



**YOUR GUIDE TO CLASSES & ACTIVITIES**

April 14th - 20th, 2025



**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

### **FISHING**

9am - 5pm daily, rods and reels are available at Lily Pad

### **HIKING**

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

### **S'MORES**

9am - 5pm daily at the Lily Pad

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

## **PLAN YOUR STAY**

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



## **THE BLACKMORE FARM**

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

### **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 Wednesday and Saturday.



## GUEST SPEAKERS & SPECIAL EVENTS



### **PAULA CHAFFEE SCARDAMALIA, DREAM & TAROT INTUITIVE**

*April 18th - 19th*

Paula Chaffee Scardamalia is a book coach, dream and tarot intuitive and the author of *Enchanting Creativity: How Fairy Tales, Dreams, Rituals & Journaling Can Awaken Your Creative Self*. She also wrote the award-winning *Weaving a Woman's Life: Spiritual Lessons from the Loom*, as well as *Tarot for the Fiction Writer*, and her novel, *In the Land of the Vultures*. For more than 20 years, Paula's presented workshops across the country for national and regional Romance Writers of America and other writing groups' events, both online and in person. She publishes *Divine Muse-ings*, a weekly e-newsletter on writing, creativity, dreams, and tarot.

Friday, April 18

### **TAROT: A TOOL FOR BRAINSTORMING, PROBLEM-SOLVING, AND CREATIVITY**

*8:30pm, Fireside Room*

Discover how this centuries old collection of cards is a powerful and effective tool for your daily life. Learn about the truth about the origins of the deck, its basic structure, how to ask a question, and create a simple spread. Experience how, even if you've never seen a deck before you can use it immediately for insight and inspiration.

Saturday, April 19

### **BUT WHAT DOES MY DREAM MEAN?**

*8:30pm, Fireside Room*

Learn basic dream techniques for remembering, recording and understanding your dreams. Find out what the purpose of recurring dreams and nightmares might be; why you dream of celebrities; and what the best dream dictionary is. Discover how you can use the messages and information from your dreams for all aspects of your life.

### **TAROT READING WITH PAULA CHAFFEE SCARDAMALIA**

*30 min // \$130*

*Please inquire with the Spa Concierge for availability and scheduling.*

Whatever your question or concern—a new career choice, insight on a challenging relationship, breaking through creative blocks, or enhancing your life—a tarot reading with Paula has the ability to bring clarity, confidence, and a positive outlook on any issue or concern, confirming current directions or pointing the way to new directions and more possibilities and solutions.



## FEATURED PERSONAL CONSULTATIONS

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



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

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

### TRADITIONAL EASTERN THERAPEUTIC BODYWORK

*50 minutes // \$210, 75 minutes // \$315*

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

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



## HELPFUL INFO

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

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

## OPEN ACTIVITIES

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

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

### ARCHERY

Archery Range, 1pm - 5pm

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### FISHING

Lily Pad, 9am - 5pm

### S'MORES

Lily Pad, 9am - 5pm

## DINING

*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 to enjoy in your guest room or on your guest room veranda (a \$20 room service fee applies). We kindly ask that you submit breakfast orders 45 minutes prior to desired 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 - DETOX FLOW

(45 min, Linden Studio)  
A challenging vinyasa practice that focuses on twisting to support the digestive system and lymphatic drainage. For those with a yoga practice. Best on an empty stomach.

### 8:00 AM - MY MORNING PRACTICE

(45 min, Willow Studio)  
Here comes the Sun-Salutations! Move, breathe, and release for a better way to start your day.

### 8:00 AM - SUNNY AND CHAIR

(45 min, Oak Studio)  
Sit up and dance in this energetic chair dance workout using great music from the 60's and 70's. Try singing and smiling at the same time. It's a hoot!

### 8:00 AM - GOOD MORNING SUNSHINE!

(45 min, Linden Studio)  
Yoga-ish, but not yoga. About 15 minutes to get you warm and toned (think high lunges, planks, get warm fast), the next 15 minutes to stretch it out (so you don't feel creaky), and the final 15 minutes to set intentions and get your mind right. All the things for a great start to the day!

### 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 - MINISINK BATTLEGROUND HIKE

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

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

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

### 9:00 AM - ZUMBA

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

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

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

### 9:00 AM - BALANCING YOUR CHAKRAS YOGA

(45 min, Rowing Room)  
Flow through different yoga poses that will help unblock stagnant energy and realign your chakras for optimal emotional and physical well-being. Headphones will be provided to help maintain tranquility and focus.

### 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)  
Want strength? Flexibility? Core stability? Balance? Get them all in TRX Total Body.

### 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 - 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 - 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 - CHAIR YOGA

(45 min, Rowing Room)  
Chair Yoga is a gentle class that uses modified yoga poses that can be done while seated in a chair or standing and using the chair for support.

### 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 - FLY CASTING

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

### 10:00 AM - BASIC DECORATIVE HAND LETTERING

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

### 10:30 AM - ANIMAL TRACKING & IDENTIFICATION

(90 min, Owl's Nest)  
Come spend time with our guides to get a closer, intimate look into the animals of the Pocono Mountains. Join them as you explore our property and get familiar with the different ways of tracking and identifying our woodland friends. If it has two legs, four legs, or even wings, our team can help you become familiar with the different ways you can find our favorite creatures of the forest.

### 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 - SUPER CHARGED 100'S

(45 min, CardioWeight 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 - JUMP AND JIVE

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

### 11:00 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).

### 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 Banana Bread Pudding with Peanut Peppercorn Brittle and Whipped Cream.

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

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



## SCHEDULED ACTIVITIES, CONT.

**12:00 PM - 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 - TRX: BELOW THE BELT**

(45 min, CardioWeight Studio)  
Oh my quads, glutes, and calves! Tighten and tone your lower body using TRX suspension training.

**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 postural awareness.

**1:00 PM - AFTERNOON STRETCH**

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

**1:00 PM - WRITE TO RELAX**

(45 min, Fireside Room)  
Settle in, enjoy restful guided meditation, connect to body and breath, and engage in playful writing exercises that open your intuitive and creative mind. Write about what's on your mind and in your heart. Journals will be yours to take home and continue this fascinating journey into your true self.

**1:00 PM - TRX: PILATES**

(45 min, CardioWeight Studio)  
TRX suspension training plus the three c's of Pilates (concentration, control, core), to give you a new definition for your body and mind.

**1:00 PM - 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!

**1:30 PM - WATERFOWL OF LAKE WALLEPAUPACK**

(120 min, Meet in Garden Hall)  
Join us for an easy 1.5 mile walk along the pristine shoreline of Lake Wallenpaupack and discover our beautiful local waterfowl. Binoculars will be provided and birders of any skill level are welcome.  
*Total Travel Time: 40 min., Hiking Time: 1 Hour and 20 Minutes*

**2:00 PM - SPLASH DANCE**

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

**2:00 PM - 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.

**2:00 PM - SGT KEN'S BOOT CAMP**

(45 min, Rowing Room)  
Need a challenge? Teamwork makes the dream work in this bun busting, body transforming boot camp class. We use everything, including the kitchen sink, in this class so be prepared to sweat. Water and sweat towels are a must.

**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 - 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 - 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 - 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 - 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.

**3:00 PM - KENPO CARDIO**

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

**3:00 PM - HATCHET THROWING**

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

**3:00 PM - COOKING DEMONSTRATION**

(50 min, Chef's Kitchen)  
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Monday's demonstration will feature Banana Bread Pudding with Peanut Peppercorn Brittle and Whipped Cream.

**3:30 PM - ROARING 20'S - THEN AND NOW COCKTAIL TASTING (\$)**

(50 min, Garden View Room)  
These beverages are the Bee's Knees! We selected cocktails that were popular during the Roaring 1920's and we'll discuss what makes them a classic cocktail still to this day. 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.

