



**YOUR GUIDE TO CLASSES & ACTIVITIES**

April 20th - 26th, 2026



**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, scorecards and discs are available at Lily Pad

### **FISHING**

9am - 5pm daily, fishing equipment is 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 ACTIVITY**

### **BLACKMORE FARM TOUR**

*Daily at 2pm*

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.



## GUEST SPEAKERS & SPECIAL EVENTS



### **NICOLE HERNANDEZ, HOLISTIC BUSINESS COACH, BOARD-CERTIFIED HYPNOTIST & HUMAN DESIGN READER**

*April 24th - 25th*

Nicole is a pioneering business strategist who seamlessly blends practical business acumen with energetic alignment techniques. As creator of the High-Frequency Success System, she has revolutionized how entrepreneurs approach business growth and personal branding. Her unique methodology combines strategic principles with Human Design insights and deconditioning techniques via clinical hypnosis, enabling conscious leaders to achieve unprecedented success while staying true to their authentic selves.

With over two decades of luxury marketing experience and recognition from Business Insider, Forbes, SUCCESS Magazine, and the Wall Street Journal, Nicole has guided an elite clientele of high-performing professionals—from Google executives to millionaires and royalty. Through this unique approach, she helps conscious leaders decode their unique, energetic blueprint, create magnetic personal brands, and accelerate their success without struggle. Nicole is also the host of two podcasts: High-Frequency Success for Wellness Entrepreneurs and The Traveling Hypnotist.

Friday, April 24th

### **OWN YOUR FREQUENCY: HUMAN DESIGN MADE SIMPLE**

*8:30pm*

Finally, a no-fluff approach to understanding Human Design and how it can transform your life! During this masterclass, you'll learn how to read your bodygraph chart, understand your unique decision-making strategy, and discover why certain approaches work for some people but not others. Whether you're completely new to Human Design or seeking clarity beyond the basics, this session breaks down the essentials into practical, actionable insights. \* Please bring your smartphone or another Wi-Fi-enabled device so you can follow along and access your chart during the session.

Saturday, April 25th

### **DISCOVER YOUR LIFE PATH: HUMAN DESIGN PROFILES MADE SIMPLE**

*8:30pm*

Your Human Design Profile is like your built-in roadmap for how you're meant to learn, grow, and share your gifts with the world. Instead of leaving you stuck in confusion or self-doubt, your Profile can help you understand your natural role in life, your unique learning style, and even the insecurities that have held you back. In this workshop, we'll break down the 12 Profiles into simple, practical insights you can use right away to feel more confident, purposeful, and aligned. \*Please bring your smartphone or another Wi-Fi-enabled device so you can follow along and access your chart during the session.

### **HUMAN DESIGN READING: OWN YOUR FREQUENCY**

*50 min. // \$250 or 50 min. // \$325 Couples Reading*

*Please contact the Spa Concierge for availability & scheduling.*

Ideal for beginners, you'll discover your authentic, energetic blueprint through a personalized 50-minute Human Design reading with Nicole. Tailored to your specific goals through a pre-session questionnaire, this session will reveal how to optimize your natural energy for greater flow and magnetism. You'll discover how to master your unique decision-making strategy and harness your innate powers. You'll gain clarity on your life's core theme and how it aligns with your work, while identifying areas where external conditioning may be creating resistance. Learn to leverage your distinctive traits and navigate life with greater ease by understanding the fundamental aspects of your Human Design.

\*Your birth date, birth location, and birth time are required for accuracy.

\*\* Sessions are available for couples/relationships



## FEATURED PERSONAL CONSULTATIONS

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



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

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

### **SPIRITUAL AWAKENING MENTORING**

*75 minutes // \$365, 100 minutes // \$475*

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

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

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*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

*\*Based on your dining preferences, dinner can take 90 minutes - 2 hours.*



## SCHEDULED ACTIVITIES

### 7:00 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 - RE-IT UP

(45 min, CardioWeight Studio)  
Boost your fitness regimen with powerful, explosive movements that use body weight to max out your cardio.

### 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 - BALANCING YOUR CHAKRAS YOGA

(45 min, Willow Studio)  
Flow through different yoga poses that will help unblock stagnant energy and realign your chakras for optimal emotional and physical well-being.

### 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 - THE WAY WITHIN: SHAMANIC SOUND HEALING, REIKI & MEDITATION

(50 min, Fireside Room)  
Slow down and reconnect with yourself in this restorative session led by Intuitive Energy Healer Vanessa Hernandez. Experience a calming guided visualization, receive Reiki energy healing, and immerse yourself in the soothing sounds of drums, rattles, chimes, bowls, and chakapa. The Way Within offers a safe space to rest, reset, and receive insight from your inner self and spiritual guides.

### 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 - 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 - PILATES MAT

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

### 9:00 AM - CHAIR YOGA

(45 min, Linden Studio)  
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.

### 9:00 AM - TIPPITY TOES TAP

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

### 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 - ZENDOODLE 101

(120 min, Art Studio)  
Learn how to Zendooodle in this easy to learn intro class! Choose from a menu of patterns and create a fun whimsical composition on 3x3 squares, called tiles. In addition, you will be instructed on how to apply simple shading to your black & white drawing to add depth and dimension as well as incorporating white gel pen to create a white over black layered effect to enhance your layout! Find the creative calm that can be achieved using repetitive pattern drawing as your personal tool for well being!

### 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 - 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 - 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.

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

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

### 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. For your safety we ask that you refrain from taking this class if you have high blood pressure, retinal tears, are pregnant, or are recovering from a recent injury. Guests who have shoulder and/or neck injuries, stiffness, or immobility should not attend. Weight limit is 300 pounds.

### 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 - 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 - ARM CANDY

(45 min, CardioWeight Studio)  
Challenge your upper body in all directions by overloading the muscles of your arms, chest, and back to experience improved strength and movement.

