PM - BLACKMORE FARM TOUR

(50 min, Blackmore Farm)  
Come experience the sights and sounds (and tastes) of The Lodge at Woodloch's working organic farm. Just a short walk from the hotel, you'll find attractions such as our vegetable garden, orchard, composting operation, mushroom logs, high tunnels, and our very own apiary. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 3:00 PM - HATCHET THROWING

(50 min, Hatchet Range)  
Want a woody challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 3:00 PM - YIN AND FOAM ROLLER

(45 min, Linden Studio)  
This class fuses Yin Yoga and Foam Rollers to feature slow sustained postures to access fascia and find release. Encourages purposeful and supported stress to joints and muscles to attain release to connective tissues and deep musculature (think deep tissue massage).

### 3:00 PM - RELEASED AND ENLIGHTENED

(45 min, Willow Studio)  
In this guided meditation, we'll free the limbic system from its primitive reactive patterns and rewire our brains for enlightened loving response. Then we'll take an inner journey into the beauty of nature to celebrate our awakening and experience our connection to the infinite universe.

### 3:00 PM - YOBO

(45 min, Oak Studio)  
In this class, we will start with a couple of seated yoga poses on the BOSU to help establish confidence. Next, a few standing poses will be introduced to help to improve muscle memory and balance. Finally, a few energizing cardio moves will be added to help create heat.

### 3:00 PM - WHEEL OF STEEL

(45 min, Rowing Room)  
Build stamina and strength in this innovative class. Here's the deal, spin the wheel to reveal a workout that is unique and unreal. Sneakers required, no recent surgeries or injuries.

### 3:00 PM - HEALTHY DESSERTS MADE EASY

(50 min, Chef's Kitchen)  
In this class we will show you how to satisfy your sweet tooth by making easy and delicious desserts using only healthy, natural ingredients. Eating healthy desserts will not only satisfy your cravings for something sweet, but you will be at peace with yourself. Join Talia, natural foods chef and board certified holistic nutritionist, for a fun and informative nutritious and delicious class.

### 4:00 PM - HATCHET THROWING

(50 min, Hatchet Range)  
Want a woody challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 4:00 PM - SURRENDER

(45 min, Linden Studio)  
Nurture mind and body with this gentle restorative yoga class. All poses are done on the floor with yoga bolsters and other props to relax the body into restful postures.

### 4:00 PM - CHI JOY

(45 min, Willow Studio)  
In this class we'll learn gentle movements from the ancient art of Chi Gong and pair them with music, amplifying the healing power of our chi (energy) for health and happiness. From the spaciousness of Miles Davis (cultivating stillness) to the unbridled joy of Pharrell Williams (vanquishing depression) we'll move to beautiful sounds and embrace the natural flow of our creative energy.

### 4:00 PM - CAVA WEEK GARDEN PARTY (\$)

(90 min, Blackmore Farm)  
Are you a little tired from your journey? Need a light bite and a cocktail before dinner? It's Cava Week! Join The Farmers and Guest Sommelier & Cava Educator Sara Jimenez for happy hour. Guests will enjoy the short walk to Blackmore Farm where they are greeted with a hand-made one-of-a-kind Cava cocktail expertly crafted to elevate your sipping experience. Indulge in the effervescent charm of different Cava styles while savoring Blackmore Farm tapas created by the team. Meet the Farmers and forage for your cocktail garnish. Let nature nurture, then stroll back for your dining experience in TREE Restaurant. Guests must be at least 21 years of age to participate. Cost is \$25 per person.

### 4:30 PM - BASICS OF CHARCOAL

(60 min, Art Studio)  
Discover the unique techniques of handling and using this ancient material with a step-by-step lesson on how to draw with charcoal. Charcoal allows for a quick bold stroke and easy shading. This class is aimed at both beginners and those with drawing experience.

### 5:00 PM - CRYSTAL BOWL SOUND HEALING MEDITATION

(45 min, Linden Studio)  
The 7 Chakras are the energy centers in our body in which energy flows through. Sometimes chakras become blocked because of stress, emotional or physical problems. If the body's 'energy system' cannot flow freely it is likely to make you feel off and not yourself. Enjoy the healing sounds of our Crystal Singing Bowls as they help open up your 7 Chakras making you feel energized and re-vitalized.

### 7:00 PM - EVENING KAYAKING

(60 min, Lily Pad)  
End your day with a relaxing, guided exploration of the lake and wetlands as the lilies close and the fish seek out the evening hatch. Ducks, blue herons, and beavers are frequently encountered as they too prepare for the night.

### 8:00 PM - WATERCOLOR PAINTING

(120 min, Art Studio)  
Explore new, hidden, or forgotten talents. This two-hour watercolor painting class offers you the opportunity to express your feelings through simple brushstrokes. Discover the pure beauty of nature and our surroundings by taking time to stop and really notice the colors and textures of our Pennsylvania countryside and capture it on paper. Leave with a finished work of art and a new or renewed creative side.

### 8:30 PM - KARAOKE

(120 min, Fireside Room)  
Join us for an evening of singing, laughter, and unforgettable performances. Whether you're a seasoned performer or a first-timer, grab the mic and let your talent shine as you belt out your favorite tunes in a lively and supportive atmosphere. Get ready to hit all the right notes and create memories that will last a lifetime!

### 8:30 PM - (RE) BALANCING MANY IDENTITIES

(60 min, Garden View Room)  
We move through many identities over the course of our life. We shift with age, life stage, and relationship status. We are even students, parents, caregivers/caretakers, as well as any other roles we inhabit through career, community, faith, and even hobbies we're committed to. In this workshop, Marci Alboher, who popularized the idea of the "slash career" will spur you to think about your current "slashes" (e.g. mother/caregiver/entrepreneur) and guide you through exercises to help you prioritize and bring these aspects of life and work into harmony, rather than conflict with each other.



