



YOUR GUIDE TO CLASSES & ACTIVITIES

June 1st - 8th, 2025



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



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

CHOOSE YOUR OWN ADVENTURE, ON YOUR TIME

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

ARCHERY

1pm - 5pm daily at the Archery Range

BIKING

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

BIRDING

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

DISC GOLF

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

FISHING

9am - 7pm daily, rods and reels are available at Lily Pad

HIKING

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

KAYAKING

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

S'MORES

9am - 7pm daily at the Lily Pad

STAND UP PADDLEBOARDING

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

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

PLAN YOUR STAY

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



THE BLACKMORE FARM

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

KNOW THY FARMER

DERRICK BRAUN, THE FARMICIST

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

SAM LINDENMUTH, THE DIRT DOCTOR

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

SARA BOYSEN, THE CREATIVITY CULTIVATOR

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

FEATURED ACTIVITIES

BLACKMORE FARM TOUR

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

GARDEN HARVEST (\$)

Wednesdays at 10am

Learn to pick greens, herbs and vegetables the proper way to ensure healthy plants, and bountiful harvest. Weekly, different plants will be chosen, and guests will be able to take home a bag full of fresh organic produce as well as new skills as gardeners. Cost is \$20 per person.



GUEST SPEAKERS & SPECIAL EVENTS



ALAINE PORTNER, YOGI AND MEDIUM

June 6th - 7th

Author, Gifted yogi, spiritual teacher and inspiring Medium, Alaine Portner has been making a difference in the lives of thousands across the United States for the past 30 years. As the founder of Yoga Center of Medford, NJ, Alaine has finely tuned her ability as a Medium and fused it with her passion for meditation to offer a unique and transformative experience. After completing 4,000 readings in four years, she shared the transformative experiences in her book, *Medium Memoirs, Messages of Love, Hope and Reunion*. A remarkably sensitive Medium, Alaine specializes in receiving messages from loved ones or guided spirits and then delivers life-affirming insight and direction. Those who have encountered her style, typically feel a sense of euphoria, connection and supportive change in their perception on their personal or professional journey. Alaine's engaging manner, humor and straight-to-the-heart insight has provided her with a loyal following. Her vision is to educate people in discovering their own physical and spiritual growth through meditation, mediumship and yoga. She is a master teacher serving others through her work at the Yoga Center of Medford, as well as regional and international corporate events and retreats.

Friday, June 6th & Saturday June 7th

INTRO TO MINDFULNESS, MEDITATION AND MEDIUM MESSAGES

8:30pm

Discover the art and reasons for seeking & hearing spiritual guidance in your life! A remarkably sensitive Medium, Alaine specializes in receiving messages from loved ones or guided spirits and then delivers life-affirming insight and direction. She offers the spiritual experience of Meditation and Mediumship. This heavenly connection adds purpose to your life, reduces your fears and adds greater enthusiasm for living life more fully. Clients who experience Alaine's Mediumship style typically describe it as feeling a sense of euphoria. Readings can provide connective and supportive change in your perception while assisting your personal journey. Alaine's engaging manner, full of humor and straight to the heart truths, has provided her a loyal, global following.

Saturday, June 7th & Sunday June 8th

SEMI-PRIVATE READING

11:00am

Clients who experience Alaine's Mediumship style typically describe it as feeling a sense of euphoria. Readings can provide connective and supportive change in perception, assisting your personal or professional journey. Alaine's engaging manner, full of humor and straight to the heart truths, has provided her a loyal global following. *Cost is \$150 per person, limited to 10 guests. Please sign-up with the Spa Concierge.

PRIVATE READINGS WITH ALAINE PORTNER

Medium reading sessions with Alaine Portner offer a compassionate and personalized connection to receive guidance, clarity, and insights from your higher self, spirit guides, or loved ones who have passed. These sessions provide a safe and supportive space to explore your spiritual journey, gain validation, and find healing.