### 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 Asparagus, Bacon, and Cheese Tart with a Fresh Beet Salad and Whole Grain Mustard Vinaigrette.

### 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 - OPEN PLAY PICKLEBALL**

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

**12:00 PM - 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 - 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 - ALIGN + REVIVE**

(45 min, Rowing Room)  
The Springboard 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 - TAKE A BREATH**

(45 min, Linden Studio)  
Discover simple breathing practices that harmonize the right and left brain, triggering the relaxation response. Choosing how you breathe can change your life. Become calm and composed, as you breathe to awaken energy, breathe to open lungs and heart, breathe to balance yin/yang energy.

**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!

**1:00 PM - SUN PRINTING INSPIRED BY THE GARDEN**

(90 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.

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

(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 - PICKLEBALL FOR BEGINNERS**

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

**2:00 PM - BUTTS AND 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, CardioWeight Studio)  
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, Willow 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 - 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 - 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 - SPLASH DANCE**

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

**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 - 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 - 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 Asparagus, Bacon, and Cheese Tart with a Fresh Beet Salad and Whole Grain Mustard Vinaigrette.

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**3:30 PM - NATURE'S TOUCH IN WATERCOLOR**

(90 min, Art Studio)  
Celebrate the gentle beauty of nature in this relaxing watercolor class as you paint a robin's nest cradling delicate eggs. Through a guided, step-by-step process, you'll use a transfer stencil to master techniques for soft washes, natural textures, and subtle color blending—bringing this tender scene to life with ease.

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

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

**4:00 PM - 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 - 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.

**5:00 PM - GOODNIGHT MOON GONG MEDITATION**

(45 min, Linden Studio)  
Be reBe cradled by the comfy cozy Moon Pod and feel at total peace as the phenomenal vibrations of the moon gong and the planetary gong pass through you as if you weren't even there. Tuning to this positive vibration will give you a sense of well-being.

**Based on your dining preferences, dinner can take 90 minutes - 2 hours.**

**6:00 PM - COMMUNITY TABLE DINNER**

(120 min, TREE Restaurant)  
Communal dining, at its core, is about sharing - not just food but experiences. Food is more than just sustenance; it's a universal language that creates connections and fosters community. In today's fast-paced world, the art of social dining is witnessing a renaissance, reminding us of the joys of shared meals and the discovery of our 'food tribe'. Join fellow guests and explore the beauty of communal dining and how it brings people together.

**8:30 PM - CLASSIC BINGO & TRIVIA**

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

**8:30 PM - DRAWN TO LIFE**

(90 min, Art Studio)  
In this drawing class, you will begin by gently sketching, and creating simple shapes of a fox, gradually building up its form with light lines. As we progress, you will focus on darkening and shading, exploring the subtle nuances of pencil pressure to create depth and texture to bring this beautiful creature to life!

**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 Bridget from our Wine Education Team 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.



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## BIKING

Lily Pad, 9am - 5pm

## BIRDING

Lily Pad, 9am - 5pm

## DISC GOLF

Lily Pad, 9am - 5pm

## FISHING

Lily Pad, 9am - 5pm

## S'MORES

Lily Pad, 9am - 5pm

## DINING

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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

\*Based on your dining preferences, dinner can take 90 minutes - 2 hours.



## 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.

## 7:00 AM - FITNESS WALK

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

## 8:00 AM - 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 - AM STRETCH &amp; 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.

## 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 - TIDES OF POWER

(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 - BUTTS AND 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.

## 9:00 AM - ALIGN + REVIVE

(45 min, Rowing Room)  
The Springboard 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 - THE SIGHTS &amp; 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 - DECORATIVE BIRDHOUSES (\$)

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

## 9:30 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 - 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.

## 10:00 AM - PILATES MAT

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

## 10:00 AM - 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 - 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.

## 10:00 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 the tranquility and focus.

## 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 - 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 Southwest Terres Major Medallions with Blackbean Puree, Chimichurri, & Pico De Gallo.

## 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 - 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!

## 11:00 AM - VINYASA FLOW

(45 min, Linden 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.

## 11:00 AM - GO ROGUE

(45 min, CardioWeight Studio)  
Up your bodyweight training game with this weighted vest workout. Increase exercise intensity, improve strength and muscle endurance, and enhance cardiovascular conditioning by using the ROGUE weighted vest. Vests are individually weighted to fit your needs.

## 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.



## SCHEDULED ACTIVITIES, CONT.

**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 - 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 - 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.

**12:00 PM - DANCING QUEEN (OR KING)**

(45 min, Oak Studio)

Ditch the treadmill and dance like no one's watching. Using the HUPSIX patented resistance dance gear, you'll feel like you're dancing with a partner as you get your heart pumping.

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

(45 min, Pickleball Court)

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

**12:00 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 - 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!

**1:00 PM - AFTERNOON STRETCH**

(45 min, Oak Studio)

Get a quick boost of energy from this very gentle stretch class.

**1:00 PM - ZENDOODLE 101**

(120 min, Art Studio)

Learn how to Zendoodle in this easy to learn intro class! Choose from a menu of patterns and create a fun whimsical composition on 3x3 squares, called tiles. In addition, you will be instructed on how to apply simple shading to your black & white drawing to add depth and dimension as well as incorporating white gel pen to create a white over black layered effect to enhance your layout! Find the creative calm that can be achieved using repetitive pattern drawing as your personal tool for well being!

**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.

**1:00 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 - BAM**

(45 min, Oak Studio)

Balance, alignment, and motion all play a part in good posture. Learn simple exercises, stretches, and tips to help address balance, alignment, and movement of the body, as well as help alleviate back pain and improve posture overall.

**2:00 PM - TRX YOGA**

(30 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.

