



YOUR GUIDE TO CLASSES & ACTIVITIES

May 13th - 19th, 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 - 5pm daily, bikes are available at Lily Pad

### **BIRDING**

9am - 5pm daily, binoculars are available at Lily Pad

### **DISC GOLF**

9am - 5pm 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 - 5pm daily, kayaks are available at the Dock

### **PICKLEBALL**

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

### **S'MORES**

9am - 5pm daily at the Lily Pad

### **STAND-UP PADDLEBOARDING**

9am - 5pm 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

Cold nights, short days, and a feeling of dormancy has come to our region, but there is still plenty to see at Blackmore Farm, The Lodge at Woodloch's very own working organic farm. Just a 5-10 minute walk from the hotel, Blackmore Farm is encompassed by the blue hiking & biking trail that makes its way through the woodlands that surround the garden and orchard. Come see the remnants of last year's growing season while checking out the bounty of cold hardy crops currently being grown in our three high tunnels.

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.



### **LORI FISH BARD, LICENSED CLINICAL NUTRITIONIST**

*May 17th & 18th*

Lori Fish Bard, MS, CNS, LDN, is a licensed clinical nutritionist and board-certified integrative health counselor who works with men, women, children, and families to provide a personalized, highly supportive blueprint to help them identify and accomplish their health goals. Lori uses a holistic, functional, and integrative approach to help develop sustainable habits to live a healthy, nourished and balanced life. Her interests include digestive and gut health, metabolic syndrome, thyroid health, autoimmunity, celiac disease/gluten sensitivity and food allergies. Lori offers individual nutrition coaching, group coaching programs, seasonal cleanses, cooking demonstrations and wellness workshops. Through all these platforms, Lori loves sharing the gift of improved health with her clients. Lori received her Master of Science in Clinical Nutrition & Integrative Health from the Maryland University for Integrative Health (MUIH). She is licensed by the Board of Dietetic Practice of the State of Maryland. She received her training and certification in integrative health coaching from the internationally recognized training program at the Institute for Integrative Nutrition (IIN) in New York City. She is a member of the American Association of Drugless Practitioners (AADP) and a member of the International Association for Health Coaches (IAHC). Lori has been featured in the Washington Post Express and Delight Gluten Free, a magazine for those with gluten intolerance and food allergies. She serves on the Advisory Board of the Celiac Disease Program at Children's National Hospital in Washington, DC.

**FRIDAY, MAY 17TH**

### **SMART NUTRITION FOR BUSY WOMEN**

*8:30pm in the Fireside Room*

"I don't have time to eat healthy!" "I'm too busy!" "I'm exhausted when I get home - I don't feel like cooking!" Do these sound familiar? With the demands of women in today's non-stop, fast-paced society, it is hard to find the time to prepare and eat nutritious foods. But although it may take some commitment and motivation, the effort may not be as hard as you think. Discover ideas, tips, and strategies to create a healthier lifestyle - even when your life is beyond hectic.

**SATURDAY, MAY 18TH**

### **EATING FOR ENERGY: 10 WAYS TO BOOST YOUR ENERGY AND STAY THAT WAY**

*8:30pm in the Fireside Room*

What is the major cause of fatigue in women? Research tells us that it is rooted in diet and lifestyle. Learn what foods and superfoods are best to eat to increase your energy levels and how to integrate lifestyle changes to keep you feeling happy, healthy, and energized. You will once and for all understand how to have energy all day without needing your 3pm pickup.



## 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.



### **VANESSA HERNANDEZ, REIKI SHAMANIC HEALER & SPIRITUAL AWAKENING MENTOR**

Vanessa is a Reiki Master, a channel, and an activator. With her you will receive reiki, a chakra alignment, shamanic clearing, activations (when Spirit deems applicable), a healing gateway opening to the next step on your healing journey, and an ease of a shift in your vibration to the highest frequency you are meant to reach at that time, aligning you with a more abundant and fulfilled daily life. Our work will open you up to the magic of the universe. Her healings have been known to leave you feeling centered, grounded, aligned and clear. They aid in physical, emotional and energetic wellness, as well as bring great insight into your personal soul journey.