**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.

**We ask that you schedule your dinner reservations a minimum of two hours prior to the start of your planned evening activities.**

**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 - KARAOKE**

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

**8:30 PM - MYSTERY & HISTORY OF WINE - GRAPES YOU'VE NEVER HEARD OF (\$)**

(50 min, Garden View Room)  
You must admit, there is something special about knowing the story behind what you eat and drink, especially wine. Join our "Baby Somm" for an enchanting story time and tasting about the drink that captivated the ancients and discover today's current mysterious tales from faraway places hiding behind the label. The discussion is open to "experts" at all levels. Cost is \$35 per person. Guests must be at least 21 years of age to participate. \*Pairing plate contains dairy and gluten, substitutions are not available.



HELPFUL INFO

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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

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

DINING

*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 to enjoy in your guest room or on your guest room veranda (a \$20 room service fee applies). We kindly ask that you submit breakfast orders 45 minutes prior to desired 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 - MY MORNING PRACTICE**  
(45 min, Linden Studio)  
Here comes the Sun-Salutations! Move, breathe, and release for a better way to start your day.

**8:00 AM - TABATA**  
(45 min, Oak Studio)  
High repetition and short rest periods will burn fat, build endurance, and increase strength. Allow 2 hours after eating before taking this advanced level class. Sneakers are required. Not recommended for those with recent injuries.

**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 - SGT KEN'S BOOT CAMP**  
(45 min, Rowing Room)  
Need a challenge? Teamwork makes the dream work in this bun busting, body transforming boot camp class. We use everything, including the kitchen sink, in this class so be prepared to sweat. Water and sweat towels are a must.

**8:00 AM - SHAMANIC SERENITY: GUIDED MEDITATION & HANDS-ON HEALING**  
(50 min, Fireside Room)  
Honor your vessel and join us in a sacred space of serenity and self-care with Shamanic Energy Healer Vanessa Hernandez. 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.

**8:00 AM - FLORALS WITH COLORED PENCILS**  
(120 min, Art Studio)  
Learn simple and effective techniques for highlighting, shadowing, and blending colors while creating a beautiful floral drawing!

**9:00 AM - TRX: TOTAL BODY**  
(45 min, CardioWeight Studio)  
Want strength? Flexibility? Core stability? Balance? Get them all in TRX Total Body.

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

**9:00 AM - PILATES MAT**  
(45 min, Rowing Room)  
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 - SLOW FLOW YOGA**  
(45 min, Oak Studio)  
A juicy, stretchy, slow flow vinyasa yoga practice with beautiful woodland views from the floor to ceiling windows in our Oak Studio.

**9:00 AM - 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.

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

**9:30 AM - GARDEN-INFUSED OILS (\$)**  
(60 min, Owl's Nest)  
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.

**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 - 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 - 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 - 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 - AQUA YOGA**  
(45 min, Aqua Garden)  
A unique experience of working in the water to gain something new out of your yoga postures.

**11:00 AM - NATUREPIX 101**  
(60 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!

**11:00 AM - ART FOR STRESS MANAGEMENT**  
(120 min, Art Studio)  
Join us and learn how to incorporate simplified drawings to help manage stress and anxiety using "Neurographics," a straightforward drawing style based on incremental design. This will help you focus solely on the repetition and process of your abstract style creation, thereby alleviating the pressure to create something specific and fostering a more relaxed state of mind.

**11:00 AM - COOKING DEMONSTRATION**  
(50 min, Chef's Kitchen)  
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Tuesday's demonstration will feature Lemon & Basil-Marinated Shrimp with a Mediterranean Cous Cous Salad and Red Wine & Roasted Garlic Vinaigrette.

**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 - EBB AND FLOW**  
(45 min, Willow Studio)  
A rhythmic flowing movement pattern using wooden dowels to help mobility and fluidity in the upper body.

**11:00 AM - 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.

**11:00 AM - SPLASH DANCE**  
(30 min, Aqua Garden)  
No experience or high heels needed in this fun Hydrorider Aquatic Pole Dancing Class. Build strength and stamina while learning simple dance moves to music that will make you giggle. Yes, we actually use poles in the water.

**11:00 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 highintensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.





## SCHEDULED ACTIVITIES, CONT.

**12:00 PM - PING PONG PICKLEBALL**

(45 min, Rowing Room)  
Let's play pickleball inside. Learn how to play pickleball on a ping pong table. A fun time is guaranteed.

**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 - 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 - 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 - SUNNY AND CHAIR**

(45 min, Linden Studio)  
Sit up and dance in this energetic chair dance workout using great music from the 60's and 70's. Try singing and smiling at the same time. It's a hoot!

**1:00 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.

**1:00 PM - C'EST LA VIE**

(45 min, Rowing Room)  
You can't be happy with someone else if you aren't happy with yourself. In this class you will let go of what no longer serves you by writing it down on dissolvable paper and watching it disappear. Learn how to unblock your physical and mental space to allow for an abundance of self acceptance.

**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 - 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.

**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.

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

(90 min, Owl's Nest)  
Step into the enchanting world of terrariums in our hands-on workshop where you'll learn to create your own miniature ecosystem. Our botany team will guide you through plant selection, design, and care tips. Perfect for nature lovers and beginners alike! The cost is \$40 per person. \*Due to the delicate nature of our botanical designs, we advise against shipping. If you choose to ship, a \$25 fee applies, and we cannot guarantee damage-free delivery.

**2:00 PM - F IS FOR FUNCTIONAL FITNESS**

(45 min, CardioWeight Studio)  
Challenge your body in this pumped up class using kettlebells, dumbbells, and body weight exercises. Enhance strength and endurance with dynamic movements to help improve everyday mobility and athleticism.

**2:00 PM - 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, Yoga and Meditation Teacher, 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!

**2:00 PM - JUMP FOR JOY**

(45 min, Oak Studio)  
A low-impact mini-trampoline cardio class; 45 minutes of invigorating fun! Must have balance.

**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 - 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 - CRYSTALS AND STONES: A POWERFUL TOOL FOR YOUR AWAKENING JOURNEY (\$)**

(90 min, Fireside Room)  
Join Vanessa Hernandez, a Reiki Shamanic Energy Healer, for a unique crystal healing experience. Receive your own crystal, learn how to use it, care for it, and incorporate it into your life. Experience guided visualization to align your energy with your crystal's frequency and unlock its potential for gifts, surprises, prosperity, and abundance. Plus, enjoy Reiki Shamanic Energy Healing, a 3-card oracle pull, essential oils, and take home your Reiki-infused crystal. Bring your own crystals too! The 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 - 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 Lemon & Basil-Marinated Shrimp with a Mediterranean Cous Salad and Red Wine & Roasted Garlic Vinaigrette.

**3:00 PM - CARDIO SHUFFLE**

(45 min, CardioWeight Studio)  
Engage in this upbeat and fast-paced class where you and the instructor deal the cards and play the hand that is given. Thirteen exercises to flush out energy straight from the heart to the full body.

**3:00 PM - CORE FOCUS**

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

**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.

**3:30 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.

**4:00 PM - FREEZE FRAME**

(45 min, Oak Studio)  
Hold the pose! In this class, we focus on pausing in specific movements to target individual muscles. These isometric exercises are designed to build muscular endurance and activate multiple motor units within your muscle fibers. By emphasizing 'time under tension,' you'll experience a workout that reawakens your strength and control.

**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.

**4:30 PM - DECORATIVE BIRDHOUSES (\$)**

(120 min, Owl's Nest)  
Be inspired by nature's gifts and design beautiful ornamental birdhouses. We provide the ornamental 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.