**2:00 PM - 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.

**2:00 PM - OPEN PLAY PICKLEBALL**

(45 min, Pickleball Courts)

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

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

(45 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 Southwest Terres Major Medallions with Blackbean Puree, Chimichurri, & Pico De Gallo.

**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 - ARM CANDY**

(45 min, Oak Studio)

Challenge your upper body in all directions by overloading the muscles of your arms, chest and back to experience improved strength and movement.

**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.

**3:30 PM - NATUREPIX 101**

(60 min, Garden View Room)

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!

**3:30 PM - DOT MANDALA ART**

(90 min, Art Studio)

Discover the calming art of dot mandalas while creating vibrant, functional magnets. In this hands-on class, you'll learn basic dotting techniques, explore color combinations, and design your own mini mandala masterpieces to take home.

**4:00 PM - IMMORTAL PUSHING STONE**

(45 min, Willow Studio)

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

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

(45 min, Linden Studio)

Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. For your safety we ask that you refrain from taking this class if you have high blood pressure, retinal tears, are pregnant, or are recovering from a recent injury. Guests who have shoulder and/or neck injuries, stiffness, or immobility should not attend. Weight limit is 300 pounds.

**5:00 PM - SACRED TONES RESTORATIVE YOGA**

(45 min, Linden Studio)

Immerse yourself in the gentle rhythms and ambient tones of gongs, bowls, and chimes. During this restorative yoga journey, we celebrate light, expansion, and the renewal power of stillness within.

**Based on your dining preferences, dinner can take 90 minutes - 2 hours.**

**8:30 PM - OIL PASTELS**

(90 min, Art Studio)

Immerse yourself in the vibrant world of color as you learn to blend warm and cool tones to build shape and dimension while creating a lively composition of a pomegranate. Guided step-by-step, you'll explore techniques using rich, expressive oil pastels to layer, blend, and bring these juicy fruits to life with texture and depth.

**8:30 PM - KARAOKE**

(120 min, Fireside Room)

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

**8:30 PM - GIN IS IN (\$)**

(50 min, Garden View Room)

Gin is, depending on who you ask, revered, reviled, or simply misunderstood. Join us for a tasting of three gins and then create your own carefully crafted cocktail using fresh and organic ingredients. Ima"GIN" the possibilities. 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

\*Based on your dining preferences, dinner can take 90 minutes - 2 hours.

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

**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.

**9:00 AM - CO-CREATING WITH THE UNIVERSE: MANIFESTING YOUR HEART'S DESIRE**  
(90 min, Chakra Lounge)  
Have you ever wondered how manifestation actually works? What new experiences 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!

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

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

**9:00 AM - 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 - 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.

**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 - NATURE YOGA**  
(45 min, Meet in Garden Hall)  
Take in the healing beauty of your surroundings. This outdoor yoga class only requires sneakers. We will be doing standing yoga poses during an easy walk on a paved trail. Stand tall with the trees, breathe the fresh mountain air! Nourish your mind, body and spirit.

**10:00 AM - PASTELS**  
(120 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.

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

**10:00 AM - WEIGHTED VEST WALK**  
(45 min, Meet in CardioWeight Studio)  
Put a little oomph in your step by wearing a weighted vest while walking our beautiful, paved path.

**10:00 AM - RHYTHM RIDE**  
(45 min, Linden Studio)  
Driven by rhythm-based cycling routines set to powerful, motivating music.

**11:00 AM - COOKING DEMONSTRATION**  
(50 min, Chef's Kitchen)  
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Wednesday's demonstration will feature Tangy Thai Larb Gai Salad (Ground Chicken) and a Crispy Thai Appetizer.

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

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

**11:00 AM - ALIGN + REVIVE**  
(45 min, Rowing Room)  
The Springboard 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 - ARM CANDY**  
(45 min, Oak Studio)  
Challenge your upper body in all directions by overloading the muscles of your arms, chest and back to experience improved strength and movement.

**11:00 AM - HERBS FOR CHAKRAS**  
(60 min, Owl's Nest)  
The chakras are energy centers throughout the body. Each chakra is associated with, and influences, emotional and physical aspects of our bodies and minds. Join our herbalist, Heather and discover how herbs can support these energy centers for mind-body wellness. Explore a selection of herbs, their many health benefits and how to best enjoy them.

**11:00 AM - VISION BOARD WORKSHOP (\$)**  
(60 min, Garden View Room)  
Transform your vision board journey in this engaging, instructor-led workshop featuring the premium Daily Dopamine Vision Board Kit, designed for individuals dedicated to personal growth and visualization. During the class, you'll receive your own kit and be guided through the process of understanding the importance of setting goals related to your Vision Board. You'll create a personalized vision board and learn how to easily swap interchangeable cards as your goals evolve. Whether you're just beginning your self-improvement journey or looking to refresh your focus, this workshop offers the tools and inspiration to bring your vision to life. The cost is \$35 per guest.

**11:30 AM - SENSORY WALK**  
(75 min, Meet in Garden Hall)  
Join our Nature Guide and use all five senses to explore a crisp, clear refreshing morning. Learn techniques for a walking meditation and end with hot tea incorporating wild edible plants.



## SCHEDULED ACTIVITIES, CONT.

**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 - PICKLEBALL FOR BEGINNERS**

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

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

(45 min, Rowing Room)  
If you're brand new to yoga, this beginner class was created specifically for you. You'll learn a few tips, guidelines, and recommendations that will help you start a successful yoga practice.

**12:00 PM - TONE TO STONE**

(45 min, Oak Studio)  
Firm and tone the whole body using weights, bands, balls and your own body weight.

**1:00 PM - PAINTING IN STYLE**

(120 min, Art Studio)  
Step into the world of fashion history as we explore glamorous shoes from centuries past to today's modern styles. In this class, you'll use watercolor, ink, and shimmering sequins to illustrate and embellish iconic footwear designs through the ages. Perfect for fashion lovers and creative minds alike, this class celebrates style, artistry, and a little sparkle.