### **SPIRITUAL AWAKENING MENTORING**

*75 minutes // \$325, 100 minutes // \$435*

In this transformative session, we will work one-on-one in a supportive environment where there is only love and no judgement. Here you can speak freely of your own magical experiences no matter how peculiar or curious they may seem to you, and we can explore different ways to work with them! Led by our Spiritual Teams of the highest frequency, we will help you enhance, utilize, engage, and interact with your own natural gifts. Each session is channeled and tailored to your specific needs; you will also receive an energy healing. Sessions may include (but are certainly not limited to):

- Shadow Work: Facing your wounds and fears to clear out and make room for a life of abundance and flow
- Energetic shielding, clearing and grounding techniques -Inner child healing
- Manifesting and aligning With your heart's desires
- Expand on any creative gifts you may have by learning how to access the creative flow
- Twin Flame Journey Support
- Learn to take your power back, find those empty spaces within and fill your own cup
- Shift your perspective from searching externally for fulfillment and begin to look at your work within
- Custom channeled guided visualization to connect with your Spiritual Team while receiving a Shamanic Reiki Healing

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## HELPFUL INFO

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*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 - 5pm

## BIRDING

Lily Pad, 9am - 5pm

## DISC GOLF

Lily Pad, 9am - 5pm

## FISHING

Lily Pad, 9am - 5pm

## KAYAKING

Dock, 9am - 5pm

## PICKLEBALL

Pickleball Courts, Dawn - Dusk

## STAND-UP PADDLEBOARDING

Dock, 9am - 5pm

## S'MORES

Lily Pad, 9am - 5pm

## 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 - WAKE UP SUNSHINE

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

## 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 - 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 - BASIC DECORATIVE HAND LETTERING

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

## 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 - 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.

## 10:30 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 - 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 - 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 Shredded Lime and Cilantro Chicken with Spanish Rice.

## 11:30 AM - GRAPES &amp; 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.

### 12:30 PM - 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.

### 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 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 - 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, Fireside Room)  
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

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### 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 Shredded Lime and Cilantro Chicken with Spanish Rice.

### 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.

### 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.



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**BIKING**  
Lily Pad, 9am - 5pm

**BIRDING**  
Lily Pad, 9am - 5pm

**DISC GOLF**  
Lily Pad, 9am - 5pm

**FISHING**  
Lily Pad, 9am - 5pm

**KAYAKING**  
Dock, 9am - 5pm

**PICKLEBALL**  
Pickleball Courts, Dawn - Dusk

**STAND-UP PADDLEBOARDING**  
Dock, 9am - 5pm

**S'MORES**  
Lily Pad, 9am - 5pm

## 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.

**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, yet effective techniques for highlighting, shadowing and blending of color using colored pencils while creating a beautiful floral drawing you will be proud to display or give as a gift. Previous art experience is helpful, but not necessary.

**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 - 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.

**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 - 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 - 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.

**9:30 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 - 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 - 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, Linden 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 - 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 - 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)  
Learn how creativity can be used to manage stress and anxiety by drawing simple repetitive patterns. Your focus will shift and become centered on the repetition of your artwork, which helps calm the mind. The image that you naturally create can be shaded to enhance depth and dimension. Truly a unique art experience!

**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 Herb & Prosciutto Stuffed Chicken Breast Schnitzel on a Wilted Kale Salad.

**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 rhythical 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.

### 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 - 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.

### 1:30 PM - SPRING AWAKENING WALK

(90 min, Meet in Garden Hall)

Join our guides on an easy hike around the grounds at The Lodge at Woodloch as we peel back the blanket of our winter slumber and breathe in the new spring air. Every step you take brings new signs of life as the buds emerge, plants sprout, and animals come out of their yearly rest.

### 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 Hydorider 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 Herb & Prosciutto Stuffed Chicken Breast Schnitzel on a Wilted Kale Salad.

### 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 - 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.

### 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!

### 4:00 PM - SENSORY WALK

(90 min, Meet in Garden Hall)

Join our Nature Guide and use all five senses to explore our beautiful wooded property. Learn techniques for a walking meditation and end with hot tea incorporating wild edible plants.