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

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

**5:00 PM - THE ART OF CHOOSING**

(45 min, Willow Studio)  
Sit in on this inspiring talk as we explore the profound impact of our daily choices and how they shape our lives. We'll dive into eight key choices you can make to cultivate a more peaceful, satisfying, and fulfilling life. Discover how small, intentional decisions can lead to significant outcomes in your mindset and overall well-being.

**6:00 PM - THE RECOVERY ROOM**

(45 min, Linden Studio)  
With all of the fun activities we offer at The Lodge at Woodloch, did you overdo it? It's time to chill out and stretch. Ease the after-workout aches and pains with gentle stretches, foam rolling, and tune up balls.

**We ask that you schedule your dinner reservations a minimum of two hours prior to the start of your planned evening activities.**

**8:30 PM - UISGE BEATHA | THE WATER OF LIFE | SCOTCH WHISKY (\$)**

(50 min, Garden View Room)  
Whatever you call Scotland's national drink, crafted in Scotland, with a unique heritage stretching back more than 500 years...From Lowlands to Highland and those places in between. Join our "Spirit Guide", Amy as she walks and tastes you through the history of scotch. Guests must be at least 21 years of age to participate. Cost is \$35 per person. \*Pairing plate contains dairy and gluten, substitutions are not available.

**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 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.*

*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

**S'MORES**

Lily Pad, 9am - 5pm

DINING

*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 to enjoy in your guest room or on your guest room veranda (a \$20 room service fee applies). We kindly ask that you submit breakfast orders 45 minutes prior to desired 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 - 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.

**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 - 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 - SUNNY AND CHAIR**

(45 min, Oak Studio)  
Sit up and dance in this energetic chair dance workout using great music from the 60's and 70's. Try singing and smiling at the same time. It's a hoot!

**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 - ZENTANGLE 101\***

(120 min, Art Studio)  
Learn how to Zentangle in this easy to learn intro class! Choose from several structured patterns, or "Tangles" and create a fun whimsical composition on 3x3 squares. In addition, you will be instructed on how to apply simple shading to your black & white drawing to add depth and dimension, while achieving a sense of calm and well-being through repetitive motion drawing.

**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 - 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!

**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 - 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.

**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 - 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 - AGUA YOGA**

(45 min, Aqua Garden)  
A unique experience of working in the water to gain something new out of your yoga postures.

**9:00 AM - HARMONIZING MIND AND QI**

(50 min, Fireside Room)  
This class teaches simple techniques to improve mental focus, emotional balance, and concentration, all aimed at building and using your inner energy, known as Qi. You'll practice Daoist methods for self-reflection, exercises to develop and direct Qi, and techniques to sharpen your focus for meditation. By the end, you'll have tools to strengthen your mind, grow your energy, and use it meaningfully in daily life.

**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 - 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 - SGT KEN'S BOOT CAMP**

(45 min, Rowing Room)  
Need a challenge? Teamwork makes the dream work in this fun busting, body transforming boot camp class. We use everything, including the kitchen sink, in this class so be prepared to sweat. Water and sweat towels are a must.

**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 our 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.

**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 - 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.

**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 - 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.

**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.

**11:00 AM - HERBS FOR SEASONAL ALLERGIES**

(60 min, Owl's Nest)  
Spring is here, which means that soon the trees and flowers are blossoming...and so is the pollen. Join Heather, our Certified Herbalist, for an introduction to our regional medicinal herbs beneficial in warding off seasonal allergies and decreasing their severity. These herbs may be found from your own backyard to the shelf of your favorite natural foods store.

**11:30 AM - SENSORY WALK**

(75 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.



## SCHEDULED ACTIVITIES, CONT.

**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 - CORE AND PELVIC FLOOR**

(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 - AFTERNOON STRETCH**

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

**12:00 PM - SUPER CHARGED 100's**

(45 min, Rowing Room)  
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.

**12:30 PM - SUN PRINTING INSPIRED BY THE GARDEN**

(80 min, Owl's Nest)  
Create unique and beautiful images on paper using only plants, sunlight, and water. The cyanotype process has been used by botanists and architects for centuries and is an excellent way to express both artistic creativity and a love of nature.

**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 - 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.

**1:00 PM - CHAIR T'AI CHI**

(45 min, Linden Studio)  
Using the chair for seated postures or standing support, let our experienced Tai Chi instructor guide you with precise verbal and visual cueing, offering modifications if necessary. By blending synchronized breathing with fluid movement, you'll be invited to go at your own pace and free yourself from all of your daily stresses and worries.

**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 - 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.

**2:00 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

**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 high-rep, 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 - 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 - 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 intense pencils, 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 - 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.

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

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

**3:00 PM - JUMP AND JIVE**

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

**3:00 PM - CHI GONG**

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

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

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

**3:00 PM - HATCHET THROWING**

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

**3:00 PM - 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.

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

(60 min, The Library)  
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.

**3:30 PM - PAPER MARBLING**

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

**3:30 PM - SEASONAL FORAGING: SPRING EDIBLE AND MEDICINAL PLANTS**

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

**4:00 PM - HATCHET THROWING**

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

**4:00 PM - 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.

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

(45 min, Willow 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.

**4:00 PM - SINGING FOR STRESS RELIEF**

(45 min, Fireside Room)  
Discover the power of your voice using breath work and vocal exercises designed to improve your mood and regulate your nervous system. No talent or experience needed!

**4:00 PM - HONEY BEE TALK**

(50 min, Garden View Room)  
Spend some time with our resident beekeeper, in discussion of the life cycle of the honey bee and their environmental importance. Various hive components and tools will be on display, and plenty of information given to be able to start your very own apiary!

**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.

**5:00 PM - INHALE**

(75 min, Willow Studio)  
A 75 minute yogi yoga class. An intermediate yoga class with the possibility of inversions, twists and balancing poses. Hands on assists will be available.

**6:30 PM - THE RECOVERY ROOM**

(45 min, Linden Studio)  
With all of the fun activities we offer at The Lodge at Woodloch, did you overdo it? It's time to chill out and stretch. Ease the after-workout aches and pains with gentle stretches, foam rolling, and tune up balls.

**We ask that you schedule your dinner reservations a minimum of two hours prior to the start of your planned evening activities.**

**8:00 PM - FLOAT AMONG THE STARS**

(60 min, Spa Lobby)  
Join us for an experience where weightlessness and mindfulness converge. You will meet your meditation guide in the spa lobby where you will be escorted into the beautiful Aqua Garden. Here you will float on a sturdy BOGO board while crystal singing bowls lull you into a blissful state. A truly unique experience that will have you feeling like you are one with the stars. \*\*Due to the experiential nature of this class, late arrivals will not be able to join. Loose comfortable workout clothes are recommended, as you will be going into the pool at knee height. A blanket and pillow will be provided for your comfort.\*\*

**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 - THE FIZZ LOVER'S GUIDE: DECODING SPARKLING WINE (\$)**

(45 min, Garden View Room)  
Whether it's Champagne, Prosecco, or Cava, we've all tasted sparkling wine, at the very least around the holidays or when celebrating a special occasion, yet many of us have no idea what the difference is—or how they even get the bubbles into the wine in the first place. Let us taste through a variety of Fizz and explore the legends behind the bubbles. Guests must be at least 21 years of age to participate. Cost is \$35 per person. \*Pairing plate contains dairy and gluten, substitutions are not available.



## 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

### S'MORES

Lily Pad, 9am - 5pm

## DINING

*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 to enjoy in your guest room or on your guest room veranda (a \$20 room service fee applies). We kindly ask that you submit breakfast orders 45 minutes prior to desired 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 - FLOW AND LET GO

(45 min, Linden Studio)  
Begin with a "flow"-style warm up working from the ground up. Next, enjoy the fluidity between movement and breath using different vinyasa poses to help you transition into the traditional sequence of sun salutations. Finally, "let go" and melt with deep, releasing postures to help restore and rejuvenate.