**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 - AFTERNOON STRETCH**

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

**1:00 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.

**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 - 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 - 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 - HIPPIE YOGA**

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

**2:00 PM - VIBRATION EDUCATION**

(30 min, Meet in Garden Hall)  
Learn how to use sound vibrations to promote physical, emotional, and spiritual well-being.

**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 - TIPPITY TOES TAP**

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

**3:00 PM - CHI GONG**

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

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

(45 min, Linden Studio)  
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. For your safety we ask that you refrain from taking this class if you have high blood pressure, retinal tears, are pregnant, or are recovering from a recent injury. Guests who have shoulder and/or neck injuries, stiffness, or immobility should not attend. Weight limit is 300 pounds.

**3:00 PM - COOKING DEMONSTRATION**

(50 min, Chef's Kitchen)  
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Wednesday's demonstration will feature Tangy Thai Larb Gai Salad (Ground Chicken) and a Crispy Thai Appetizer.

**3:00 PM - HATCHET THROWING**

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

**3:30 PM - INTRO TO DRAWING**

(90 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.

**3:30 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!

**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, fancy savory bites, & a glass of sparkling wine! 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 \$30 per person. \*Specific dietary accommodations are not available.

**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 - 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 - 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 - HONEY BEE TALK**

(50 min, Blackmore Farm)  
Spend some time with our resident beekeeper, in discussion of the life cycle of the honey bee and their environmental importance. Various hive components and tools will be on display, and plenty of information given to be able to start your very own apiary! \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

**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 - YOGA RESET**

(75 min, Willow Studio)  
Featuring expert hands on assists that will refine and deepen your practice, this well rounded intermediate vinyasa practice is for those with a regular yoga practice.

**5:00 PM - OPEN PLAY PICKLEBALL**

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

**Based on your dining preferences, dinner can take 90 minutes – 2 hours.**

**6:00 PM - COMMUNITY TABLE DINNER**

(120 min, TREE Restaurant)  
Communal dining, at its core, is about sharing – not just food but experiences. Food is more than just sustenance; it's a universal language that creates connections and fosters community. In today's fast-paced world, the art of social dining is witnessing a renaissance, reminding us of the joys of shared meals and the discovery of our 'food tribe'. Join fellow guests and explore the beauty of communal dining and how it brings people together.

**8:00 PM - THE TRANQUIL FLOATING EXPERIENCE**

(60 min, Meet in 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 be lulled into a blissful state while floating on a sturdy BOGA board. 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. Total class time includes 30 minutes of meditation and time for preparation and wrap-up time.

**8:30 PM - SAME GRAPE, DIFFERENT STORY: EXPLORING HOW PLACE SHAPES WINE (\$)**

(45 min, Garden View Room)  
Have you ever wondered why the same grape can taste completely different depending on where it's grown? In this interactive tasting experience, we'll explore how climate, soil, and winemaking traditions influence the character of familiar varietals. Sip and compare expressions like Old World vs. New World, discovering how "place" leaves its signature in every glass. Whether you're new to wine or an avid enthusiast, this class will deepen your appreciation for the subtle – and sometimes striking – differences that make each bottle unique. 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 - WATERCOLOR PAINTING**

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



## HELPFUL INFO

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

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

## OPEN ACTIVITIES

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

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

**ARCHERY**

Archery Range, 1pm - 5pm

**BIKING**

Lily Pad, 9am - 5pm

**BIRDING**

Lily Pad, 9am - 5pm

**DISC GOLF**

Lily Pad, 9am - 5pm

**FISHING**

Lily Pad, 9am - 5pm

**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

*\*Based on your dining preferences, dinner can take 90 minutes - 2 hours.*



## SCHEDULED ACTIVITIES

**7:00 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 - 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 - ARM CANDY**

(45 min, Oak Studio)  
Challenge your upper body in all directions by overloading the muscles of your arms, chest and back to experience improved strength and movement.

**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 - 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.

**9:00 AM - DANCING QUEEN (OR KING)**

(45 min, Rowing Room)  
Ditch the treadmill and dance like no one's watching. Using the HUPSIX patented resistance dance gear, you'll feel like you're dancing with a partner as you get your heart pumping.

**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 - 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.

**9:30 AM - DECORATIVE BIRDHOUSES (\$)**

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

**9:30 AM - 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 - GEL PRESS PRINTING**

(120 min, Art Studio)  
Experience the unique world of gel press art. Choose from a variety of leaves, petals, or other pre-cut stencils that speak to you and create one of a kind prints. This simple process allows you to choose your colors that result in images that are unpredictably beautiful.

**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 - TRIPLE THREAT**

(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.

**10:00 AM - LIQUID GYM**

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

**10:00 AM - OPEN PLAY PICKLEBALL**

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

**10:00 AM - FOOD FOR THOUGHT - SPRING RESET**

(50 min, Garden View Room)  
The gut microbiome has become a major focus in recent years, as we now know that gut health strongly influences overall wellness. Because our gut is tied to digestion, the foods we eat—like prebiotics, probiotics, raw veggies, herbs, and spices—play a key role in supporting it. Join Talia, a board-certified holistic health and nutrition counselor, to learn which foods nourish the gut and how to easily incorporate them into your daily routine.

**11:00 AM - GO ROGUE**

(45 min, CardioWeight Studio)  
Up your bodyweight training game with this weighted vest workout. Increase exercise intensity, improve strength and muscle endurance, and enhance cardiovascular conditioning by using the ROGUE weighted vest. Vests are individually weighted to fit your needs.