### 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!

### 8:30 PM - CREATING WITH CLAY

(90 min, Art Studio)

Experience the joy of working with your hands to create jewelry trinket trays out of air-dry clay. Participants will press dried leaves and flowers into their 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)

Bingo Singo is the best new party game! Based on the timeless game of bingo, Bingo Singo features the same card-based setup with the exciting twist of awesome music playlists. Tonight female music legends take the stage! 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 - 5pm

## BIRDING

Lily Pad, 9am - 5pm

## DISC GOLF

Lily Pad, 9am - 5pm

## FISHING

Lily Pad, 9am - 5pm

## KAYAKING

Dock, 9am - 5pm

## PICKLEBALL

Pickleball Courts, Dawn - Dusk

## STAND-UP PADDLEBOARDING

Dock, 9am - 5pm

## S'MORES

Lily Pad, 9am - 5pm

## 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 - AM STRETCH &amp; MEDITATION

(45 min, Linden 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 - 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 - 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)  
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)  
Join a relaxation-based, whimsical art class where you can explore your fun, creative side drawing pattern-based, organized doodles. Learn how to develop them into beautiful designs that you can color or shade if so desired.

## 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 - GNOME ROAM

(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.

## 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 - EDIBLE &amp; 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.

## 10:00 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.

## 10:30 AM - WINDOW VIEW WATERCOLORS

(90 min, Art Studio)  
Embrace the Spring season by appreciating the picturesque view from the art studio. With guidance from our art instructor, you will use watercolors to paint the beautiful surroundings and create a long-lasting keepsake that will remind you of your time at The Lodge at Woodloch.

## 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 Poached Salmon with Nettle Pine Nut Sauce & Red Pepper Garlic Mousse.

## 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.

## 11:30 AM - 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.



# MAY 15TH, 2024

# WEDNESDAY

## 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 - CHAKRA BOWL DEMONSTRATION

(20 min, Meet in the Garden Hall)  
Learn more about how vibrational stimulation of Chakra Bowls will restore your sense of calm, peace, mental clarity, as well as physical and energetic balance.

### 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.

### 12:15 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 - REFRESHING YOUR SPIRIT

(50 min, Garden View Room)  
Refreshing Your Spirit is a workshop that provides an arena of reflection for guests to review old beliefs and habits and move toward renewed awareness by providing alternate strategies for managing their stress.

### 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.

### 1:30 PM - 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.

### 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 - 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.

### 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 - 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 Poached Salmon with Nettle Pine Nut Sauce & Red Pepper Garlic Mousse.

### 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.

### 3:30 PM - IRISH WHISKEY FIRESIDE CHAT (\$)

(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.

### 3:30 PM - PAPER MARBLING

(60 min, Art Studio)  
No experience or artistic talent necessary. Come have fun with inks, water and paper to create an original piece of art or stationery.

### 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.

### 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 - BODY OF LIGHT: YOGA & MEDITATION

(105 min, Rowing Room)  
In this full spectrum yoga practice, we will use headphones to support pratyahara (sense withdrawal) bringing participants fully into their own personal physical and meditative experience. With the soundtrack and instructions in headphones, participants are supported and encouraged to rest into their own experience. Using an authentic esoteric Tibetan meditation practice for yoga with an intermediate to advanced vinyasa flow, participants will focus on the traditional goals of yoga practice: developing deep seated compassion & joy, and ultimately enlightenment. For those with a regular, intermediate to advanced yoga practice.

### 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.

### 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.



## 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 - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### FISHING

Lily Pad, 9am - 5pm

### KAYAKING

Dock, 9am - 5pm

### PICKLEBALL

Pickleball Courts, Dawn - Dusk

### STAND-UP PADDLEBOARDING

Dock, 9am - 5pm

### S'MORES

Lily Pad, 9am - 5pm

## 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.

### 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 - 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 be using a 12 x 16 piece of paper, flow acrylics, inks, collage pieces, and newsprint to create your 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 - 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.

### 10:30 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 - FOOD AS MEDICINE

(50 min, Garden View Room)  
Learn and understand the benefits of eating key foods that will help you naturally detox and cleanse, as well as about our food system, so you can make the most informed choices while you are exposed to a world of processed, chemical-laden foods. Gain insight on how to support the body with diet and lifestyle improvements to get those energy pathways flowing and help clear the disease from the system.



# MAY 16TH, 2024

# THURSDAY

## 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 - TRIMESTER TONE

(45 min, Oak Studio)  
Join Kelsey-Jean, certified pre- and post-natal fitness trainer, in this modified muscle toning class. Through a combination of exercises, deep core work, and light cardio, you'll leave feeling strong and successful. All levels welcomed including those expecting! Sneakers required.