### 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 - 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.

### 8:00 AM - SGT KEN'S BOOT CAMP

(45 min, Rowing Room)  
Need a challenge? Teamwork makes the dream work in this bun busting, body transforming boot camp class. We use everything, including the kitchen sink, in this class so be prepared to sweat. Water and sweat towels are a must.

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

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

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

(50 min, Fireside Room)  
Honor your vessel and join us in a sacred space of serenity and self-care with Shamanic Energy Healer Vanessa Hernandez. 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 - SUPPORTED YOGA

(45 min, Willow Studio)  
Supported Yoga is a practice using various items to support the body in different poses. Blocks will help bring the ground closer. Straps will extend the reach. Blankets will cushion the joints. Bolsters will support the spine.

### 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 - POWER VINYASA

(45 min, Rowing Room)  
Enjoy a fast paced, strength focused class that uses yoga asanas/techniques to strengthen and tone the body.

### 9:00 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.

### 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 18 x 24 piece of paper, Amsterdam acrylic inks, Caran D'ache neocolor crayons, and collage papers to create your masterpiece.

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

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

### 10:00 AM - THE ART & SCIENCE OF MINDFUL EATING

(50 min, Garden View Room)  
Take a healthier approach to how you eat. One of the most constructive changes is to adopt mindful eating practice. Mindful eating helps you become aware of your thoughts and feelings and empowers you to make healthier choices. Join Talia, a board-certified holistic nutritionist, to discover simple strategies for connecting with your hunger and mindful eating.

### 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 - 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 - 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 - 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 - 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.

### 10:00 AM - SPINNING

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

### 11:00 AM - WATERCOLOR FLOWER STUDY

(60 min, Art Studio)  
Take a step into simplicity by painting one petal at a time. Come experience a pure form of watercolor painting, by using beautiful flower photographs as an inspiration to guide us to painting what we see.

### 11:00 AM - 12-3-30

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

### 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 - 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.

### 11:00 AM - BALANCING YOUR CHAKRAS YOGA

(45 min, Linden Studio)  
Flow through different yoga poses that will help unblock stagnant energy and realign your chakras for optimal emotional and physical well-being. Headphones will be provided to help maintain the tranquility and focus.

### 11:00 AM - NATUREPIX 101

(60 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!

### 11:00 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.

### 11:00 AM - LONGEVITY & LIFESTYLES

(50 min, Garden View Room)  
Want to know the secrets of the world's longest-living people (100+ years and beyond)? Are you curious about the latest longevity research and how to live a vibrant, fulfilling life for years to come? Join holistic health counselor Talia for an insightful presentation exploring the key diet and lifestyle factors that promote longevity. Discover science-backed strategies, proven wellness tips, and practical choices that can help you live a longer, healthier life.



## 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 - 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.

**12:00 PM - SUNNY AND CHAIR**

(45 min, Rowing Room)  
Sit up and dance in this energetic chair dance workout using great music from the 60's and 70's. Try singing and smiling at the same time. It's a hoot!

**12:00 PM - TRX YOGA**

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

**12:00 PM - PUMP**

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

**12:00 PM - LUNCH WITH THE NUTRITIONIST**

(75 min, TREE Restaurant)  
Join holistic nutritionist Talia for a nourishing lunch and an insightful discussion on a Spring reset. Explore the art of mindful eating and how to refresh your body and habits for the season ahead!

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

(60 min, Art Studio)  
Join us as we draw inspiration from the majestic trees outside our studio windows! In this class, you'll use porcelain tiles, alcohol inks, and acrylic paint pens to create a unique piece from one of eight captivating designs. With expert guidance, you'll craft a memorable work of art. Cost is \$15 per person.

**1:00 PM - AFTERNOON STRETCH**

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

**1:00 PM - BLISSFUL BRAIN MEDITATION**

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

**1:00 PM - NUNCHAKAU FOR BEGINNERS**

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

**1:00 PM - 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.

**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 Hydrorider Aquatic Pole Dancing Class. Build strength and stamina while learning simple dance moves to music that will make you giggle. Yes, we actually use poles in the water.

**2:00 PM - MEDITATION 101**

(45 min, Willow Studio)  
In this 101 introduction to meditation, we will talk about what meditation is, what it is not, and what you can expect if you are starting a meditation practice by reviewing the steps of meditation as outlined in Patanjali's Yoga Sutras (2nd Century BCE). You will learn the essential aspects of how to set up a meditation seat, and we will work on some meditation techniques focusing on sound, physical sensations, and the breath. All levels welcome!

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

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

**2:00 PM - HARD CORE HULA**

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

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

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

**2:00 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!

**2:30 PM - MINIATURE LANDSCAPES IN INK & WATERCOLOR**

(60 min, Art Studio)  
Explore the art of creating small vignettes using a quill, ink, and watercolors. This class will guide you through combining small expressive ink lines with soft watercolor washes to capture the essence of different landscape scenes. You'll develop techniques to create unique, atmospheric landscapes in a series of miniature works.

**3:00 PM - COUNTRY FUSION**

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

**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 - 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 - TRX: TOTAL BODY**

(45 min, CardioWeight Studio)  
Want strength? Flexibility? Core stability? Balance? Get them all in TRX Total Body.

**3:00 PM - POWER BITES**

(50 min, Chef's Kitchen)  
Discover the secrets to creating protein-packed, keto-friendly snacks and energy-boosting treats in this cooking demo with holistic nutritionist Talia. Learn how to make delicious power bites that fuel your body and mind, and seamlessly incorporate them into a high-protein, keto, or low-sugar lifestyle. Perfect for anyone seeking healthy, flavorful ways to stay energized!

**3:30 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.

**4:00 PM - THE WIND DOWN**

(45 min, Linden 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, 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.

**4:30 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.

**5:00 PM - SWEET FLOW YOGA**

(45 min, Linden Studio)  
A juicy, stretchy, slow flow vinyasa yoga practice with beautiful views through floor to ceiling windows in our Linden Studio. Extend your savasana all the way into the Candlelight Sound Immersion at 6pm.

**6:00 PM - CANDLELIGHT SOUND IMMERSION**

(45 min, Linden Studio)  
Stress is one of the biggest enemies of health and wellness. Enjoy the beauty of a guided relaxation and immersive sound experience with instructions for meditation or simply take a nap as healing waves of sound wash over you in candlelight.

**We ask that you schedule your dinner reservations a minimum of two hours prior to the start of your planned evening activities.**

**6:30 PM - CHEF'S TABLE TASTING MENU DINNER (\$)**

(150 min, Chef's Kitchen)  
It's the place, the flavors, and the presentation all coming together in a symphony that makes the memory so strong. Join Chef Kate on a culinary journey through an 6-8-course tasting menu dinner in the Chef's Kitchen. The evening begins in the Chakra Lounge with a signature cocktail followed by dinner in our cozy Chef's Kitchen, which will feature unique weekly themes and ingredients from our own Blackmore Farm, local farms, and purveyors. Each course is accompanied by a Sommelier-curated wine pairing. 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 \$80 per person, which includes the wine pairing.

**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 - MUSICAL BINGO & TRIVIA**

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

**8:30 PM - LET THE FUN BE GIN (\$)**

(50 min, Garden View Room)  
Gin is, depending on who you ask, revered, reviled, or simply misunderstood. Join our Spirit Guide, Amy for a tasting of three gins, a bit of history & storytelling, then create your own carefully crafted cocktail using fresh and organic ingredients. Ima "GIN" the possibilities. 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.