## HELPFUL INFO

Activities shaded in grey have limited space and/or seating and require advanced sign up through our Spa Concierge. We ask as a courtesy to others, if you are no longer going to attend any class or activity that you have signed up for that you cancel by speaking with our Spa Concierge team. Canceling prior to the scheduled start time allows us to contact guests that are on our waitlist.

We also ask for the consideration of others, that you arrive at least 5 minutes before the start of any class and that you do not join any class later than the scheduled start time. Once the door of a class is closed, we ask that you join us for the next scheduled class.

## OPEN ACTIVITIES

We invite you to participate in the following activities at your leisure during posted open times.

Guides will be on hand to assist you with equipment or to answer any questions that you may have.

### ARCHERY

Archery Range, 1pm - 5pm

### BIKING

Lily Pad, 9am - 7pm

### BIRDING

Lily Pad, 9am - 7pm

### DISC GOLF

Lily Pad, 9am - 7pm

### FISHING

Lily Pad, 9am - 7pm

### KAYAKING

Dock, 9am - 7pm

### PICKLEBALL

Pickleball Courts, Dawn - Dusk

### STAND UP PADDLEBOARDING

Dock, 9am - 7pm

### S'MORES

Lily Pad, 9am - 7pm

### IMBIBE & VIBE

FireCircle Patio, 8pm - 10pm

Join us for live music and drinks around the FireCircle after dinner (weather permitting). Patio bar service will be available.

## DINING

Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.

Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.

### BREAKFAST

7am to 9:30am

### LUNCH

11:30am to 2pm

### DINNER

5:30pm to 8:30pm

\*Please allow two hours for dinner service.



## SCHEDULED ACTIVITIES

### 7:00 AM - WAKE UP WARM UP

(45 min, Linden Studio)  
A "feel good" full body yoga flow to help energize both physically and mentally.

### 7:30 AM - BASICS OF STAND UP PADDLEBOARDING

(60 min, Lily Pad)  
Experience this popular water sport on Little Lake Teedyuskung, our guides will be available to assist you with tips and techniques as you paddle on our beautiful 15 acre glacial lake.

### 8:00 AM - AM STRETCH & MEDITATION

(45 min, Willow Studio)  
Create space for a new day with an opening and lengthening stretch. Then set your intention with gentle and loving awareness.

### 8:00 AM - BLISSFUL BALANCE

(45 min, Linden Studio)  
Find balance through a series of standing, seated, and unexpected poses. The focus will be proper body alignment to help build a stronger foundation.

### 9:00 AM - SWEET SERENITY: RESTORATIVE AND YIN

(45 min, Willow Studio)  
This class includes the moments of calm you've been waiting for! Enjoy a restful practice that is all about slowing down while passively opening your body through gentle stretching. Without strain or pain we can achieve physical, mental and emotional relaxation.

### 9:00 AM - DRUMS ALIVE

(45 min, Oak Studio)  
Drum your way to fitness results! Unique and different from every other workout you've tried before, Drums Alive captures the essence of movement and rhythm and combines it with fun. Sneakers are required.

### 9:00 AM - GET UP AND GO

(45 min, Linden Studio)  
Learn different standing and seated stretches and strengthening exercises to help you get down and up off the floor with little assistance.

### 9:00 AM - NATURE CHI YOGA FLOW

(45 min, Meet in Garden Hall)  
Enjoy the beautiful surroundings of nature outside as you fuse the gentle fluid movements of QiGong with very simple standing yoga poses.

### 9:00 AM - TRX YOGA

(45 min, CardioWeight Studio)  
TRX YOGA is a style of vinyasa yoga that uses the TRX Suspension Trainer as a helping hand to make you feel safe to explore a deeper stretch, try new poses, and advance your practice.

### 9:30 AM - TENKARA

(50 min, Lily Pad)  
Join our fly-fishing guides for an introduction to Tenkara, a simplified, Japanese style of fly fishing. They will discuss a little bit of the history, then go into equipment and set up. You will learn the differences between Tenkara and conventional fly tackle, flies, and also have the opportunity to cast these unique rods.

### 9:30 AM - TWO LAKES HIKE

(150 min, Meet in Garden Hall)  
Join our guides on an educational 3-mile hike through our beautiful property, traveling through wide open fields, peaceful pine barrens, and new growth forests. Be prepared to traverse over raw trails, spillways connecting waterways, lake shores, and adventure through mud. Along the way enjoy many breathtaking views of both Lake Teedyuskung and our very own lake, Little Lake Teedyuskung.

### 9:45 AM - GOLF CLINIC (\$)

(90 min, Meet in Garden Hall)  
The Country Club at Woodloch Springs is nationally recognized by GOLF Magazine as "one of the finest courses in America" and rated "4.5 Stars" by Golf Digest's Best Places to Play. Work with Woodloch Springs golf professionals from the green back to the tee. Start with putting, on to the short game, irons, hybrids, & fairway woods, and of course, THE DRIVER. Cost is \$40 per person.

### 10:00 AM - GARDEN HARVEST (\$)

(60 min, Blackmore Farm)  
Learn to pick greens, herbs and vegetables the proper way to ensure healthy plants, and bountiful harvest. Weekly, different plants will be chosen, and guests will be able to take home a bag full of fresh organic produce as well as new skills as gardeners. Cost is \$20 per person. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 10:00 AM - AQUA TONING

(45 min, Aqua Garden)  
Weight-training without weights. Firm your muscles with resistance aqua equipment. Perfect for sensitive joints. A great variation to your present weight-training routines.

### 10:00 AM - VINYASA FLOW

(45 min, Willow Studio)  
A flowing, dynamic form of yoga, linking smooth body movements with breath. Challenging postures will be used to help build endurance, flexibility, and strength. Prior yoga experience recommended.