### 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 - GUT CHECK: EXPLORE YOUR MICROBIOME

(50 min, Garden View Room)  
It has become common knowledge that the health of our gut dictates our overall health. So what constitutes a healthy gut? As our gut refers to our digestive system, the foods we eat can improve our gut health. Prebiotics, probiotics, raw vegetables, herbs, and spices all have gut and immune-supportive properties. Join Talia, a board-certified holistic nutritionist to learn how you can incorporate them into your everyday life and strengthen your microbiome!

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

(90 min, Fireside Room)  
Pretty rocks for decoration or powerful tools for your energetic journey? You decide. Join Reiki Shamanic Energy Healer Vanessa Hernandez for a one-of-a-kind crystal healing experience. During this gathering, you will receive your own crystal to take home, learn how it works with you, how to work with it, how to care for your crystals, different ways to incorporate crystals into your everyday life and learn the specific properties of your crystal. Then get comfy and dive into a guided visualization to connect your personal energy with your gorgeous crystal's frequency, activate its connection with you, and allow it to align you with a world of gifts, surprises, prosperity, and abundance. Along with this guided journey, you will also receive a Reiki Shamanic Energy Healing, a 3-card oracle pull for your message from the Universe, essential oils, and of course your Reiki-infused crystal to take home with you. Please feel free to bring any of your own personal crystals with you as well. The more the merrier! Cost is \$20 per person.

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

(90 min, Blackmore Farm)  
Create unique and beautiful images on paper using 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. We will collect, arrange, and expose plants from the farm on sensitized paper, and everyone will leave with several handmade works of art. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 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. No experience necessary. 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, Oak 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 - CHAKRA BOWL DEMONSTRATION

(20 min, Meet in the Garden Hall)  
Learn more about how vibrational stimulation of Chakra Bowls will restore your sense of calm, peace, mental clarity, as well as physical and energetic balance.

### 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.

### 1:30 PM - SPRING AWAKENING WALK

(90 min, Meet in Garden Hall)  
Join our guides on an easy hike around the grounds at The Lodge at Woodloch as we peel back the blanket of our winter slumber and breathe in the new spring air. Every step you take brings new signs of life as the buds emerge, plants sprout, and animals come out of their yearly rest.

### 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 - 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.

### 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, Art Studio)  
Revisit a childhood memory and watch the clouds through the expansive windows in the Art Studio. Using a new technique with alcohol inks and isopropyl alcohol, you will be able to create a beautiful painting of the clouds above.

### 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 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 - YOU KNEAD THIS

(45 min, Linden 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.

### 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!

### 4:00 PM - SENSORY WALK

(90 min, Meet in Garden Hall)  
Join our Nature Guide and use all five senses to explore our beautiful wooded property. Learn techniques for a walking meditation and end with hot tea incorporating wild edible plants.

### 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.

### 7:30 PM - CHEF'S TABLE DINNER (\$)

(120 min, Chef's Kitchen)  
Spend dedicated time with Chef Kate in the Chef's Kitchen as she serves a farm to table menu featuring our own Blackmore Farm, local farms & purveyors, and seasonal ingredients. Dinner begins with a glass of fizz to cleanse the palate and each course is carefully paired with wines from our Sommelier. The cozy setting offers friendly conversation to learn more about each dish including unique ingredients, cooking techniques, and best kept secrets. There is an up-charge of \$90 per person which includes the wine pairing. 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 - 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, Garden View 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.



## 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.*

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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 - 5pm

## BIRDING

Lily Pad, 9am - 5pm

## DISC GOLF

Lily Pad, 9am - 5pm

## FISHING

Lily Pad, 9am - 5pm

## KAYAKING

Dock, 9am - 5pm

## PICKLEBALL

Pickleball Courts, Dawn - Dusk

## STAND-UP PADDLEBOARDING

Dock, 9am - 5pm

## S'MORES

Lily Pad, 9am - 5pm

## 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 &amp; 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 (Maha - 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.

## 9:30 AM - BLACKMORE FIELD &amp; 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 - 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 fast-paced, 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, Willow 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 - 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.

## 11:00 AM - CHI JOY

(45 min, Linden 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.

## 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.



MAY 17TH, 2024

FRIDAY

## 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.

### 12:00 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.

### 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, Chef's Kitchen)

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, Garden View 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 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 - SPLASH DANCE

(30 min, Aqua Garden)

No experience or high heels needed in this fun Hydorider 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! No experience is necessary! Cost is \$20 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 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 - 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 - 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.