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

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

DINING

*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 to enjoy in your guest room or on your guest room veranda (a \$20 room service fee applies). We kindly ask that you submit breakfast orders 45 minutes prior to desired 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)  
Discover new ways to connect to your body and move through a wider range of motion using TRX straps.

**8:00 AM - STRETCH & TONE**  
(45 min, Linden Studio)  
Experience a total body workout that will improve your flexibility and circulation. Stretch to release stress and tension while keeping your muscles long and agile.

**8:00 AM - TAI 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 - SUNNY AND CHAIR**  
(45 min, Oak Studio)  
Sit up and dance in this energetic chair dance workout using great music from the 60's and 70's. Try singing and smiling at the same time. It's a hoot!

**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 - SUPER CHARGED 100'S**  
(45 min, Oak Studio)  
This class is a plateau breaker. This type of workout targets low-twitch muscle fibers and permanently enhances blood flow for firmer and stronger muscles.

**9:00 AM - MANTRA MEDITATION WITH HARMONIUM**  
(45 min, Willow Studio)  
The harmonium is a hand pump organ that has been used for chanting for over a century in India. Using the harmonium is a perfect way to free the mind from anxieties & worries so you focus on your own personal mantra (Mana - mind, tra - free).

**9:00 AM - SPINNING**  
(45 min, Spinning Studio)  
Ride like the wind in this indoor cycling class. All levels are welcome. Clips are SPD.

**9:00 AM - 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.

**9:00 AM - SGT KEN'S BOOT CAMP**  
(45 min, Rowing Room)  
Need a challenge? Teamwork makes the dream work in this bun busting, body transforming boot camp class. We use everything, including the kitchen sink, in this class so be prepared to sweat. Water and sweat towels are a must.

**9:00 AM - VINTAGE VISION**  
(120 min, Art Studio)  
Repurpose a wooden frame into a vintage masterpiece using antique buttons! Personalize a frame that beautifully showcases your favorite photos or art. Join us to blend nostalgia with artistry and create a charming keepsake.

**9:00 AM - DORFLINGER HIKE**  
(180 min, Meet in Garden Hall)  
The former estate of glassmaker Christian Dorflinger is now the home to an extraordinary sanctuary. This easy-moderate 3-mile hike winds through the woods, crosses several fields, and visits two ponds. The terrain is mostly level and trail conditions can be wet. *Total Travel Time: 30 min., Hiking Time: 2 hours*

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

**10:00 AM - BACK TO YOUR ROOTS**  
(45 min, Willow Studio)  
Also called "Muladhara" ("mula" meaning "root", "adhara" meaning "support"), the root chakra is the first chakra. When this chakra is blocked, we may experience tight hips, feeling "ungrounded", and digestive issues. Find grounding and the support system within through yoga poses, sound, and color meditation.

**10:00 AM - TRX: TOTAL BODY**  
(45 min, CardioWeight Studio)  
Want strength? Flexibility? Core stability? Balance? Get them all in TRX Total Body.

**10:00 AM - ZUMBA**  
(45 min, Oak Studio)  
Zumba fuses Latin rhythms and easy-to-follow moves to help you experience an exhilarating, caloric-burning, body energizing blast of a class. Sneakers are required.

**10:00 AM - KENPO CARDIO**  
(45 min, Linden Studio)  
This P90X Plus workout is a fusion of cardio and Kenpo karate with the intensity cranked up to 11. It's a fastpaced, all-out session that will improve your stamina, balance, and agility. Sneakers are required.

**10:00 AM - 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.

**10:30 AM - ANIMAL TRACKING & IDENTIFICATION**  
(90 min, Owl's Nest)  
Come spend time with our guides to get a closer, intimate look into the animals of the Pocono Mountains. Join them as you explore our property and get familiar with the different ways of tracking and identifying our woodland friends. If it has two legs, four legs, or even wings, our team can help you become familiar with the different ways you can find our favorite creatures of the forest.

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

**11:00 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.

**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.

**11:30 AM - PASTELS**  
(90 min, Art Studio)  
Embrace velvety rich colors with magic at every stroke. Pastels offer a softer side and meld the worlds of painting and drawing together. Join us to discover the softer side of color expression.



## SCHEDULED ACTIVITIES, CONT.

**12:00 PM - 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 - 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 - PING PONG PICKLEBALL**

(45 min, Rowing Room)  
Let's play pickleball inside. Learn how to play pickleball on a ping pong table. A fun time is guaranteed.

**12:00 PM - CORE AND PELVIC FLOOR**

(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.

**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 - 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 - 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.

**1:00 PM - SELF DEFENSE**

(45 min, Rowing Room)  
This program is dedicated to teaching defensive concepts and techniques against various types of assaults by utilizing simple and proven successful self-defense tactics.

**1:30 PM - WINE & OLIVE OIL TASTING (\$)**

(45 min, Garden View Room)  
Join our Holistic Nutritionist and Olive Oil Sommelier, Talia, along with Leslie, the Wineslinger, for a unique and entertaining experience of olive oil and wine tasting inspired by Blue Zones (regions known for exceptional longevity and health). Discover how to evaluate the quality and flavor of both olive oil and wine, and learn how to pair them with your favorite foods. Guests must be at least 21 years of age to participate. The cost is \$25 per person.

**1:30 PM - WATERFOWL OF LAKE WALLEPAUPACK**

(120 min, Meet in Garden Hall)  
Join us for an easy 1.5 mile walk along the pristine shoreline of Lake Wallenpaupack and discover our beautiful local waterfowl. Binoculars will be provided and birders of any skill level are welcome.  
*Total Travel Time: 40 min., Hiking Time: 1 Hour and 20 Minutes*

**2:00 PM - SPLASH DANCE**

(30 min, Aqua Garden)  
No experience or high heels needed in this fun Hydromer 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 - 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 - LOOM WEAVING WORKSHOP (\$)**

(60 min, Art Studio)  
Discover the art of weaving using a portable loom that you will take home! Learn to weave with unique materials like ribbon, yarn, paper, photos, feathers, and pieces of nature to create a one-of-a-kind piece. This class is perfect for all skill levels, blending creativity, texture, and personal expression into a beautiful handmade design. Cost is \$15 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 - CHAKRA YOGA**

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

**3:00 PM - JUMP FOR JOY**

(45 min, Oak Studio)  
A low-impact mini-trampoline cardio class; 45 minutes of invigorating fun! Must have balance.

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

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

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

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

**4:00 PM - CHI JOY**

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

**4:30 PM - BASICS OF CHARCOAL**

(60 min, Art Studio)  
Discover the unique techniques of handling and using this ancient material, as well as 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 beginners as well as 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.

**We ask that you schedule your dinner reservations a minimum of two hours prior to the start of your planned evening activities.**

**6:30 PM - DINNER IN THE DARK (\$)**

(150 min, Chef's Kitchen)  
Chef Kate invites you to join her for an exquisite eight course farm-to-table meal, all while blindfolded. With each course, you'll embark on a sensory adventure that challenges your perceptions of taste, aroma, and texture. By eliminating sight, the focus is on the subtleties of flavor and the artful combinations crafted from the freshest local ingredients. There is an upcharge of \$90 per person, which includes wine pairings with each course.

**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 - TAROT: A TOOL FOR BRAINSTORMING, PROBLEM-SOLVING, AND CREATIVITY**

(60 min, Fireside Room)  
Discover how this centuries old collection of cards is a powerful and effective tool for your daily life. Learn about the truth about the origins of the deck, its basic structure, how to ask a question, and create a simple spread. Experience how, even if you've never seen a deck before you can use it immediately for insight and inspiration.