### 10:00 AM - BARRY WHITE YOGA

(45 min, Oak Studio)  
Feel energized and groovy as you learn very simple yoga inspired moves to fun music including songs by, Mr. Smooth himself, Barry White and a slew of his friends. Please wear comfortable workout clothes. No sneakers required.

### 10:00 AM - GUIDED LABYRINTH WALK

(45 min, Meet in Garden Hall)  
Learn how to use the labyrinth for meditation practice, a serene mindfulness in motion. This is a wonderful practice for those who find it difficult to quiet the mind and body during seated meditation.

### 10:00 AM - TOWER POWER

(45 min, Rowing Room)  
The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance postural awareness.

### 11:00 AM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Saturday's demonstration will feature Dark Chocolate Mousse with Gluten Free Oatmeal Chocolate Chip Cookies and Caramel Cream.

### 11:00 AM - YOGA FOUNDATIONS

(45 min, Willow Studio)  
It's all about the feet! In this class you'll learn basic yoga poses, focusing on strong standing postures to help improve strength and flexibility in your feet. Great for beginners or those looking for an easy practice including slow mindful stretches and deep relaxation.

### 11:00 AM - SERENE SURROUND SHIMMER

(45 min, Linden Studio)  
Embrace the resonance of the gong, crystal bowls, Koshi chimes, rain stick, and other instruments! Immerse yourself in a symphony of frequency of both spatial and up close and personal sound healing. Join Kimberly Matthew, Energy and Reiki Practitioner along with Susan Levin, Yogi and Tantra Instructor, as they weave a tapestry of soul soothing tones welcoming you into a state of tranquility and delight!

### 11:00 AM - FITNESS WALK

(60 min, Meet in Garden Hall)  
Greet the day with an invigorating 3-mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required.

### 11:00 AM - PICKLEBALL FOR BEGINNERS

(45 min, Pickleball Courts)  
Learn the basics of pickleball and what every beginner must know in order to start playing.

### 11:00 AM - ZENDOODLE

(120 min, Art Studio)  
Unwind in this whimsical art class, where you have the freedom to unleash your creativity. Explore a selection of Zen-style patterns and create layouts as you are guided through the process of transforming your doodles into stunning designs. Add color or shading and bring them to life!

### 11:30 AM - DECORATIVE BIRDHOUSES (\$)

(120 min, Owl's Nest)  
Be inspired by nature's gifts and design beautiful ornamental birdhouses. We provide the ornament style birdhouses and natural items, you provide the creative spirit. Your unique and natural pieces will be perfect for displaying at home, a great reminder of your time at The Lodge at Woodloch. Cost is \$20 per person.



## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - MOVE, BREATHE, MEDITATE

(45 min, Willow Studio)  
For individuals grappling with restlessness in body and mind, this meditation initiates with movement. The session commences in a standing posture, integrating lively, fluid motions with simple yet impactful breathing exercises. Transitioning to a seated position (on the floor or a chair), participants delve into an expansive, tranquil exploration of their authentic selves. Seamlessly progress into a heightened awareness, a serene state of mind, and a receptive heart, moving with ease and authenticity.

### 12:00 PM - CHAKRA YOGA

(45 min, Linden Studio)  
Open, balance, and cleanse all seven chakras using simple yoga poses and visualization. You'll leave this class feeling energized.

### 12:00 PM - ZUMBA

(45 min, Oak Studio)  
Zumba fuses Latin rhythms and easy-to-follow moves to help you experience an exhilarating, calorie-burning, body energizing blast of a class. Sneakers are required.

### 12:00 PM - NUNCHAKU FOR BEGINNERS

(45 min, Rowing Room)  
Now's your chance to do something you secretly wanted to do since you were a kid. Learn how to perform realistic combat and traditional Nunchaku techniques buy using foam filled nunchakus.

### 1:00 PM - REJUVENATE & RESTORE

(45 min, Linden Studio)  
Begin with a standing vigorous yoga warm-up to help open your body to the pleasure of movement. Then, to the floor to restore with a soft mat, bolster, blankets, and eye pillow. Find all the essentials of a restorative yoga practice, designed to nourish the body, mind, and spirit. You will find yourself refreshed and ready for the next adventure.

### 1:00 PM - TSUNAMI

(45 min, Aqua Garden)  
Make some waves in this incredibly intense, fast-paced pool workout. Sometimes we must weather the storm BUT today "YOU ARE THE STORM".

### 1:00 PM - T'AI CHI

(45 min, Willow Studio)  
The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

### 1:00 PM - UKULELE LESSONS

(45 min, Fireside Room)  
Learn beginner friendly ukulele classics to sing around the campfire! We will explore simple chords and strumming patterns that can be used in an array of songs.

### 1:30 PM - PRIMITIVE FIRE MAKING

(90 min, Lily Pad)  
Test your determination and patience learning how to make fire. With traditional fire starting tools take home this skill and impress anyone by creating fire using primitive methods.

### 2:00 PM - CRYSTAL CONNECTIONS

(45 min, Fitness Lounge)  
Healing crystals come in an array of cuts and colors, each with different energies and purposes. We will examine a collection of commonly used crystals and discuss how to use them with intention and confidence.

### 2:00 PM - YOBO

(45 min, Oak Studio)  
In this class, we will start with a couple of seated yoga poses on the BOSU to help establish confidence. Next, a few standing poses will be introduced to help to improve muscle memory and balance. Finally, a few energizing cardio moves will be added to help create heat.

### 2:00 PM - L.E.G.S.

(45 min, Rowing Room)  
Lower body Exercises and Glute Strengthening.