Medium Shared Full Session, 50 min. // \$240 (per guest, two guest limit)

Medium Full Session, 50 min. // \$450

Medium Mini Session 25 min. // \$240



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

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



HELPFUL INFO

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

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

OPEN ACTIVITIES

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

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

ARCHERY

Archery Range, 1pm - 5pm

BIKING

Lily Pad, 9am - 7pm

BIRDING

Lily Pad, 9am - 7pm

DISC GOLF

Lily Pad, 9am - 7pm

FISHING

Lily Pad, 9am - 7pm

KAYAKING

Dock, 9am - 7pm

S'MORES

Lily Pad, 9am - 7pm

STAND UP PADDLEBOARDING

Dock, 9am - 7pm

DINING

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

Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance to enjoy in your guest room or on your guest room veranda (a \$20 room service fee applies). We kindly ask that you submit breakfast orders 45 minutes prior to desired delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.



BREAKFAST

7am to 9:30am

LUNCH

11:30am to 2pm

DINNER

5:30pm to 8:30pm

**Please allow two hours for dinner service.*

SCHEDULED ACTIVITIES

7:00 AM - NORDIC WALK

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

7:00 AM - MY MORNING PRACTICE

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

8:00 AM - AM STRETCH & MEDITATION

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

8:00 AM - POWER VINYASA

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

8:00 AM - L.E.G.S.

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

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

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

9:00 AM - ARMS, CHEST, AND BACK

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

9:00 AM - TOWER POWER

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

9:00 AM - CARDIO SHUFFLE

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

9:00 AM - 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.

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

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

9:00 AM - SHUMAN POINT HIKE

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

10:00 AM - 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 - ZENTANGLE 101®

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

10:00 AM - SGT KEN'S BOOT CAMP

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

10:00 AM - PRIMAL LONGEVITY

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

10:00 AM - AQUA YOGA

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

10:00 AM - TRX YOGA

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

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

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



SCHEDULED ACTIVITIES, CONT.

11:00 AM - CORE AND PELVIC FLOOR

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

11:00 AM - THE BARRE

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

11:00 AM - STRETCH & TONE

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

11:00 AM - F IS FOR FUNCTIONAL FITNESS

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

11:00 AM - TRX: TOTAL BODY

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

11:00 AM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Sunday's demonstration will feature Roasted Duck Breast with Cherry Compote and Peppercorn Spaetzle.

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

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

12:00 PM - BELLY DANCING

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

12:00 PM - T'AI CHI

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

12:00 PM - BAND TOGETHER

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

12:00 PM - 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 - BALANCING YOUR CHAKRAS YOGA

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

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

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

1:00 PM - BOTANICAL HIKE

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

1:00 PM - 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 - AFTERNOON STRETCH

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

1:00 PM - SELF DEFENSE

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

1:00 PM - ART FOR STRESS MANAGEMENT

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

2:00 PM - HATCHET THROWING

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

2:00 PM - TIPPITY TOES TAP

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

2:00 PM - YOU KNEAD THIS

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

2:00 PM - TRX FOR BEGINNERS

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

2:00 PM - BLACKMORE FARM TOUR

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

3:00 PM - HATCHET THROWING

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

3:00 PM - MEDITATION FOR BEGINNERS

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

3:00 PM - SPINNING

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

3:00 PM - SUNNY AND CHAIR

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

3:00 PM - 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.

3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Sunday's demonstration will feature Roasted Duck Breast with Cherry Compote and Peppercorn Spaetzle.

4:00 PM - HATCHET THROWING

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

4:00 PM - TRX: EXPRESS STRETCH

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

4:00 PM - CHAIR YOGA

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

4:00 PM - SEASONAL FORAGING: EDIBLE AND MEDICINAL GREENS AND FLOWERS

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

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

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

4:30 PM - HAPPY HOUR

(60 min, FireCircle Patio)
Join us on the FireCircle Patio for sunshine, a complimentary signature cocktail, and light fare. As the day gives way to night, enjoy the vibrancy of friendship and the serenity of nature. Happy Hour will be cancelled in case of inclement weather.