### 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.

### 3:30 PM - HIGH TEA (\$)

(50 min, Garden View Room)

Join Chef Kate as she curates your High Tea journey. Steep and enjoy several teas including a blend grown right here at The Lodge at Woodloch. Tea service will be accompanied by a wonderful selection of tea breads, petite pastry sweets, and fancy savory bites! Indulge in this daily ritual that millions of people take part in all over the world. Pamper your soul and renew your spirit. Cost is \$25 per person.

### 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.

### 4:00 PM - SURRENDER

(45 min, Willow 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 - 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.

### 4:30 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.

### 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 West)

It's time to take the mic and show karaoke night how things are done. You deserve a fun time with your friends, singing your favorite songs as loud as you want. Take the stage with an amazing playlist, and Don't Stop Believin' in your karaoke talent!

### 8:30 PM - SMART NUTRITION FOR BUSY WOMEN

(60 min, Garden View Room)

"I don't have time to eat healthy!" "I'm too busy!" "I'm exhausted when I get home - I don't feel like cooking!" Do these sound familiar? With the demands of women in today's non-stop, fast-paced society, it is hard to find the time to prepare and eat nutritious foods. But although it may take some commitment and motivation, the effort may not be as hard as you think. Discover ideas, tips, and strategies to create a healthier lifestyle - even when your life is beyond hectic.



## 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 - 5pm

**BIRDING**

Lily Pad, 9am - 5pm

**DISC GOLF**

Lily Pad, 9am - 5pm

**FISHING**

Lily Pad, 9am - 5pm

**KAYAKING**

Dock, 9am - 5pm

**PICKLEBALL**

Pickleball Courts, Dawn - Dusk

**STAND-UP PADDLEBOARDING**

Dock, 9am - 5pm

**S'MORES**

Lily Pad, 9am - 5pm

## 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 - 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.

**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.

**8:00 AM - SHE'S GOT L.E.G.S.**

(45 min, Oak Studio)  
Lower body Exercises and Glute Strengthening.

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

(45 min, Linden 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 BLOSSOM BLISS**

(90 min, Art Studio)  
Come explore the quintessential spring flower: cherry blossoms! We will use a limited palette of colors and a variety of textural techniques to create a spring painting on canvas for you to take home. This class is great for all levels of painters, including beginners!

**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 - 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".

**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.

**9:00 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*

**9:30 AM - GNOME ROAM**

(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.

**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.

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

(50 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 - 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.

**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 Flourless Chocolate Cake with Peppermint English Cream Sauce.

**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 - 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.

**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 - EMPOWER HOUR**

(45 min, Rowing Room)  
Ignite your full potential with super-set stations combining traditional and innovative Pilates techniques. Utilize mats, the Wunda Chair, and the Pilates Tower to sculpt and strengthen your body.

**11:00 AM - POSTCARDS FROM THE LODGE AT WOODLOCH**

(120 min, Art Studio)  
Drawing your inspiration from nature, come create postcards to commemorate your visit! You will work with watercolor pencils to create two unique designs!



# MAY 18TH, 2024

# SATURDAY

## 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 - W.O.W. WOMEN ON WEIGHTS

(45 min, Oak Studio)  
This class ZAPS the FAT using combination weight training moves that will help you get back into shape or stay in shape.

### 12:00 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.

### 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 - 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.

### 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 - 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 - KICKBOXING

(45 min, CardioWeight Studio)  
Unleash your inner warrior. This dynamic class fuses martial arts and cardio for a thrilling workout that improves endurance, boosts energy, and helps conquer stress.

### 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 - THE SIGHTS & SOUNDS OF MINDFUL SILENCE

(45 min, Linden Studio)  
Be snuggled both body and soul as you lie comfortably in the Moon Pod bean bag chair. Hear the beautiful sounds of the hand pan through noise cancelling headphones. Find the place between awake and asleep as you drift into the stars.

### 2:00 PM - 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.

### 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 Flourless Chocolate Cake with Peppermint English Cream Sauce..

### 3:00 PM - HIPPIE YOGA

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

### 3:00 PM - 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

### 3:00 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.

### 3:00 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 breath 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.