### 2:00 PM - INTENSE STRETCH FOR MOBILITY

(45 min, Linden Studio)  
Release tight muscles for added flexibility and fluidity with a combination of legs up the wall for hips, hamstrings, and low back along with stick mobility for shoulders and upper back. Must be able to get up and down off of the floor.

### 2:00 PM - BLACKMORE FARM TOUR

(50 min, Blackmore Farm)  
Come experience the sights and sounds (and tastes) of The Lodge at Woodloch's working organic farm. Just a short walk from the hotel, you'll find attractions such as our vegetable garden, orchard, composting operation, mushroom logs, high tunnels, and our very own apiary. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 2:00 PM - INTRO TO DRAWING

(120 min, Art Studio)  
Awaken your creativity with visual expression and discover your inner artist. Drawing differs from painting in that it is much more exploratory with emphasis on observation and composition. Leave inspired by your journey to self-discovery and a picture that shows off your rejuvenated artistic energy.

### 3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Saturday's demonstration will feature Dark Chocolate Mousse with Gluten Free Oatmeal Chocolate Chip Cookies and Caramel Cream.

### 3:00 PM - HIPPIE YOGA

(45 min, Willow Studio)  
Hip opener yoga poses - great for people with tight hips.

### 3:00 PM - OPEN PLAY PICKLEBALL

(45 min, Pickleball Courts)  
Missing your weekly game of Pickleball? If you are an established player that knows how to play and score, but didn't bring a partner, Open Play is for you! In the spirit of Open Play, everyone gets to play with different players in a recreational and fun setting. Lessons are available at Pickleball for Beginners for true beginners.

### 3:00 PM - TABATA

(45 min, Oak Studio)  
High repetition and short rest periods will burn fat, build endurance, and increase strength. Allow 2 hours after eating before taking this advanced level class. Sneakers are required. Not recommended for those with recent injuries.

### 3:00 PM - LET'S ROLL

(45 min, Linden Studio)  
During this class you will roll your body weight along a firm foam roller, deeply massaging your muscles to help improve the way your body moves and feels.

### 3:30 PM - VINTAGE VINES: EXPLORING OLD WORLD WINES AND CAVA

(50 min, Garden View Room)  
Embark on a captivating journey into the world of Old World wines and the effervescent delight of Cava with esteemed Guest Sommelier and Cava Educator, Sara Jimenez. In this enriching wine class, discover the nuanced distinctions between sparkling and still wines, while delving into the storied terroirs of renowned wine regions. Indulge your palate as you savor exquisite wines paired perfectly with curated snacks and artisanal cheeses, all amidst an atmosphere of conviviality and learning. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

### 4:00 PM - HONEY BEE TALK

(50 min, Blackmore Farm)  
Spend some time with our resident beekeeper, in discussion of the life cycle of the honey bee and their environmental importance. We'll compare holistic and conventional beekeeping while displaying the components and tools necessary to start your very own apiary! \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 4:00 PM - JOURNEY TO PEACE

(45 min, Meet in Garden Hall)  
Start by grounding your root chakra then breathe in the fresh mountain air as you walk silently to the Lotus Labyrinth. Begin your journey by setting an intention and then follow the sacred path to the center. Upon arriving in the center, a smudging ritual will be performed removing all negative thoughts and energy from everything and everyone inside the circle. Receive. Follow your new path feeling light and peaceful.

### 4:00 PM - THE GREAT WALL OF YOGA

(45 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. Not recommended for those who have recent injuries, are pregnant, or have high blood pressure. Weight limit is 300 lbs.

### 4:00 PM - NATUREPIX 101

(90 min, Owl's Nest)  
Expand your horizons with smartphone photography. Learn the best kept secrets to getting the most out of your cell phone pictures. Join our guides as you practice your photo taking skills on The Lodge at Woodloch's beautiful grounds. Let's get snap happy!

### 5:00 PM - YOGA FOR RESTFUL SLEEP

(45 min, Linden Studio)  
Enjoy a blissful combination of mindful stretching, relaxation and breathing that will ease the day's cares from your body and mind.

### 5:30 PM - CAVA DISCOVERY WEEK GARDEN DINNER (\$)

(120 min, Meet at Host Stand)  
Join Guest Sommelier & Certified Cava Educator Sara Jimenez and Chef Kate for a special Cava Discovery Week inspired Farm dinner! Enjoy a welcome Cava cocktail while walking the garden with one of our own farmers. Enjoy wines from all over the world, including a course with Cava! There is an up-charge for the intimate dinner experience of \$95 per person, which includes the wine pairing. Limited seating so please plan ahead! \*Dinners are weather dependent. Garden dinners include a garden tour prior to dinner, garden conditions may be muddy.\*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building. Due to satellite kitchen use and the uniquely creative & themed nature of our Harvest Lunches and Garden Dinners, allergy and dietary restriction accommodations may not be possible. Our team will reach out to you prior to the dinner to review the menu and any allergy modifications that may be necessary.

### 8:00 PM - WATERCOLOR PAINTING

(120 min, Art Studio)  
Explore new, hidden, or forgotten talents. This two-hour watercolor painting class offers you the opportunity to express your feelings through simple brushstrokes. Discover the pure beauty of nature and our surroundings by taking time to stop and really notice the colors and textures of our Pennsylvania countryside and capture it on paper. Leave with a finished work of art and a new or renewed creative side.

### 8:30 PM - EVENING ENTERTAINMENT

(Woodloch Pines)  
Live Music & Broadway-Style Theme Show "The Southern Route 2 American Music". For shuttle service to the show, please sign up with the Hostess by 5pm.