**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.

**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 - THE POWER OF RESILIENCY**

(50 min, Garden View Room)  
Want to live your healthiest, longest life? Join us for a class on longevity where we explore the latest insights and practical strategies to help you age with strength and vitality. You'll discover how habits, nutrition, and everyday lifestyle choices can support a longer, more vibrant life—guided by Talia, a board-certified holistic health and nutrition counselor.



## 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 - ALIGN + REVIVE**

(45 min, Rowing Room)  
The Springboard 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.

**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 - COUNTRY FUSION**

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

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

(45 min, Linden 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.

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

(75 min, TREE Restaurant)  
Join Holistic Nutritionist Talia for a nourishing lunch and an inspiring conversation about cultivating healthy eating habits. Discover the art of mindful eating and explore practical ways to refresh your body and lifestyle for the season ahead. Lunch with the Nutritionist is part of your 3 consecutive artfully crafted gourmet meals per night of stay.

**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.

**1:00 PM - 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!

**1:00 PM - COLOR IN MOTION**

(120 min, Art Studio)  
Discover the magic of movement and color in this experimental art class! Using ink-colored marbles, we'll roll them across paper to create a single, flowing line full of movement and spontaneity. Then, we'll bring that design to life with watercolor washes and acrylic markers, filling spaces with vibrant color to craft a unique abstract piece.

**1:00 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.

**1:00 PM - WAVES OF LIGHT MEDITATION & SMUDGING**

(45 min, Rowing Room)  
In the beginning of this candlelight meditation, Palo Santo will be used to help clear away all negative thoughts and energy. As you gaze at the candle's single flame, we will welcome positive thoughts and mental clarity into your life.

**1:00 PM - AFTERNOON STRETCH**

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

**1:30 PM - SPRING FLOWER GARDEN GUIDED TOUR**

(90 min, Meet in Garden Hall)  
Join our Botanical Design Team for a guided walk through the Sanctuary's new cut flower garden! Explore fresh spring blooms, learn about our favorite varieties, and get a behind-the-scenes look at how we design and grow seasonal flowers. Perfect for anyone who loves gardens, flowers, and spring inspiration.

**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 - 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 - 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 - TRX: TOTAL BODY**

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

**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 - PILATES MAT**

(45 min, Willow 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.

**3:00 PM - BUTTS AND 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. For your safety we ask that you refrain from taking this class if you have high blood pressure, retinal tears, are pregnant, or are recovering from a recent injury. Guests who have shoulder and/or neck injuries, stiffness, or immobility should not attend. Weight limit is 300 pounds.

**3:00 PM - POWER BITES**

(50 min, Chef's Kitchen)  
Join a member of our culinary team for a cooking demo on creating Keto-friendly, energy-boosting snacks. Learn to make delicious power bites that fuel your body and mind, perfect for a high-protein, Keto, or low-sugar lifestyle. Stay energized with healthy, flavorful treats!

**3:00 PM - WINE, OLIVE OIL, & LONGEVITY: A LESSON FROM THE BLUE ZONE (\$)**

(45 min, Garden View Room)  
Many people strive to live long, healthy lives. Surprisingly, some communities around the world have found the secret to longevity. These places, known as Blue Zones, have a higher number of people living to be 100 years old or older. Join our Holistic Nutritionist & Olive Oil Sommelier, for a unique and entertaining experience of olive oil and wine tasting inspired by Blue Zones. 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.

**3:30 PM - LANDSCAPES IN INK & WATERCOLOR**

(90 min, Art Studio)  
Create six miniature landscape scenes using ink and watercolor wash. Learn to combine expressive ink lines drawn with a quill and soft, flowing watercolors to evoke mood and detail in small-format landscapes.

**3:30 PM - 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!

**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 - 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.

**4:00 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.

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

(45 min, Linden Studio)  
A juicy, stretchy, slow flow vinyasa yoga practice. Stay for the Candlelight Sound Immersion!

**Based on your dining preferences, dinner can take 90 minutes - 2 hours.**

**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.

**6:00 PM - CHEF'S TABLE TASTING MENU DINNER\* (\$)**

(120 min, Meet at Host Stand)  
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 wine pairing curated by our Sommelier. The cozy setting offers friendly conversation to learn more about each dish including unique ingredients, cooking techniques, and best kept secrets. There is an up-charge of \$80 per person, which includes the wine pairing.

**8:30 PM - INTRO TO DRAWING**

(90 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 - THE LIGHTER SIDE OF WHISKEY COCKTAILS (\$)**

(45 min, Garden View Room)  
Our Spirit Guide will lead you through a hands-on class creating two seasonal whiskey cocktails with fresh ingredients found right in our own back garden and organic farm. Guests will have the opportunity to create their own signature cocktail focusing on the lighter side of whiskey from Amy's Secret Stash, during the cocktail hour. Each guest will take home an easy-to-follow recipe card to recreate the drinks at home. 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 - CLASSIC BINGO & TRIVIA**

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



HELPFUL INFO

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OPEN ACTIVITIES

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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.*

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7am to 9:30am

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

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

*\*Based on your dining preferences, dinner can take 90 minutes - 2 hours.*



SCHEDULED ACTIVITIES

**7:00 AM - POWER WALK**  
(45 min, Meet in Garden Hall)  
Enjoy a vigorous 3 mile power walk on our scenic nature trail, which winds through the woods around The Lodge at Woodloch.

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

**8:00 AM - T'AI CHI**  
(45 min, Willow Studio)  
The simple and graceful forms and effortless motions swirl round to unite the energies of the heavens and earth.

**8:00 AM - VIBRATION EDUCATION**  
(30 min, Meet in Garden Hall)  
Learn how to use sound vibrations to promote physical, emotional, and spiritual well-being.

**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 - 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 - RHYTHM RIDE**  
(45 min, Spinning Studio)  
Driven by rhythm-based cycling routines set to powerful, motivating music.