5:00 PM - POWER WALK

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

5:00 PM - SWEET CANDLELIGHT FLOW

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

6:00 PM - THE RECOVERY ROOM

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

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

6:00 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.

7:00 PM - EVENING KAYAKING

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

8:30 PM - BINGO AND TRIVIA

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

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

(60 min, Garden View Room)
Join our Baby Somm for an in depth look into the various characteristics of wine varietals from around the world and learn how they pair tastefully with delicious chocolates. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$35.00 per person. *Pairing plate contains dairy, nuts, and gluten, substitutions are not available.



HELPFUL INFO

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OPEN ACTIVITIES

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Lily Pad, 9am - 7pm

BIRDING

Lily Pad, 9am - 7pm

DISC GOLF

Lily Pad, 9am - 7pm

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KAYAKING

Dock, 9am - 7pm

S'MORES

Lily Pad, 9am - 7pm

STAND UP PADDLEBOARDING

Dock, 9am - 7pm

DINING

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BREAKFAST

7am to 9:30am

LUNCH

11:30am to 2pm

DINNER

5:30pm to 8:30pm

**Please allow two hours for dinner service.*

SCHEDULED ACTIVITIES

7:00 AM - DETOX FLOW

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

7:00 AM - THE NOMAD'S WALK

(75 min, Meet in Garden Hall)
Step away from the chaos and into the rhythm of nature. Inspired by the movement of our ancestors, this outdoor experience blends light walking with natural weight-carrying techniques—just as the human body evolved to move. Along the way, we'll share stories, insights, and moments of mindfulness, immersing ourselves in the sights, sounds, and sensations of the great outdoors. Receive, recenter, and renew as you end this session with a peaceful walk through the Lotus Labyrinth. This refreshing reset will leave you grounded, energized, and ready to take on the rest of your day.

8:00 AM - MY MORNING PRACTICE

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

8:00 AM - SUNNY AND CHAIR

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

8:00 AM - GOOD MORNING SUNSHINE!

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

9:00 AM - MINISINK BATTLEGROUND HIKE

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

9:00 AM - MEDITATION TO QUIET THE MIND

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

9:00 AM - ZUMBA

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

9:00 AM - PUSH N' PEDAL

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

9:00 AM - BALANCING YOUR CHAKRAS YOGA

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

9:00 AM - PILATES MAT

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

9:00 AM - TRX: TOTAL BODY

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

10:00 AM - DRUMS ALIVE

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

10:00 AM - BOX N' BURN

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

10:00 AM - TSUNAMI

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

10:00 AM - VINYASA FLOW

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

10:00 AM - CHAIR YOGA

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

10:00 AM - THE GREAT WALL OF YOGA

(45 min, Linden Studio)
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. 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.

10:00 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 - FLY CASTING

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

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 - 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 - 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 Chilled Cucumber Soup with Basil Poached Shrimp and Citrus Cream.

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

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



SCHEDULED ACTIVITIES, CONT.

12:00 PM - THE BARRE

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

12:00 PM - SPINNING

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

12:00 PM - TRX: BELOW THE BELT

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

12:00 PM - TOWER POWER

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

1:00 PM - AFTERNOON STRETCH

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

1:00 PM - WRITE TO RELAX

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

1:00 PM - TRX: PILATES

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

1:00 PM - MANDALA COLORING - TIPS & TECHNIQUES

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

2:00 PM - TIPPITY TOES TAP

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

2:00 PM - BUTTS & GUTS

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

2:00 PM - SGT KEN'S BOOT CAMP

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

2:00 PM - REJUVENATE AND RESTORE

(45 min, 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 - BLACKMORE FARM TOUR

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

2:00 PM - HATCHET THROWING

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

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 - SPLASH DANCE

(30 min, Aqua Garden)
No experience or high heels needed in this fun Hydorrider 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 - 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 - GROOVE AND MOVE

(45 min, Oak Studio)
Feel absolutely groovy as you dance your little heart out using very simple moves that everyone can do. This class is for EVERY BODY!