### 8:30 PM - WRITING...FOR PLEASURE, FOR PROCESSING, OR FOR PUBLICATION

(60 min, Fireside Room)  
The practice of writing can serve us on many levels. We can make sense of our lives, preserve memories, heal from pain or trauma, and connect with others. We can write for ourselves through journaling. We can write for an audience of one - through correspondence. Or, we can write for a wider for a wider public by publishing our words. In this workshop, we'll explore various channels for unleashing our stories and respond to prompts designed to get us started. Whether you're new to the writing habit, already have a regular practice, or want to return to writing, you will leave with ideas to build on. Marci Alboher is a former New York Times columnist and the author of two books and numerous personal essays. She has taught writing and coached other writers for nearly two decades.



## HELPFUL INFO

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## OPEN ACTIVITIES

*We invite you to participate in the following activities at your leisure during posted open times.*

*Guides will be on hand to assist you with equipment or to answer any questions that you may have.*

### ARCHERY

Archery Range, 1pm - 5pm

### BIKING

Lily Pad, 9am - 7pm

### BIRDING

Lily Pad, 9am - 7pm

### DISC GOLF

Lily Pad, 9am - 7pm

### FISHING

Lily Pad, 9am - 7pm

### KAYAKING

Dock, 9am - 7pm

### PICKLEBALL

Pickleball Courts, Dawn - Dusk

### STAND UP PADDLEBOARDING

Dock, 9am - 7pm

### S'MORES

Lily Pad, 9am - 7pm

## DINING

*Indoor dining service is available in TREE Restaurant for breakfast, lunch, and dinner.*

*Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.*



### BREAKFAST

7am to 9:30am

### LUNCH

11:30am to 2pm

### DINNER

5:30pm to 9pm

*\*Please allow two hours for dinner service.*

## SCHEDULED ACTIVITIES

### 8:00 AM - BASICS OF BIRDING

(90 min, Owl's Nest)

With binoculars and books in hand, join our guides for a walk around our lush 500 acre property to seek out and identify these winged beauties. This class, designed for beginners, will give tips and pointers on how to prepare for and get started in the world of birding.

### 8:00 AM - WAKE UP SUNSHINE

(45 min, Willow Studio)

Joints need specific movements and care to enable them to stay mobile and healthy for longevity. We will focus on juicing all of the joints of the body. You may be surprised at how great this makes you feel afterwards!

### 8:00 AM - ART FOR STRESS MANAGEMENT

(120 min, Art Studio)

Join us and learn how to incorporate simplified drawings to help manage stress and anxiety using "Neurographics," a straightforward drawing style based on incremental design. This will help you focus solely on the repetition and process of your abstract style creation, thereby alleviating the pressure to create something specific and fostering a more relaxed state of mind.

### 9:00 AM - HATHA: THE YOGA OF HARMONY AND BALANCE

(45 min, Linden Studio)

The path of yoga is a movement toward equanimity, a holistic state of balance between body and mind, thinking and feeling. Using the traditional tools of asana (postures) and breath, we find harmony in right/left brain function, strength and flexibility, release of stress, and deep relaxation.

### 9:00 AM - ARMS, CHEST, AND BACK

(45 min, Oak Studio)

This functional training class will tone and strengthen your upper body while teaching you stretches to keep you flexible. This class is not recommended if you have any injuries.

### 9:00 AM - TOWER POWER

(45 min, Rowing Room)

The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance postural awareness.

### 9:00 AM - CARDIO SHUFFLE

(45 min, CardioWeight Studio)

Engage in this upbeat and fast-paced class where you and the instructor deal the cards and play the hand that is given. 13 exercises to flush out energy straight from the heart to the full body.

### 9:00 AM - YOU KNEAD THIS

(45 min, Willow Studio)

Learn to use therapeutic balls to achieve a self deep tissue massage. Target specific muscles and connective tissue to relax and lengthen your muscles and fascia.

### 9:00 AM - SHUMAN POINT HIKE

(180 min, Meet in Garden Hall)

Explore Shuman Point Natural Area on a moderate hike completing a 3-mile loop along the shores of Lake Wallenpaupack. Shuman Point's trails meander through the forest and visit the lakeshore at several points, offering hikers a chance to observe beautiful lake views. The route follows mostly rolling terrain with only a few incline sections. Total Travel Time: 45 min., Hiking Time: 2 Hours

### 10:00 AM - SHOCKWAVE

(45 min, Rowing Room)

Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high-intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

### 10:00 AM - INTENSE STRETCH FOR MOBILITY

(45 min, Oak Studio)

Release tight muscles for added flexibility and fluidity with a combination of legs up the wall for hips, hamstrings, and low back along with stick mobility for shoulders and upper back. Must be able to get up and down off of the floor.

### 10:00 AM - SURRENDER

(45 min, Linden Studio)

Nurture mind and body with this gentle restorative yoga class. All poses are done on the floor with yoga bolsters and other props to relax the body into restful postures.

### 10:00 AM - YOU CAN'T BE SERIOUS YOGA

(45 min, Willow Studio)

Using a specialized yoga mat that has markings for foot and hand placement, this non-sequential, newbie yoga class will be great for anyone just learning yoga.

### 10:00 AM - PRIMAL LONGEVITY

(45 min, CardioWeight Studio)

Learn the importance of maintaining muscle mass for aging while living the benefits. A circuit workout mimicking the essential movements that humans have evolved to maintain since our earliest of ancestors. These simple yet challenging exercises focus on improving strength, balance, and mobility.

### 10:00 AM - WHAT'S THAT PLANT: PLANT ID 101

(90 min, Owl's Nest)

Learn how to confidently identify wild plants using a plant identification key and magnifying loop. Together we'll learn basic botanical terms, the medicinal and edible uses of the plants we identify, and discuss the habitats in which they grow. You'll learn how to identify any plant you may meet!

### 10:30 AM - WILDFLOWER WALK

(90 min, Meet in Garden Hall)

Join our Nature Guide as we explore the beautiful forests and fields that surround The Lodge at Woodloch seeking out the seasonal floral gifts Mother Nature provides us.