## HELPFUL INFO

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## OPEN ACTIVITIES

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

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

### ARCHERY

Archery Range, 1pm - 5pm

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### FISHING

Lily Pad, 9am - 5pm

### S'MORES

Lily Pad, 9am - 5pm

## DINING

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 to enjoy in your guest room or on your guest room veranda (a \$20 room service fee applies). We kindly ask that you submit breakfast orders 45 minutes prior to desired 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 - HILL ON THE MILL

(45 min, CardioWeight Studio)  
Get ready for this climb of a cardio workout as you pace yourself on an uphill treadmill circuit. Learn about VO2 max and it's importance on your overall health and longevity as you strengthen your cardiovascular system at the same time. Not recommended for guests with current foot pains/aches.

### 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 - SGT KEN'S BOOT CAMP

(45 min, Rowing Room)  
Need a challenge? Teamwork makes the dream work in this bun busting, body transforming boot camp class. We use everything, including the kitchen sink, in this class so be prepared to sweat. Water and sweat towels are a must.

### 8:00 AM - THE ART OF CHOOSING

(45 min, Linden Studio)  
Sit in on this inspiring talk as we explore the profound impact of our daily choices and how they shape our lives. We'll dive into eight key choices you can make to cultivate a more peaceful, satisfying, and fulfilling life. Discover how small, intentional decisions can lead to significant outcomes in your mindset and overall well-being.

### 9:00 AM - CREATIVE FLOW

(90 min, Art Studio)  
Break through creative barriers and rediscover the joy of artistic exploration! Whether you come with a plan or choose a provided prompt, this class guides you back to a curious mindset. Using pencils, markers, and gel pens, you'll create a vibrant piece—no experience needed. Leave with a reminder that play is essential at any age!

### 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 - 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.

### 9:00 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.

### 9:00 AM - FREEZE FRAME

(45 min, Rowing Room)  
Hold the pose! In this class, we focus on pausing in specific movements to target individual muscles. These isometric exercises are designed to build muscular endurance and activate multiple motor units within your muscle fibers. By emphasizing "time under tension," you'll experience a workout that reawakens your strength and control.

### 9:00 AM - 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.

### 9:00 AM - CARDIO BLAST

(45 min, CardioWeight Studio)  
An instructor-guided intense interval workout using our Precor cardio machines, along with strength-training segments. 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.

### 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 - BARRY WHITE YOGA

(45 min, Linden 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 - W.A.V.E

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

### 10:00 AM - PLAYING FOOTSIES FOR HEALTH

(45 min, Rowing Room)  
Put your best foot forward and spread those toes. By strengthening and stretching your feet, you'll help prevent foot and ankle pain later.

### 10:00 AM - KILLER KETTLEBELLS

(45 min, Oak Studio)  
A complete kettlebell class that may even include the Turkish Get Up. Killer Kettlebells is an awesome and fun way to burn calories and get a total body workout.

### 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.

### 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 Sautéed Scallops with Apple Vinaigrette and Winter Squash Salad.

### 11:00 AM - YOGA FOR ANXIETY

(45 min, Willow Studio)  
Imagine having a natural reset button for stress and anxiety! In this class, simple yoga positions are chosen to balance and calm your body, heart, and mind. Think slow yoga, gentle yoga, ending with a delicious supported Savasana. Ancient wisdom meets modern science as you recruit the wisdom of your body to release chronic anxiety and everyday stress. New to yoga? Come on in!

### 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 - 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!

### 11:00 AM - GUNGLE JYM FITNESS

(45 min, Oak Studio)  
Rediscover your body's sense of movement and space in this playful 45-minute class focused on proprioception and kinesthesia. Through fun and engaging activities like balancing, crawling, stepping, and tossing, you'll challenge your coordination, stability, and awareness in new ways. Perfect for all fitness levels, this class blends lighthearted movement with mindful control to leave you feeling more balanced, grounded, and in tune with your body.

### 11:00 AM - INTENSE STRETCH FOR MOBILITY

(45 min, CardioWeight 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.

### 11:00 AM - NATUREPIX 101

(60 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!

### 11:00 AM - WATERCOLOR PENCIL SONGBIRDS

(120 min, Art Studio)  
Discover the essentials of watercolor pencils by painting a delightful flock of songbirds! This versatile medium blends the fluidity of watercolor with the precision of pencil details, offering a unique and enjoyable artistic experience!





## SCHEDULED ACTIVITIES, CONT.

**12:00 PM - COMPASSION MEDITATION**

(45 min, Willow Studio)  
This is a meditation experience for anyone who wishes to enter into a deeper relationship with their own mind and heart by following the ancient tradition of Buddhist Insight Meditation, or Vipassana. We begin by practicing in specific ways to promote relaxation, peace, and clarity. Then a gentle guided meditation to explore mind and emotions, connecting to your intention for your practice. You are offered simple techniques that allow you to interrupt habitual thought patterns, and return, again and again to peace of the present moment. You are then introduced to a specific concentration practice, called metta, or loving kindness, where we silently repeat positive, loving, good wishes toward self, those we love, and all beings, finding a flow of kindness and compassion. Practice ends with time for silent exploration, and connection to self.

**12:00 PM - CHAKRA YOGA**

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

**12:00 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.

**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 - NUNCHAKU FOR BEGINNERS**

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

**1:00 PM - REJUVENATE & RESTORE**

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

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

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

**1:00 PM - MALA MEDITATION**

(30 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.

**1:00 PM - 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.

**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 - 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 - SUPPORTED YOGA**

(45 min, Willow Studio)  
Supported Yoga is a practice using various items to support the body in different poses. Blocks with help bring the ground closer. Straps will extend the reach. Blankets will cushion the joints. Bolsters will support the spine.

**2:00 PM - SUNNY AND CHAIR**

(45 min, Rowing Room)  
Sit up and dance in this energetic chair dance workout using great music from the 60's and 70's. Try singing and smiling at the same time. It's a hoot!

**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 - 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 Sautéed Scallops with Apple Vinaigrette and Winter Squash Salad.

**3:00 PM - WINE & CHEESE TASTING (\$)**

(50 min, Garden View Room)  
Cheese is the answer to nine out of ten questions in the universe. Explore the amazing taste and the history of what this iconic match has to offer with some of the world's most interesting wines. 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.

**3:00 PM - HIPPIE YOGA**

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

**3:00 PM - 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.

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

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

**3:00 PM - GENTLE YOGA**

(45 min, Rowing Room)  
Explore the basics of Ancient Yoga through postures, breath work, and meditation. Designed for beginners, although all levels are welcome.

**3:30 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.

**4:00 PM - 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.

**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 - HONEY BEE TALK**

(50 min, Fireside Room)  
Spend some time with our resident beekeeper, in discussion of the life cycle of the honey bee and their environmental importance. Various hive components and tools will be on display, and plenty of information given to be able to start your very own apiary!

**4:30 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.

**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.

**6:00 PM - THE RECOVERY ROOM**

(45 min, Linden Studio)  
With all of the fun activities we offer at The Lodge at Woodloch, did you overdo it? It's time to chill out and stretch. Ease the after-workout aches and pains with gentle stretches, foam rolling, and tune up balls.

**We ask that you schedule your dinner reservations a minimum of two hours prior to the start of your planned evening activities.**

**6:30 PM - CHEF'S TABLE TASTING MENU DINNER (\$)**

(150 min, Chef's Kitchen)  
It's the place, the flavors, and the presentation all coming together in a symphony that makes the memory so strong. Join Chef Kate on a culinary journey through an 6-8-course tasting menu dinner in the Chef's Kitchen. The evening begins in the Chakra Lounge with a signature cocktail followed by dinner in our cozy Chef's Kitchen, which will feature unique weekly themes and ingredients from our own Blackmore Farm, local farms, and purveyors. Each course is accompanied by a Sommelier-curated wine pairing. 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 \$80 per person, which includes the wine pairing.