3:00 PM - HATCHET THROWING

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

3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Monday's demonstration will feature Chilled Cucumber Soup with Basil Poached Shrimp and Citrus Cream.

3:30 PM - CRAFT MARGARITAS (\$)

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

4:00 PM - YOGA WITH CHAIR AND WALL

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

4:00 PM - LET'S ROLL

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

4:00 PM - HATCHET THROWING

(50 min, Hatchet Range)
Want a 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 - GONG WITH THE WIND

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

5:00 PM - EVENING STRETCH

(45 min, Oak Studio)
Fall asleep faster with a few gentle stretches that will help you relax and relieve any sleep related pain.

6:00 PM - FLOW AND RESTORE

(45 min, Linden Studio)
Start with a calming vinyasa flow while easing into a series of restorative poses. Balance the body and mind by blending together physical strength and deep relaxation.

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

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.

7:00 PM - EVENING KAYAKING

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

8:30 PM - KARAOKE

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

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

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



HELPFUL INFO

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

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

OPEN ACTIVITIES

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

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

ARCHERY

Archery Range, 1pm - 5pm

BIKING

Lily Pad, 9am - 7pm

BIRDING

Lily Pad, 9am - 7pm

DISC GOLF

Lily Pad, 9am - 7pm

FISHING

Lily Pad, 9am - 7pm

KAYAKING

Dock, 9am - 7pm

S'MORES

Lily Pad, 9am - 7pm

STAND UP PADDLEBOARDING

Dock, 9am - 7pm

DINING

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

Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance to enjoy in your guest room or on your guest room veranda (a \$20 room service fee applies). We kindly ask that you submit breakfast orders 45 minutes prior to desired delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.

BREAKFAST

7am to 9:30am

LUNCH

11:30am to 2pm

DINNER

5:30pm to 8:30pm

**Please allow two hours for dinner service.*



SCHEDULED ACTIVITIES

7:00 AM - MY MORNING PRACTICE

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

7:00 AM - FITNESS COLOR WALK

(45 min, Meet in Garden Hall)
Choose a color and then focus on noticing that color in your environment throughout your walk, promoting mindfulness and present moment awareness. The goal is to let go of your thoughts and worries and to fully engage with the present moment by focusing on the color.

7:30 AM - BASICS OF STAND UP PADDLEBOARDING

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

8:00 AM - STEP IT UP

(45 min, Oak Studio)
Put pep in your step by adding step fitness to your cardio routine. This class is for everyone new to step.

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 - GREAT WALL OF YOGA LEVEL 2

(45 min, Linden Studio)
Love our Great Wall of Yoga class, but looking for something more challenging? Then our Level II class is the class for you! This advanced level class should only be taken if you have previous wall yoga experience, here or elsewhere. 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.

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

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

9:00 AM - TRX: TOTAL BODY

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

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

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

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

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

9:00 AM - POWER VINYASA

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

9:00 AM - 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 - THE SIGHTS & SOUNDS OF MINDFUL SILENCE

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

9:00 AM - TENKARA

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

9:30 AM - TWO LAKES HIKE

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

10:00 AM - TOWER POWER

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

10:00 AM - YOU KNEAD THIS

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

10:00 AM - MALA MEDITATION

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

10:00 AM - BOX N' BURN

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

10:00 AM - ZUMBA

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

10:00 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 fresh mountain air! Nourish your mind, body, and spirit.