**9:00 AM - WEIGHTED VEST WALK**  
(45 min, Meet in CardioWeight Studio)  
Put a little oomph in your step by wearing a weighted vest while walking our beautiful, paved path.

**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 - REV IT UP**  
(45 min, CardioWeight Studio)  
Boost your fitness regimen with powerful, explosive movements that use body weight to max out your cardio.

**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 - SEA GLASS TREASURES (\$)**  
(120 min, Art Studio)  
Join us for a relaxing, hands-on experience where creativity takes the lead! Explore the beauty of sea glass and mixed media as you design a one-of-kind piece. This class is all about imagination and personal expression! The cost is \$15 per person.

**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 - TONE TO STONE**  
(45 min, Oak Studio)  
Firm and tone the whole body using weights, bands, balls and your own body weight.

**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 - 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 - ALIGN + REVIVE**  
(45 min, Rowing Room)  
The Springboard 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 - 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 - RIDE THE 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 - PICKLEBALL FOR BEGINNERS**  
(45 min, Pickleball Court)  
Learn the basics of pickleball and what every beginner must know in order to start playing.

**11:00 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.

**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 - 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. Friday's demonstration will feature Roasted Garlic Hummus with Whipped Feta & Goat Cheese and A Smokey Avocado Ranch Dip with Crudite and Naan Dippers.



## SCHEDULED ACTIVITIES, CONT.

**12:00 PM - HUMMING MEDITATION**

(45 min, Willow 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 - CORE AND PELVIC FLOOR**

(45 min, Rowing Room)

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 - ARM CANDY**

(45 min, CardioWeight Studio)

Challenge your upper body in all directions by overloading the muscles of your arms, chest and back to experience improved strength and movement.

**12:00 PM - HAWAII/TAHITIAN DANCE**

(45 min, Oak Studio)

Your hips won't lie in the mesmerizing world of Tahitian Dance. Let the rhythmic beat of drums and the swaying movement of your hips and footwork tell the story. Grass skirts will be provided.

**12:00 PM - OPEN PLAY PICKLEBALL**

(45 min, Pickleball Court)

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

**1:00 PM - 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 - LOOM WEAVING (\$)**

(120 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.

**1:00 PM - THE SAVVY TRAVELER: HOW TO FEAST, HAVE FUN AND STAY FIT**

(50 min, Garden View Room)

Don't let your healthy habits take a vacation just because you are. Join holistic health counselor Talia for an engaging session on mastering the art of a healthy getaway—so you can enjoy great food, fun, and relaxation without sacrificing your well-being or returning home feeling like you need a reboot. You'll learn smart strategies for indulging mindfully, eating well on the go, and making simple, healthy choices. Led by Talia, a board-certified holistic health and nutrition counselor, this class will help you travel freely and stay well with ease.

**1:00 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.

**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 - 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 - 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 - 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 WAY WITHIN: SHAMANIC SOUND HEALING, REIKI & MEDITATION**

(50 min, Fireside Room)

Slow down and reconnect with yourself in this restorative session led by Intuitive Energy Healer Vanessa Hernandez. Experience a calming guided visualization, receive Reiki energy healing, and immerse yourself in the soothing sounds of drums, rattles, chimes, bowls, and chakapa. The Way Within offers a safe space to rest, reset, and receive insight from your inner self and spiritual guides.

**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 - CHAKRA YOGA**

(45 min, Willow Studio)

Open, balance, and cleanse all seven chakras using simple yoga poses and visualization. You'll leave this class feeling energized.

**2:00 PM - TIDES OF POWER**

(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 - 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 - 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 - 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 - JUMP FOR JOY**

(30 min, Oak Studio)

A low-impact mini-trampoline cardio class; 45 minutes of invigorating fun! Must have balance.

**3:00 PM - HEALTHY SMOOTHIE DEMONSTRATION**

(50 min, Chef's Kitchen)

Discover one of the easiest ways to nourish your body with a green smoothie, packed with essential nutrients! In this demo, we'll explore delicious, nutrient-rich smoothie combinations and also show you how to make homemade almond milk.

**3:00 PM - HATCHET THROWING**

(50 min, Hatchet Range)

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

**3:30 PM - CHAKRA BEAD CLASS (\$)**

(90 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.

**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, fancy savory bites, & a glass of sparkling wine! 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 \$30 per person. \*Specific dietary accommodations are not available.

**4:00 PM - HATCHET THROWING**

(50 min, Hatchet Range)

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

**4:00 PM - SURRENDER**

(45 min, Linden Studio)

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

**4:00 PM - CHI JOY**

(45 min, Willow Studio)

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

**4:00 PM - CORE FOCUS**

(45 min, Oak Studio)

Join us for intense functional training to strengthen and tone the core, and help promote body awareness and better posture.

**4:30 PM - HAPPY HOUR**

(60 min, TREE Restaurant Bar)

Join us for special cocktail pricing and light fare. As the day gives way to night, enjoy the vibrancy of friendship and the serenity of nature.

**5:00 PM - GOODNIGHT MOON GONG MEDITATION**

(45 min, Linden Studio)

Be cradled by the comfy cozy Moon Pod and feel at total peace as the phenomenal vibrations of the moon gong and the planetary gong 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.

**6:00 PM - DECOMPRESS THE STRETCH**

(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.

**Based on your dining preferences, dinner can take 90 minutes - 2 hours.**

**6:00 PM - COMMUNITY TABLE DINNER**

(120 min, TREE Restaurant)

Communal dining, at its core, is about sharing - not just food but experiences. Food is more than just sustenance; it's a universal language that creates connections and fosters community. In today's fast-paced world, the art of social dining is witnessing a renaissance, reminding us of the joys of shared meals and the discovery of our 'food tribe'. Join fellow guests and explore the beauty of communal dining and how it brings people together.