**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 "Grand Slam of Entertainment" - featuring Emmy, Tony, Oscar, and Grammy winning favorites. For shuttle service to the show, please sign up with the Hostess by 5pm.

**8:30 PM - BUT WHAT DOES MY DREAM MEAN?**

(60 min, Fireside Room)  
Learn basic dream techniques for remembering, recording and understanding your dreams. Find out what the purpose of recurring dreams and nightmares might be; why you dream of celebrities; and what the best dream dictionary is. Discover how you can use the messages and information from your dreams for all aspects of your life.



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

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

DINING

*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 to enjoy in your guest room or on your guest room veranda (a \$20 room service fee applies). We kindly ask that you submit breakfast orders 45 minutes prior to desired 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 - 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.

**7:00 AM - MY MORNING PRACTICE**  
(45 min, Linden Studio)  
Here comes the Sun-Salutations! Move, breathe, and release for a better way to start your day.

**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 - 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 - POWER VINYASA**  
(45 min, Linden Studio)  
Enjoy a fast paced, strength focused class that uses yoga asanas/techniques to strengthen and tone the body.

**8:00 AM - L.E.G.S.**  
(45 min, Oak Studio)  
Lower body Exercises and Glute Strengthening.

**9:00 AM - HATHA: THE YOGA OF HARMONY AND BALANCE**  
(45 min, Linden Studio)  
The path of yoga is a movement toward equanimity, a holistic state of balance between body and mind, thinking and feeling. Using the traditional tools of asana (postures) and breath, we find harmony in right/left brain function, strength and flexibility, release of stress, and deep relaxation.

**9:00 AM - ARMS, CHEST, AND BACK**  
(45 min, Oak Studio)  
This functional training class will tone and strengthen your upper body while teaching you stretches to keep you flexible. This class is not recommended if you have any injuries.

**9:00 AM - TOWER POWER**  
(45 min, Rowing Room)  
The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance postural awareness.

**9:00 AM - CARDIO SHUFFLE**  
(45 min, CardioWeight Studio)  
Engage in this upbeat and fast-paced class where you and the instructor deal the cards and play the hand that is given. Thirteen exercises to flush out energy straight from the heart to the full body.

**9:00 AM - FLOW AND LET GO**  
(45 min, Willow Studio)  
Begin with a "flow"-style warm up working from the ground up. Next, enjoy the fluidity between movement and breath using different vinyasa poses to help you transition into the traditional sequence of sun salutations. Finally, "let go" and melt with deep, releasing postures to help restore and rejuvenate.

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

**9:00 AM - SHUMAN POINT HIKE**  
(180 min, Meet in Garden Hall)  
Explore Shuman Point Natural Area on a moderate hike completing a 3-mile loop along the shores of Lake Wallenpaupack. Shuman Point's trails meander through the forest and visit the lakeshore at several points, offering hikers a chance to observe beautiful lake views. The route follows mostly rolling terrain with only a few incline sections. *Total Travel Time: 45 min., Hiking Time: 2 Hours*

**10:00 AM - ZENTANGLE 101®**  
(120 min, Art Studio)  
Learn how to Zentangle in this easy to learn intro class! Choose from several structured patterns, or "Tangles" and create a fun whimsical composition on 3x3 squares. In addition, you will be instructed on how to apply simple shading to your black & white drawing to add depth and dimension, while achieving a sense of calm and well-being through repetitive motion drawing.

**10:00 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.

**10:00 AM - SGT KEN'S BOOT CAMP**  
(45 min, Rowing Room)  
Need a challenge? Teamwork makes the dream work in this bun busting, body transforming boot camp class. We use everything, including the kitchen sink, in this class so be prepared to sweat. Water and sweat towels are a must.

**10:00 AM - PRIMAL LONGEVITY**  
(45 min, Oak Studio)  
Embrace this challenging exercise as we focus on improving strength, balance, and mobility. A circuit workout that mimics the essential movements humans have evolved to maintain since our earliest of ancestors.

**10:00 AM - AQUA YOGA**  
(45 min, Aqua Garden)  
A unique experience of working in the water to gain something new out of your yoga postures.

**10:00 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.

**10:00 AM - GENTLE YOGA**  
(45 min, Willow Studio)  
Explore the basics of Ancient Yoga through postures, breath work, and meditation. Designed for beginners, although all levels are welcome.

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

**10:30 AM - ANIMAL TRACKING & IDENTIFICATION**  
(90 min, Owl's Nest)  
Come spend time with our guides to get a closer, intimate look into the animals of the Pocono Mountains. Join them as you explore our property and get familiar with the different ways of tracking and identifying our woodland friends. If it has two legs, four legs, or even wings, our team can help you become familiar with the different ways you can find our favorite creatures of the forest.



## SCHEDULED ACTIVITIES, CONT.

### 11:00 AM - CORE AND PELVIC FLOOR

(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 - 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 - STRETCH & TONE

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

### 11:00 AM - F IS FOR FUNCTIONAL FITNESS

(45 min, Rowing Room)  
Challenge your body in this pumped up class using kettlebells, dumbbells, and body weight exercises. Enhance strength and endurance with dynamic movements to help improve everyday mobility and athleticism.

### 11:00 AM - TRX: TOTAL BODY

(45 min, CardioWeight Studio)  
Want strength? Flexibility? Core stability? Balance? Get them all in TRX Total Body.

### 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.

### 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. Sunday's demonstration will feature Sautéed Falafel with Cucumber Mint Salad and Spiced Turmeric Sauce.

### 11:30 AM - UNLEASH YOUR PURE SPIRIT COCKTAIL (\$)

(50 min, Garden View Room)  
Learn & Create great tasting and low calorie craft cocktails. We'll use organic and handmade mixers, and Garden grown herbs for your own "party in a glass". Cost is \$35 per person. Guests must be ages 21 and older. This class can be alcohol free if desired.

### 12:00 PM - BELLY DANCING

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

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

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

### 12:00 PM - BAND TOGETHER

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

### 12:00 PM - BALANCING YOUR CHAKRAS YOGA

(45 min, Linden Studio)  
Flow through different yoga poses that will help unblock stagnant energy and realign your chakras for optimal emotional and physical well-being. Headphones will be provided to help maintain the tranquility and focus.

### 12:00 PM - MYZONE CIRCUIT

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

### 12:00 PM - SINGING FOR STRESS RELIEF

(45 min, Fireside Room)  
Discover the power of your voice using breath work and vocal exercises designed to improve your mood and regulate your nervous system. No talent or experience needed!

### 1:00 PM - THE ENERGETICS OF HERBS

(60 min, Owl's Nest)  
Explore the wonderful world of herbs! Discover how to interpret the healing properties of medicinal herbs and how they apply to the human body. Getting to know the herbs through our senses, can give us a better understanding of herbs' unique qualities and why there is rarely one herb that fits all! Herbal energetics often explain why an herb that is appropriate for one person may not be the best choice for another.

### 1:00 PM - ART FOR STRESS MANAGEMENT

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

### 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 high-rep, dynamic weight work! Sneakers are required.

### 1:00 PM - AFTERNOON STRETCH

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

### 1:00 PM - SELF DEFENSE

(45 min, Linden Studio)  
This program is dedicated to teaching defensive concepts and techniques against various types of assaults by utilizing simple and proven successful self-defense tactics.