10:00 AM - FLORALS WITH COLORED PENCILS

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

10:30 AM - NATURE JOURNALING

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

11:00 AM - 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 Pork Banh Mi Kholrabi Tacos with Blackmore Farm Pickled Vegetables and a Spicy Mayo.

11:00 AM - THE GREAT WALL OF YOGA

(45 min, Linden Studio)
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. 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.

11:00 AM - EBB AND FLOW

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

11:00 AM - BUTTS & GUTS

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

11:00 AM - SPLASH DANCE

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

11:00 AM - SHOCKWAVE

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



SCHEDULED ACTIVITIES, CONT.

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 - 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 - SPINNING

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

12:00 PM - T'AI CHI

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

12:00 PM - SUNNY AND CHAIR

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

1:00 PM - NORDIC WALK

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

1:00 PM - C'EST LA VIE

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

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

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

1:00 PM - DISCOVER DISC GOLF

(90 min, Lily Pad)
Discover the thrill of one of the fastest growing sports in the U.S. with help from our guides. Disc golf allows for upper and lower body conditioning, aerobic exercise, mental strategizing, and a lot of fun. Learn the basics of disc golf and then play a round!

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.

1:30 PM - PRIMITIVE FIRE MAKING

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

2:00 PM - F IS FOR FUNCTIONAL FITNESS

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

2:00 PM - SERENE SURROUND SHIMMER

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

2:00 PM - JUMP FOR JOY

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

2:00 PM - 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.

2:00 PM - CRYSTALS AND STONES: A POWERFUL TOOL FOR YOUR AWAKENING JOURNEY (\$)

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

2:00 PM - BLACKMORE FARM TOUR

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

2:00 PM - GOLF CLINIC (\$)

(90 min, Meet in Garden Hall)
Join us for an exclusive golf clinic at The Country Club at Woodloch Springs, nationally recognized by GOLF Magazine as "one of the finest courses in America" and rated "4.5 Stars" by Golf Digest's Best Places to Play. Sharpen your skills and have fun while working with our expert golf professionals on the fundamentals of the golf swing. Whether you're a beginner or looking to fine-tune your technique, this clinic offers valuable insights and personalized instruction. Cost is \$65 per person.

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 Pork Banh Mi Kholrabi Tacos with Blackmore Farm Pickled Vegetables and a Spicy Mayo.

3:00 PM - CARDIO SHUFFLE

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

3:00 PM - CORE FOCUS

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

3:00 PM - PUMP

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

3:00 PM - SEATED STRETCH & STRONG

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

3:30 PM - SUMMER SENSORY WALK

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

4:00 PM - FREEZE FRAME

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

4:00 PM - IMMORTAL PUSHING STONE

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

4:00 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!

5:00 PM - RESTORATIVE YOGA GONG BATH

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

5:00 PM - THE ART OF CHOOSING

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

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

5:30 PM - GARDEN DINNER (\$)

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

6:00 PM - THE RECOVERY ROOM

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

8:00 PM - WATERCOLOR PENCIL SONGBIRDS

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

8:30 PM - AMERICAN WHISKEY (\$)

(50 min, Garden View Room)
Join Spirit Guide Amy for an unforgettable journey through America's finest Whiskies. This expertly curated tasting experience will transport you along the legendary bourbon trails of the USA, highlighting the unique flavors and rich traditions that define each region's exceptional whiskies. 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 - MUSICAL BINGO AND TRIVIA

(120 min, Fireside Room)
Join us as we combine the excitement of Bingo with a musical twist and test your musical knowledge! Winners of games will receive a special Lodge at Woodloch gift!



HELPFUL INFO

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

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

OPEN ACTIVITIES

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

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

ARCHERY
Archery Range, 1pm - 5pm

BIKING
Lily Pad, 9am - 7pm

BIRDING
Lily Pad, 9am - 7pm

DISC GOLF
Lily Pad, 9am - 7pm

FISHING
Lily Pad, 9am - 7pm

KAYAKING
Dock, 9am - 7pm

S'MORES
Lily Pad, 9am - 7pm

STAND UP PADDLEBOARDING
Dock, 9am - 7pm

DINING

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

Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance to enjoy in your guest room or on your guest room veranda (a \$20 room service fee applies). We kindly ask that you submit breakfast orders 45 minutes prior to desired delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.