### 11:00 AM - MANDALA COLORING - TIPS & TECHNIQUES

(120 min, Art Studio)

Take your coloring skills to a new level with demonstrations on how to incorporate different mediums such as marker, colored pencils and gel pens and use them to create depth, shadow and highlighting within your coloring projects here and at home! Creative coloring at its best in this fun and relaxing adventure!

### 11:00 AM - HOLISTIC HEALING WITH FOOD

(50 min, Garden View Room)

"Let food be thy medicine and thy medicine shall be thy food." -Hippocrates  
Hippocrates wrote centuries ago about the direct connection between food and our health and longevity. Learn a fresh approach to healthy eating, and why such a diet will have more influence in determining your longevity than your genetics.



## SCHEDULED ACTIVITIES, CONT.

### 11:00 AM - THE LIFT YOU NEED

(45 min, Willow Studio)  
Come join this low-impact, informative class where you will be led through common and uncommon exercises including breathing patterns to help strengthen your back, core, and pelvic floor.

### 11:00 AM - PICKLEBALL FOR BEGINNERS

(45 min, Pickleball Courts)  
Learn the basics of pickleball and what every beginner must know in order to start playing.

### 11:00 AM - TRIFECTA

(45 min, Oak Studio)  
20 minutes of step aerobics, followed by 20 minutes of strength conditioning, and finish with core, balance, and flexibility training. Not recommended for those with knee or ankle issues.

### 11:00 AM - STRETCH & TONE

(45 min, Linden Studio)  
Experience a total body workout that will improve your flexibility and circulation. Stretch to release stress and tension while keeping your muscles long and agile.

### 11:00 AM - KETTLEBELL BOOT CAMP

(45 min, CardioWeight Studio)  
Boot camp training has swept the nation! In an action-packed aerobic circuit, feel the burn using kettlebells. A quick paced, highly motivating workout that builds muscle and increases stamina.

### 12:00 PM - BELLY DANCING

(45 min, Oak Studio)  
Combines India's many classical and folk dances, fused with elements of Jazz, Hip-Hop, Arabic and Latin Forms.

### 12:00 PM - T'AI CHI

(45 min, Willow Studio)  
The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

### 12:00 PM - BAND TOGETHER

(45 min, Rowing Room)  
By combining light resistance, deep core exercises, and cardio bursts using just bands and tubing, you'll maximize your results without lifting a thing. Not for those with knee or hip issues.

### 12:00 PM - OPEN PLAY PICKLEBALL

(45 min, Pickleball Courts)  
Missing your weekly game of Pickleball? If you are an established player that knows how to play and score, but didn't bring a partner, Open Play is for you! In the spirit of Open Play, everyone gets to play with different players in a recreational and fun setting. Lessons are available at Pickleball for Beginners for true beginners.

### 12:00 PM - MYZONE CIRCUIT

(45 min, CardioWeight Studio)  
This combination of strength and cardiovascular exercise circuit class uses the MYZONE heart monitoring system to help you keep motivated and engaged. This improves personalized results and allows you to workout at intensity levels that are right for you.

### 12:00 PM - THE MIND DIET

(50 min, Garden View Room)  
There is growing scientific evidence that dietary intake can actually reduce the risk of developing dementia and Alzheimer's disease. Recent studies suggest that a specific diet called the MIND diet may reduce these risks. The MIND diet emphasizes foods shown to support a healthy brain and recommends limiting potentially damaging choices.

### 12:15 PM - CHEF'S HARVEST LUNCH AT BLACKMORE FARM (\$)

(90 min, Blackmore Farm)  
We pride ourselves in serving local fare, but how often are you able to get out and experience where the food actually comes from? Join us at Blackmore Farm for a 4-course chef-led lunch, complete with a tour of the farm and meet our farmers who supply The Lodge at Woodloch with so much delicious produce! This culinary experience features produce hand-selected right from our garden, local farms and purveyors, and local craft beer and hand-selected wines are included. Alcohol free options are also available.. There is an up-charge for the intimate lunch experience of \$35 per person. *\*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building. Due to satellite kitchen use and the uniquely creative & themed nature of our Harvest Lunches and Garden Dinners, allergy and dietary restriction accommodations may not be possible. Our team will reach out to you prior to the lunch to review the menu and any allergy modifications that may be necessary.*

### 1:00 PM - PUMP

(45 min, Oak Studio)  
The original LES MILLS™ weight bar class will sculpt, tone, and strengthen your entire body fast with highrep, dynamic weight work! Sneakers are required.

### 1:00 PM - AFTERNOON STRETCH

(25 min, Willow Studio)  
Get a quick boost of energy from this very gentle stretch class.

### 1:00 PM - TRX: TOTAL BODY

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

### 1:00 PM - CULINARY NUTRITION

(50 min, Garden View Room)  
Join Talia, a board-certified holistic nutritionist, for a fun and informative class in which she will discuss the health benefits of ancient practices, such as soaking nuts and seeds to make your own dairy-free milk. Talia will also introduce easy recipes for homemade almond milk, coconut milk, and cashew cheese.

### 1:00 PM - BOTANICAL HIKE

(120 min, Meet in Garden Hall)  
Take a hike with our Certified Herbalist, on a nearby trail to meet the plants up close and personal. Many of these plants are edible and/or medicinal and can be found on your favorite trails, in your backyard, and even along urban sidewalks. While immersed in the beauty of the woods, learn helpful hints for identifying these plants and simple methods for using them yourself. There will be many stops along our path and the hike will be moderate in nature. Be sure to bring your camera and a notepad or smartphone for jotting down notes.