### 1:30 PM - WATERFOWL OF LAKE WALLENPAUPACK

(60 min, Meet in Garden Hall)  
Join us for an easy 1.5 mile walk along the pristine shoreline of Lake Wallenpaupack and discover our beautiful local waterfowl. Binoculars will be provided and birders of any skill level are welcome. *Total Travel Time: 40 min., Hiking Time: 1 Hour and 20 Minutes*

### 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 - TIPPITY TOES TAP

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

### 2:00 PM - KETTLEBELL BOOT CAMP

(50 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.

### 2:00 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.

### 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.

### 3:00 PM - HATCHET THROWING

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

### 3:00 PM - 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.

### 3:00 PM - MEDITATION FOR BEGINNERS

(45 min, Willow Studio)  
Using gentle instruction, learn different tools and techniques to help lower stress, improve focus and/or become more self-aware. Meditation helps us have a much healthier relationship with ourselves and therefore with others as well.

### 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 - SUNNY AND CHAIR

(45 min, Oak Studio)  
Sit up and dance in this energetic chair dance workout using great music from the 60's and 70's. Try singing and smiling at the same time. It's a hoot!

### 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 Sautéed Falafel with Cucumber Mint Salad and Spiced Turmeric Sauce.

### 4:00 PM - HATCHET THROWING

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

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

(25 min, CardioWeight Studio)  
Discover new ways to connect to your body and move through a wider range of motion using TRX straps.

### 4:00 PM - CHAIR YOGA

(45 min, Linden Studio)  
Chair Yoga is a gentle class that uses modified yoga poses so that they can be done while seated in a chair, or standing and using the chair for support.

### 4:00 PM - SAVORING MEDICINAL TEAS

(50 min, Owl's Nest)  
Do you love discovering new teas? Are you curious about the medicinal benefits of herbal teas? Join our Certified Herbalist, Heather for an herbal tea tasting and discussion of this blend's myriad of healthy attributes. Not only will you leave refreshed and renewed but with the knowledge of how to prepare this same blend at home!

### 4:30 PM - SHAKEN AND STIRRED - MANIFESTATIONS OF A MAGICAL MARTINI (\$)

(50 min, Garden View Room)  
Please join our mixologist for this one of a kind cocktail class. Learn the history and pop culture while creating your own signature drinks. Guests must be at least 21 years of age to participate. Cost is \$35 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.

### 5:00 PM - PING PONG PICKLEBALL

(45 min, Rowing Room)  
Let's play pickleball inside. Learn how to play pickleball on a ping pong table. A fun time is guaranteed.

### 6:00 PM - THE RECOVERY ROOM

(45 min, Linden Studio)  
With all of the fun activities we offer at The Lodge at Woodloch, did you overdo it? It's time to chill out and stretch. Ease the after-workout aches and pains with gentle stretches, foam rolling, and tune up balls.

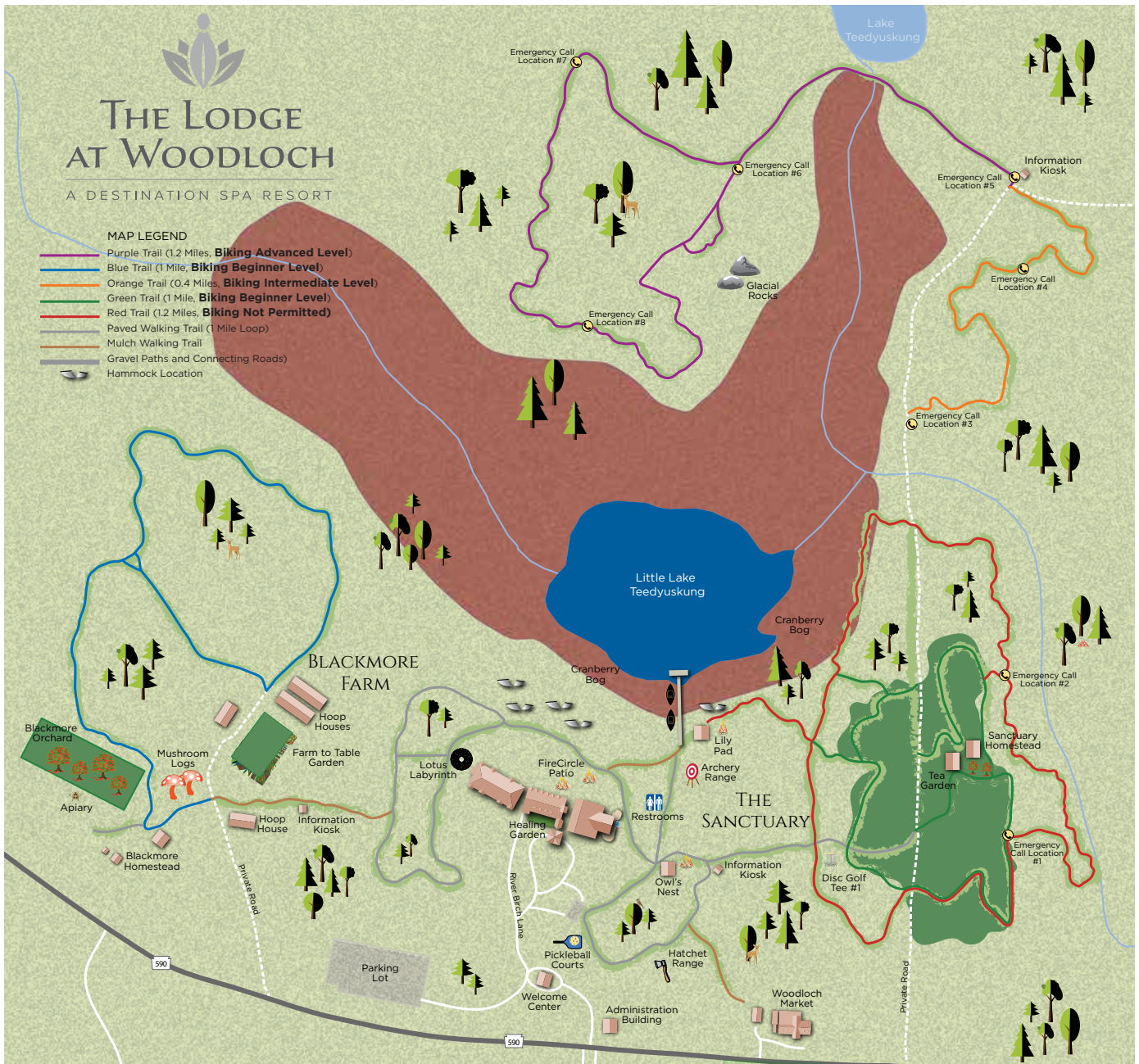
**We ask that you schedule your dinner reservations a minimum of two hours prior to the start of your planned evening activities.**

### 8:30 PM - BINGO AND TRIVIA

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

### 8:30 PM - AFTER DINNER SIPS - THE PERFECT INDULGENCE (\$)

(60 min, Garden View Room)  
Nothing elevates an elegant evening quite like pre- and post-dinner drinks. Apéritifs set the mood and kick off conversation before a meal, while digestifs provide a relaxing and satisfying conclusion to a decadent dinner. Both drinks serve as a sophisticated bookend to an enjoyable evening, but they each come with different purposes, flavors, food pairings, and health benefits. Join our "Baby Somm" as she takes you on a tour of some of the most famous...and not so famous digestifs from around the world. 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. \*Pairing plate contains dairy, nuts, and gluten, substitutions are not available.



## 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.

Go ahead. Explore the middle of nowhere. Be adventurous without getting lost. Avenza Maps can always find your location. Download the Avenza Maps App. It's available on iOS & Android. Search the Map Store for The Lodge at Woodloch. Download our map to your device to use when you are offline.



Open The Lodge at Woodloch map from the Avenza App and locate yourself on it using your device's GPS. Use your device's built-in GPS to stay on track, on the trail, and aware of where you are on the map, even in our most remote places.