BREAKFAST
7am to 9:30am

LUNCH
11:30am to 2pm

DINNER
5:30pm to 8:30pm

*Please allow two hours for dinner service.



SCHEDULED ACTIVITIES

7:00 AM - THE SIGHTS & SOUNDS OF MINDFUL SILENCE
(45 min, Linden Studio)
Be snuggled both body and soul as you lie comfortably in the Moon Pod bean bag chair. Hear the beautiful sounds of the hand pan through noise cancelling headphones. Find the place between awake and asleep as you drift into the stars.

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

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

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

8:00 AM - ZENTANGLE 101
(120 min, Art Studio)
Learn how to Zentangle in this easy to learn intro class! Choose from several structured patterns, or "Tangles" and create a fun whimsical composition on 3x3 squares. In addition, you will be instructed on how to apply simple shading to your black & white drawing to add depth and dimension, while achieving a sense of calm and well-being through repetitive motion drawing.

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

9:00 AM - YOGA FOR A HEALTHY BACK
(45 min, Oak 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 - ELEVATE
(45 min, CardioWeight Studio)
Pushing your limits has never been so much fun! In this intense ladder style class, you'll be using minimal equipment and body weight exercises to help build strength and endurance.

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 fresh mountain air! Nourish your mind, body and spirit.

9:00 AM - REFINING STRENGTH AND SPIRIT: THE DAO OF QI CULTIVATION
(50 min, Fireside Room)
This class reveals the alchemy of mind and breath, guiding practitioners through Daoist cultivation. Through the balance of Yin and Yang, one refines the self by observing thoughts and emotions. The first stage of Yi Jin Xiu Fa strengthens the body, harmonizes Qi, and cultivates stillness with Daoist Wu Zong meditation, creating an unshakable center. This practice offers a lifelong method to temper the mind, awaken Qi, and harmonize body, breath, and essence on the path to illumination.

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.

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

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

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

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

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

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

10:00 AM - EDIBLE & 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.

10:00 AM - GARDEN HARVEST (\$)
(60 min, Blackmore Farm)
Learn to pick greens, herbs and vegetables the proper way to ensure healthy plants, and bountiful harvest. Weekly, different plants will be chosen, and guests will be able to take home a bag full of fresh organic produce as well as new skills as gardeners. Cost is \$20 per person.

10:30 AM - WINDOW VIEW WATERCOLORS
(90 min, Art Studio)
Embrace the Summer season by appreciating the picturesque view from our art studio. With guidance from our art instructor you will use watercolors to paint the beautiful surroundings and create a long lasting keepsake that will remind you of your time at The Lodge at Woodloch.

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

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

11:00 AM - DRUMS ALIVE
(45 min, Oak Studio)
Drum your way to fitness results! Unique and different from every other workout you've tried before, Drums Alive captures the essence of movement and rhythm and combines it with fun. Sneakers are required.

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

11:00 AM - TOWER POWER
(45 min, Rowing Room)
The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance posture awareness.

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



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.

12:00 PM - AFTERNOON STRETCH

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

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.

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

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

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

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

1:00 PM - STRESS MANAGEMENT: REFRESHING YOUR SPIRIT

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

1:00 PM - 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 - CHAIR T'AI CHI

(45 min, Willow 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 - 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 - 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 - DECOMPRESS THE STRESS

(45 min, Willow 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.

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 - WARRIOR YOGA FLOW

(45 min, Linden Studio)
Find your inner warrior by stretching and strengthening your hips, spine, and shoulders with active and passive stretching using the Stick Mobility.