**8:00 PM - THE TRANQUIL FLOATING EXPERIENCE**

(60 min, Meet in 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 be lulled into a blissful state while floating on a sturdy BOGA board. 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. Total class time includes 30 minutes of meditation and time for preparation and wrap-up time.

**8:30 PM - WATERCOLOR PAINTING**

(90 min, Art Studio)

Explore new, hidden, or forgotten talents. This 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 - OWN YOUR FREQUENCY: HUMAN DESIGN MADE SIMPLE**

(60 min, Fireside Room)

Finally, a no-fluff approach to understanding Human Design and how it can transform your life! During this masterclass, you'll learn how to read your body graph chart, understand your unique decision-making strategy, and discover why certain approaches work for some people but not others. Whether you're completely new to Human Design or seeking clarity beyond the basics, this session breaks down the essentials into practical, actionable insights. \* Please bring your smartphone or another Wi-Fi-enabled device so you can follow along and access your chart during the session.



## 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



*\*Based on your dining preferences, dinner can take 90 minutes - 2 hours.*

## SCHEDULED ACTIVITIES

### 7:00 AM - GO ROGUE

(45 min, CardioWeight Studio)  
Up your bodyweight training game with this weighted vest workout. Increase exercise intensity, improve strength and muscle endurance, and enhance cardiovascular conditioning by using the ROGUE weighted vest. Vests are individually weighted to fit your needs.

### 7:00 AM - FITNESS WALK

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

### 8:00 AM - 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 - MORNING MUSCLES

(45 min, Oak Studio)  
Kickstart your morning by revving up your metabolism using body weight, kettlebells and dumbbells. Your brain, body and spirit will be uplifted as well as your glutes.

### 9:00 AM - CREATIVE KEEPSAKES

(90 min, Art Studio)  
Looking for a creative way to commemorate your visit? Join us for a hands-on bookmark-making activity where you will upcycle Lodge at Woodloch key cards into personalized keepsakes! Each bookmark features a hand-painted acrylic design on the back, created using a beautiful stippling (dotting) technique.

### 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 - OUTDOOR BOOT CAMP

(45 min, Meet in Garden Hall)  
This outdoor program combines elements of strength training, cardiovascular exercises and functional movements for overall physical and mental wellbeing.

### 9:30 AM - DECORATIVE BIRDHOUSES (\$)

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

### 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, 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 - 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 - 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 - ALIGN + REVIVE

(45 min, Rowing Room)  
The Springboard 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 - 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 Dark Chocolate Mousse with a Gluten Free Crepe and Fresh Fruit Compote.

### 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 - 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.

### 11:00 AM - LIQUID GYM

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

### 11:00 AM - PICKLEBALL FOR BEGINNERS

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

### 11:00 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.

### 11:00 AM - ACRYLIC PAINTING: IRISES IN BLOOM

(120 min, Art Studio)  
Discover the beauty of irises as you learn to capture their vibrant colors and graceful forms using acrylic paints. This beginner-friendly class will guide you through essential techniques like layering, blending, and creating texture to bring your floral masterpiece to life.



## 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 breathing 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 - 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.

**1:00 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.

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

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

**1:00 PM - 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.

**2:00 PM - CORE FOCUS**

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

**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 will 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.

**3:00 PM - COOKING DEMONSTRATION**

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

**3:00 PM - HIPPIE YOGA**

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

**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. For your safety we ask that you refrain from taking this class if you have high blood pressure, retinal tears, are pregnant, or are recovering from a recent injury. Guests who have shoulder and/or neck injuries, stiffness, or immobility should not attend. Weight limit is 300 pounds.

**3:00 PM - CHAIR YOGA**

(45 min, Rowing Room)  
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.

**3:00 PM - ARM CANDY**

(45 min, Oak Studio)  
Challenge your upper body in all directions by overloading the muscles of your arms, chest and back to experience improved strength and movement.

**3:00 PM - APERITIVOS, DIGESTIVOS & AMARO (\$)**

(50 min, Garden View Room)  
The best kind of cocktail is one you can follow with another—light, flavorful, refreshing, and inviting without being overwhelmingly boozy. The Italians perfected this style of drink. In fact, they dedicated an entire cultural ritual to it: a delightful pause before dinner and as an aid for digestion after dinner. Join our Spirit Guide Amy for a hands-on, one-of-a-kind experience that will help you celebrate the everyday. This interactive presentation will spark your creativity, teach you the art of Aperitivo, and inspire you to savor life's little moments—before and after your evening meal. Guests must be at least 21 years of age to participate. The cost is \$35 per person.

**3:30 PM - INTRO TO DRAWING**

(90 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.

**3:30 PM - 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!

**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 - 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.

**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 revitalized.

**Based on your dining preferences, dinner can take 90 minutes - 2 hours.**

**6:00 PM - CHEF'S TABLE TASTING MENU DINNER\* (\$)**

(120 min, Meet at Host Stand)  
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 wine pairing curated by our Sommelier. The cozy setting offers friendly conversation to learn more about each dish including unique ingredients, cooking techniques, and best kept secrets. There is an up-charge of \$80 per person, which includes the wine pairing.

**8:30 PM - WATERCOLOR PAINTING**

(90 min, Art Studio)  
Explore new, hidden, or forgotten talents. This 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 - DISCOVER YOUR LIFE PATH: HUMAN DESIGN**

**PROFILES MADE SIMPLE**  
(60 min, Fireside Room)  
Your Human Design Profile is like your built-in roadmap for how you're meant to learn, grow, and share your gifts with the world. Instead of leaving you stuck in confusion or self-doubt, your Profile can help you understand your natural role in life, your unique learning style, and even the insecurities that have held you back. In this workshop, we'll break down the 12 Profiles into simple, practical insights you can use right away to feel more confident, purposeful, and aligned. \*Please bring your smartphone or another Wi-Fi-enabled device so you can follow along and access your chart during the session.