### 7:30 PM - CHEF'S TABLE DINNER (\$)

(120 min, Chef's Kitchen)  
Spend dedicated time with Chef Kate in the Chef's Kitchen as she serves a farm to table menu featuring our own Blackmore Farm, local farms & purveyors, and seasonal ingredients. Dinner begins with a glass of fizz to cleanse the palate and each course is carefully paired with wines from our Sommelier. The cozy setting offers friendly conversation to learn more about each dish including unique ingredients, cooking techniques, and best kept secrets. There is an up-charge of \$90 per person which includes the wine pairing. 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 - EATING FOR ENERGY: 10 WAYS TO BOOST YOUR ENERGY AND STAY THAT WAY

(60 min, Fireside Room)  
What is the major cause of fatigue in women? Research tells us that it is rooted in diet and lifestyle. Learn what foods and superfoods are best to eat to increase your energy levels and how to integrate lifestyle changes to keep you feeling happy, healthy, and energized. You will once and for all understand how to have energy all day without needing your 3pm pickup.



## 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 - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### FISHING

Lily Pad, 9am - 5pm

### KAYAKING

Dock, 9am - 5pm

### PICKLEBALL

Pickleball Courts, Dawn - Dusk

### STAND-UP PADDLEBOARDING

Dock, 9am - 5pm

### S'MORES

Lily Pad, 9am - 5pm

## 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

### 7:00 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.

### 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)  
Learn how creativity can be used to manage stress and anxiety by drawing simple repetitive patterns. Your focus will shift and become centered on the repetition of your artwork, which helps calm the mind. The image that you naturally create can be shaded to enhance depth and dimension. Truly a unique art experience!

### 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 - 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 - PICKLEBALL FOR BEGINNERS

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

### 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.

### 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 - 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.

### 10:00 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.

### 10:00 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.

### 10:00 AM - EAT YOUR WEEDS

(60 min, Owl's Nest)  
Why battle the weeds when you can eat them? Edible wild plants adorn our lawns and share space with our cultivated garden plants. Not only are these plants nutritious but medicinal. Many of our "weeds" are naturalized non-native plants that were carried here by explorers and settlers who valued them for food and medicine. Learn how you can confidently identify and work with them yourself! Class will consist of a slideshow of easy-to-identify and easy-to-work-with edible and medicinal weeds.

### 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 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.

### 11:00 AM - DOUBLE TROUBLE

(45 min, CardioWeight Studio)  
Ramp up your cardio with crazy combos of jabs, hooks, and upper cuts. Then release your own personal power as you punch and kick the heavy bag.

### 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 - 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.

### 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 - 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.

### 12:00 PM - 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.

### 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 - 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 - GENTLE GREAT WALL OF YOGA

(45 min, Linden Studio)  
Enjoy the benefits of spinal rejuvenation and alignment without hanging upside down in this gentle Great Wall of Yoga Class.

### 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.

### 1:30 PM - SPRING AWAKENING WALK

(90 min, Meet in Garden Hall)  
Join our guides on an easy hike around the grounds at The Lodge at Woodloch as we peel back the blanket of our winter slumber and breathe in the new spring air. Every step you take brings new signs of life as the buds emerge, plants sprout, and animals come out of their yearly rest.

### 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 - SWEAT LIKE A GIRL

(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 - 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.

### 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 Greek Chick Pea Salad with Kale.

### 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 - HERBAL TEA FOR REST & RELAXATION

(60 min, Owl's Nest)  
Join our herbalist for a relaxing cup of tea and learn about the many herbal teas that assist in stress reduction and improved sleep. Many of these herbs are fragrant and delicious, awakening the senses while also calming the nervous system. Heather will share how to measure loose herbs for tea, how to properly prepare medicinal herbal tea, and how to explore the synergy of herbs to enhance flavor and efficacy.

### 4:00 PM - SENSORY WALK

(90 min, Meet in Garden Hall)  
Join our Nature Guide and use all five senses to explore our beautiful wooded property. Learn techniques for a walking meditation and end with hot tea incorporating wild edible plants.

### 4:00 PM - THE CHILL ZONE

(45 min, Willow Studio)  
We all want to feel less stress and more chill. The key to feeling chill is something called parasympathetic dominance. In this class you'll learn a little more technically what's happening in your nervous system when you feel stressed out, what's happening when you are chilling out, and some simple techniques to get in the chill zone (parasympathetic dominance). Bonus: chilling out is incredibly good for your health!