2:00 PM - AQUA TABATA

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

2:00 PM - BLACKMORE FARM TOUR

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

2:00 PM - HATCHET THROWING

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

2:00 PM - COASTAL KEEPSAKES

(60 min, Art Studio)
Join us for a creative and relaxing class where you'll transform sea glass into charming cocktail-themed artwork! Using sea glass pieces, ink, and a touch of imagination, you'll craft a unique piece featuring different drink silhouettes. Whether you prefer margaritas, wine glasses, or champagne flutes, this mixed-media project will add a playful and elegant touch to your art collection.

3:00 PM - UKULELE LESSONS

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

3:00 PM - TIPPITY TOES TAP

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

3:00 PM - JUMP AND JIVE

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

3:00 PM - 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.

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 - HATCHET THROWING

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

3:00 PM - COOKING DEMONSTRATION

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

3:30 PM - PAPER MARBLING

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

3:30 PM - 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

4:00 PM - WILD MEDICINAL TEAS

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

4:00 PM - 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 - HIPPIE YOGA

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

4:00 PM - THE MAGIC CIRCLE PLUS

(45 min, Oak Studio)
Using the Pilates Magic Circle plus other props during a mat pilates class, you will activate your deeper core muscles. Use light tension for a gentler class or more tension for an advanced class.

4:00 PM - SINGING FOR STRESS RELIEF

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

5:00 PM - YOGA FOR RESTFUL SLEEP

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

5:00 PM - THE FOUR POWERS: A FIRE OFFERING

(90 min, Owl's Nest)
In this unique offering, you will learn the fundamental rules of how karma works, and The Four Powers, a method for clearing "bad karma" (things we've thought, said, or done that will hurt us in the future) from Alyssa Scheunemann, one of our professionals who has studied ancient texts on karma with The Dalai Lama. Then, you will do a fire offering: a powerful and beautiful method for working with karma which will leave you feeling clear, grounded, and light.

6:45 PM - EVENING MEDITATION

(30 min, Linden Studio)
A thirty minute meditation to quiet the nervous system and transition from the activities of the day into the quieter reflection of evening ahead of winding down for sleep.

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

7:00 PM - EVENING KAYAKING

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

8:00 PM - FLOAT AMONG THE STARS

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

8:30 PM - BOARD GAME SOCIAL

(120 min., Chakra Lounge)
Come play classic board games with fellow enthusiasts in a fun and relaxed setting. Enjoy friendly competition and the chance to win prizes!

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

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



HELPFUL INFO

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

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OPEN ACTIVITIES

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

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Archery Range, 1pm - 5pm

BIKING

Lily Pad, 9am - 7pm

BIRDING

Lily Pad, 9am - 7pm

DISC GOLF

Lily Pad, 9am - 7pm

FISHING

Lily Pad, 9am - 7pm

KAYAKING

Dock, 9am - 7pm

S'MORES

Lily Pad, 9am - 7pm

STAND UP PADDLEBOARDING

Dock, 9am - 7pm

DINING

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

Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance to enjoy in your guest room or on your guest room veranda (a \$20 room service fee applies). We kindly ask that you submit breakfast orders 45 minutes prior to desired delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.

BREAKFAST

7am to 9:30am

LUNCH

11:30am to 2pm

DINNER

5:30pm to 8:30pm

**Please allow two hours for dinner service*



SCHEDULED ACTIVITIES

7:00 AM - FITNESS COLOR WALK

(45 min, Meet in Garden Hall)
Choose a color and then focus on noticing that color in your environment throughout your walk, promoting mindfulness and present moment awareness. The goal is to let go of your thoughts and worries and to fully engage with the present moment by focusing on the color.

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.

7:30 AM - BASICS OF STAND UP PADDLEBOARDING

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

8:00 AM - 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 - GROOVE AND MOVE

(45 min, Oak Studio)
Feel absolutely groovy as you dance your little heart out using very simple moves that everyone can do. This class is for EVERY BODY!