### 1:00 PM - POCONO MOUNTAIN BIRDING TOUR

(180 min, Meet in Garden Hall)  
Discover a variety of birds as you meander through the beautiful trails at The Van Scott Nature Preserve. This 2-mile walk consists of a grassy path with hilly terrain. Binoculars will be provided and all skill levels of birders are welcome. *Total Travel Time: 30 min., Hiking Time: 2 Hours*

### 2:00 PM - HATCHET THROWING

(50 min, Hatchet Range)  
Want a woody challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 2:00 PM - THE BARRE

(45 min, Oak Studio)  
Experience a low-impact class that is a fusion of Pilates, yoga, and ballet-inspired moves for beautiful, sculpted, lean muscles. The exercises use the ballet barre and your body weight to challenge core stability and balance.

### 2:00 PM - YOGA FOR A HEALTHY BACK

(45 min, Linden Studio)  
Improve overall back health by strengthening core muscles, increasing flexibility, and enhancing breathing capacity and awareness.

### 2:00 PM - W.A.V.E.

(45 min, Aqua Garden)  
Water Aerobics using Vertical Energy on the Hydro Trampoline.

### 2:00 PM - THE ENGINE ROOM CREW

(45 min, Rowing Room)  
The unique format of this Indo-Row class captures all the elements of competitive, on-water rowing, creating a class that is fast-paced and engaging from the first minute. From "Skills and Drills" to "Waves and Recoveries," and the final build up to a friendly but competitive "Race." Indo-Row quickly converts first-timers to devoted team members.

### 2:00 PM - TRX FOR BEGINNERS

(45 min, CardioWeight Studio)  
This class is for the unexperienced individuals who have never tried TRX. Learn all about the TRX program and try a little bit of everything.

### 2:00 PM - BLACKMORE FARM TOUR

(50 min, Blackmore Farm)  
Come experience the sights and sounds (and tastes) of The Lodge at Woodloch's working organic farm. Just a short walk from the hotel, you'll find attractions such as our vegetable garden, orchard, composting operation, mushroom logs, high tunnels, and our very own apiary. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 2:00 PM - FOOD FOR THOUGHT- ASK THE NUTRITIONIST

(50 min, Garden View Room)  
Talia, a board-certified holistic nutritionist is here to answer your questions and give you tips and ideas on how to improve your nutrition, lifestyle, and overall well-being.

### 2:00 PM - MEDITATIVE DOTTING

(120 min, Art Studio)  
Practice balance, free your inner artist, and paint a beautiful dot mandala pendant necklace! "Mandala" is a term taken from Hinduism and Buddhism that represents the universe. Participants will learn to use dotting tools on rounded wood pendants to create these eye-catching pieces.

### 3:00 PM - TIPPITY TOES TAP

(45 min, Rowing Room)  
Big smiles will appear when you learn to tap dance with over-the-shoe taps.

### 3:00 PM - SPINNING

(45 min, Spinning Studio)  
Ride like the wind in this indoor cycling class. All levels are welcome. Clips are SPD.

### 3:00 PM - MINDFUL INTERMEDIATE VINYASA YOGA

(45 min, Willow Studio)  
A well balanced practice including sun salutations, standing poses, and seated poses, set to awesome music. This class will marry breath and movement with attention to alignment and intelligent sequencing. Participants will gain a deeper understanding of vinyasa practice as well as clarity and inner quiet. Recommended for those with a regular yoga practice.

### 3:00 PM - TRX: CORE

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

### 3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Sunday's demonstration will feature Cous Cous Salad with Lemon Pepper Salmon.

### 3:00 PM - HATCHET THROWING

(50 min, Hatchet Range)  
Want a woody challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 4:00 PM - GROUNDING IN THE GARDEN

(80 min, Blackmore Farm)  
Treat yourself to a mindful moment in the garden and learn how to release the stress of daily life with help from the healing energy of nature! Your journey will include breath work, meditation, and moments of reflection as you unlock new levels of healing and connection to the natural world around us. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 4:00 PM - TRX: EXPRESS STRETCH

(25 min, CardioWeight Studio)  
Learn different ways to stretch your entire body using the TRX system.

### 4:00 PM - MEDITATION 101

(45 min, Linden Studio)  
Explore the many styles of meditation. Perfect for the newbie or the curious. Handouts will be given to help you continue your practice when you get home.

### 4:00 PM - HATCHET THROWING

(50 min, Hatchet Range)  
Want a woody challenge? Showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

### 4:00 PM - EDIBLE & MEDICINAL GREENS AND FLOWERS

(60 min, Owl's Nest)  
Ever wonder what plants you could eat in the wild? Did you know that those weeds you pull from your garden could make a delicious salad? Interested in healthy eating and natural medicine? Join Heather, our Certified Herbalist, in discovering what edible and medicinal plants you may have growing near you. June is the month for abundant wild greens and beautiful flowers offering both food and medicine. Class will consist of a slideshow of easy-to-find, simple-to-use, and delicious plants that can be found from woodlands to backyard to urban sidewalk. Bring your foraging questions!

### 5:00 PM - AGATE GEMS & STERLING SILVER DROP EARRINGS (\$)

(60 min, Art Studio)  
Using agate beads and sterling silver wire, make a simple yet elegant pair of earrings. Use small hand tools to bend and twist the wire according to the step-by-step directions. Discover the understated elegance of these charming, classic earrings - a lovely memento of your stay at the Lodge at Woodloch. Cost is \$15 per person.

### 5:00 PM - SWEET CANDLELIGHT FLOW

(45 min, Linden Studio)  
Experience a slow-moving sweet vinyasa flow centered on breathing and filled with candlelight. The music will be sweet, the flow will be slow and steady...all leading up to a restorative and a beautifully long rest.