### 4:00 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 - 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.

### 5:00 PM - AGATE GEMS & STERLING SILVER DROPPED 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.

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

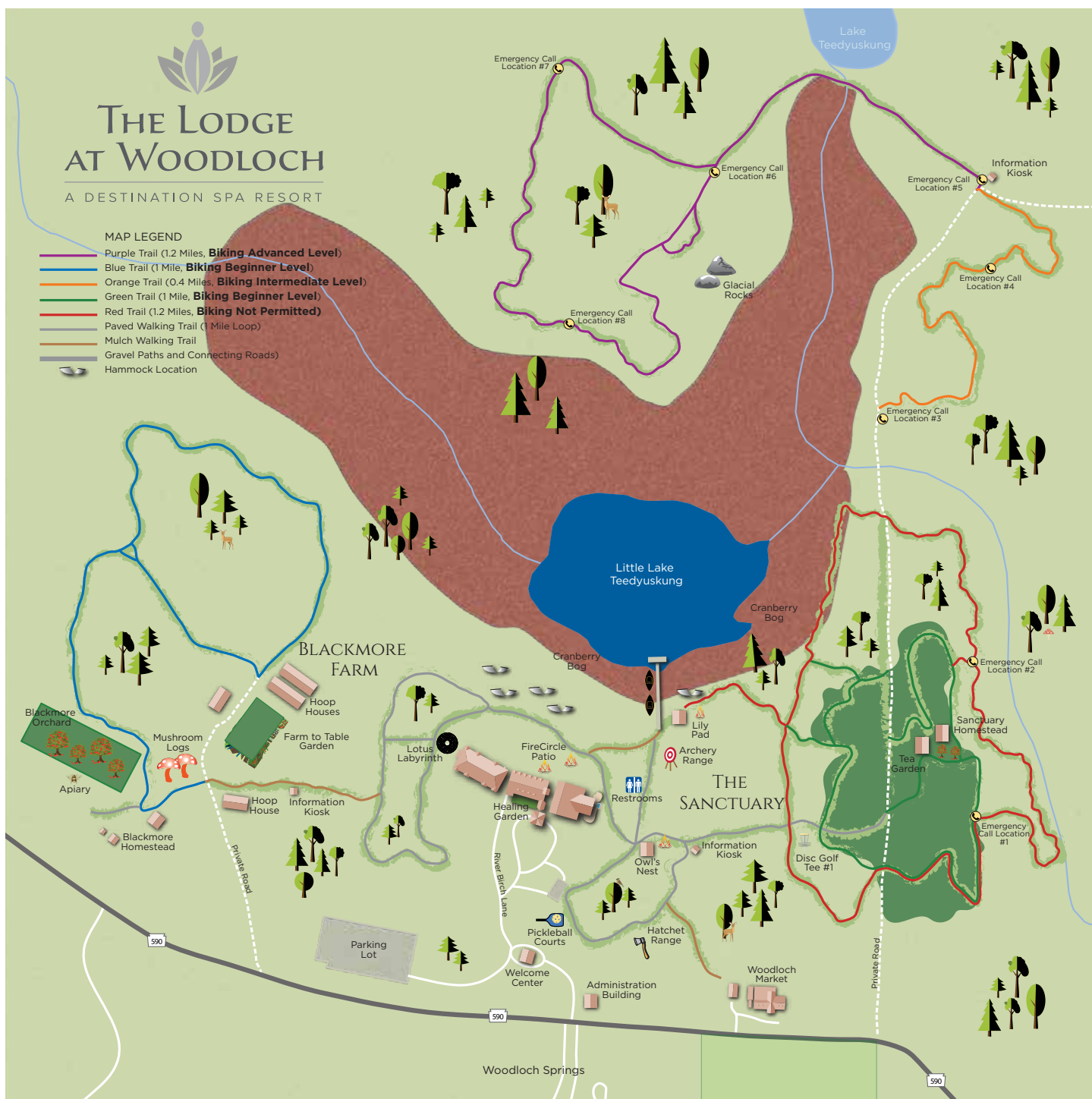
(90 min, Art Studio)  
Draw along with step-by-step instructions to recreate your own mystical scene of mushrooms and flowers lit by the moon. Explore and create with a variety of pencil and charcoal mediums to render this serene scene.

### 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.



## Outdoor Exploration

The Lily Pad, our Outdoor Exploration Center is open from 9am - 5pm. Biking, Fishing, Disc Golf, & Birding are open activities that are available to guests at any time during Lily Pad hours. Guides are on hand to assist you with equipment or to answer any questions that you may have.

S'mores are available around the fire during Lily Pad hours.