## 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

*\*Based on your dining preferences, dinner can take 90 minutes - 2 hours.*



## SCHEDULED ACTIVITIES

### 7:00 AM - AM STRETCH & MEDITATION

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

### 7:00 AM - FITNESS WALK

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

### 8:00 AM - 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.

### 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 - 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 - 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 - ALIGN + REVIVE

(45 min, Rowing Room)  
The Springboard 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 - DANCING QUEEN (OR KING)

(45 min, Linden Studio)  
Ditch the treadmill and dance like no one's watching. Using the HUPSIX patented resistance dance gear, you'll feel like you're dancing with a partner as you get your heart pumping.

### 9:00 AM - LIQUID GYM

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

### 9:00 AM - WEIGHTED VEST WALK

(45 min, CardioWeight Studio)  
Put a little oomph in your step by wearing a weighted vest while walking our beautiful, paved path.

### 9:00 AM - RHYTHM RIDE

(45 min, Spinning Studio)  
Driven by rhythm-based cycling routines set to powerful, motivating music.

### 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 - 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.

### 10:00 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, CardioWeight Studio)  
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 - CORE FOCUS

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

### 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 - HAWAIIAN/TAHITIAN DANCE

(45 min, Oak Studio)  
Your hips won't lie in the mesmerizing world of Tahitian Dance. Let the rhythmic beat of drums and the swaying movement of your hips and footwork tell the story. Grass skirts will be provided.

### 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.

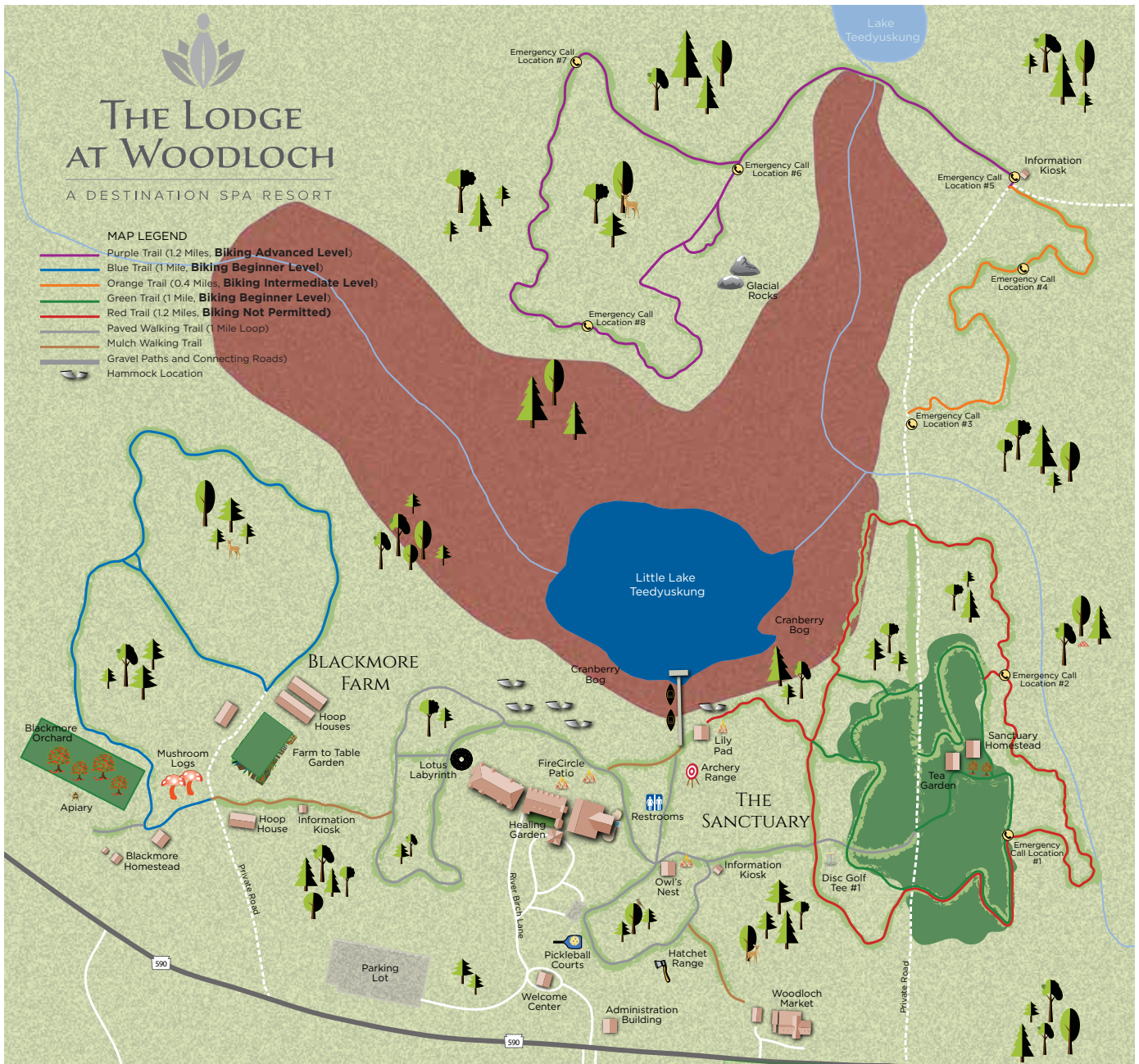
### 10:00 AM - EDIBLE AND MEDICINAL PLANT WALK

(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.





## Outdoor Exploration

The Lily Pad, our Outdoor Exploration Center is open from 9am - 5pm. Fishing, biking, birding, and disc golf are all open activities that are available to guests at any time during Lily Pad hours. Guides are on hand to assist you with bikes, disc golf tees and scorecards, binoculars, 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.