### 7:00 PM - EVENING KAYAKING

(60 min, Lily Pad)  
End your day with a relaxing, guided exploration of the lake and wetlands as the lilies close and the fish seek out the evening hatch. Ducks, blue herons, and beavers are frequently encountered as they too prepare for the night.

### 8:30 PM - MUSHROOMS & FLOWERS IN MOONLIGHT DRAWING

(90 min, Art Studio)  
Draw along with step-by-step instructions to recreate your own mystical scene of mushrooms and flowers lit by the moon. Explore and create with a variety of pencil and charcoal mediums to render this serene scene.

### 8:30 PM - WINE & CHOCOLATE PAIRING (\$)

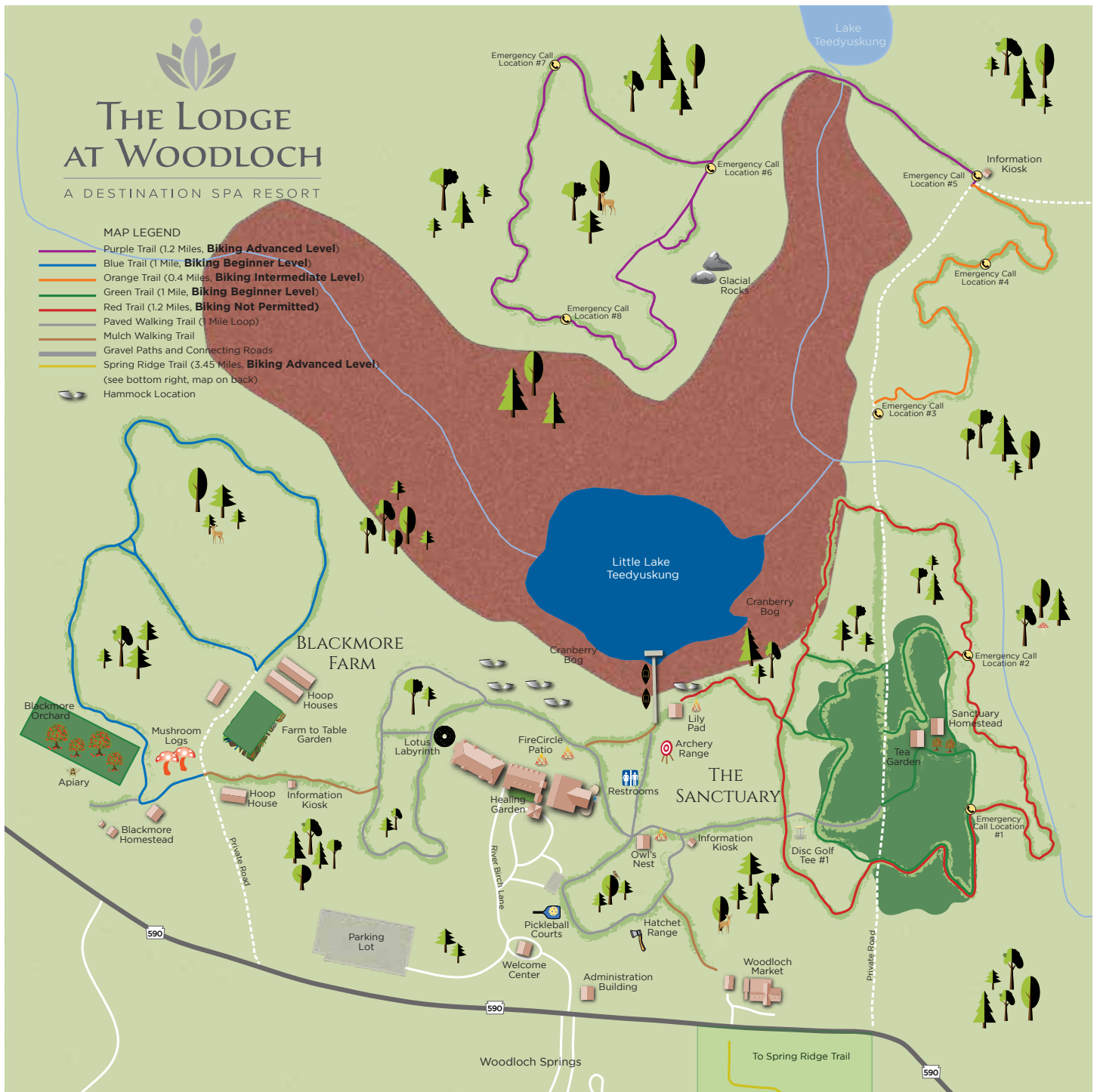
(60 min, Garden View Room)  
Join our sommelier for an in depth look into the various characteristics of wine varietals from around the world and learn how they pair tastefully with delicious chocolates. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

### 8:30 PM - BINGO AND TRIVIA

(120 min, Fireside Room)  
Join us for a fun-filled evening of games! Arrive at your leisure, as multiple games will be played. We will start with Bingo and then move on to a trivia game! Winners of games will receive a special Lodge gift.

### 8:30 PM - THE HEART HEALTHY DIET- MEDITERRANEAN MAGIC

(50 min, Chakra Lounge)  
What is it about the Mediterranean diet that is so healthy and delicious? Study after study reveals notable benefits of this diet for heart disease, cancer, diabetes, Alzheimer's, and many other chronic diseases. Learn about the Mediterranean diet fundamentals so you can begin to incorporate these dietary habits into your life.



## Outdoor Exploration

The Lily Pad, our Outdoor Exploration Center is open from 9am - 7pm. Kayaking, Stand Up Paddleboarding, Disc Golf, Biking, & Birding are all open activities that are available to guests at any time during Lily Pad hours. Guides are on hand to assist you with kayaks, stand-up paddleboards, bikes, binoculars, & disc golf discs and scorecards or to answer any questions that you may have.

S'mores are available around the fire during Lily Pad hours.