8:00 AM - THE 2 MILER

(45 min, Meet in Garden Hall)
When walking just isn't enough, join this easy breezy 2 mile run class that will remain on the paved course for it's entirety. All levels of joggers are welcome.

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

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

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

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

9:00 AM - BOX N' BURN

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

9:00 AM - ZUMBA

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

9:00 AM - SUPPORTED YOGA

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

9:00 AM - WALKING MEDITATION

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

9:00 AM - POWER VINYASA

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

9:00 AM - THE GREAT WALL OF YOGA LEVEL 2

(45 min, Linden Studio)
Love our Great Wall of Yoga class, but looking for something more challenging? Then our Level II class is the class for you! This advanced level class should only be taken if you have previous wall yoga experience, here or elsewhere. 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.

9:00 AM - ABSTRACT PAINTING

(60 min, Art Studio)
Open your mind to the world of abstract painting! While standing at your desk you will connect with your chakras allowing your feelings to flow freely, releasing a wealth of inner creativity. After a demonstration from the instructor, you will be using a 18 x 24 piece of paper, Amsterdam acrylic inks, Caran D'ache neocolor crayons, and collage papers to create your masterpiece.

9:00 AM - TENKARA

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

9:30 AM - BLACKMORE FIELD & FOREST HIKE

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

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

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

10:00 AM - T'AI CHI

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

10:00 AM - TOWER POWER

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

10:00 AM - TRX TABATA

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

10:00 AM - TRIFECTA

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

10:00 AM - HATHA: THE YOGA OF HARMONY AND BALANCE

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

10:00 AM - SPINNING

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

10:30 AM - NATURE JOURNALING

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

11:00 AM - WATERCOLOR FLOWER STUDY

(60 min, Meet in Art Studio)
Take a step into simplicity by painting one petal at a time. Come experience a pure form of watercolor painting, by using beautiful flower photographs as an inspiration to guide us to painting what we see. Weather permitting, this class will be held outside on the Upper FireCircle Patio.

11:00 AM - 12-3-30

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

11:00 AM - HEALING SOUNDS MEDITATION

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

11:00 AM - BOSU

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

11:00 AM - BALANCING YOUR CHAKRAS YOGA

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

11:00 AM - SHOCKWAVE

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

11:00 AM - LONGEVITY LIFESTYLES

(50 min, Garden View Room)
Curious how food and lifestyle choices impact your lifespan and well-being? Join holistic nutritionist Talia for a fresh look at the secrets of the world's longest-living people and the latest longevity research. Explore science-backed strategies from the Blue Zones and beyond to help you live a longer, healthier, and more vibrant life.



SCHEDULED ACTIVITIES, CONT.

12:00 PM - MEDITATION TO RUMI'S POETRY

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

12:00 PM - SUNNY AND CHAIR

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

12:00 PM - TRX YOGA

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

12:00 PM - PUMP

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

12:00 PM - 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 - LUNCH WITH THE NUTRITIONIST

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

1:00 PM - DISCOVER DISC GOLF

(90 min, Lily Pad)
Discover the thrill of one of the fastest growing sports in the U.S. with help from our guides. Disc golf allows for upper and lower body conditioning, aerobic exercise, mental strategizing, and a lot of fun. Learn the basics of disc golf and then play a round!

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

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

1:00 PM - 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 - BLISSFUL BRAIN MEDITATION

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

1:00 PM - 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.

1:30 PM - PRIMITIVE FIRE MAKING

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

1:30 PM - HERB GARDEN CENTERPIECE WORKSHOP (\$)

(45 min, Owl's Nest)
Create a custom herb centerpiece with the Botanical Design team. Blend beauty and function as you design a fragrant, living arrangement that's both a table showpiece and a fresh ingredient source. The cost is \$45. *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 - SPLASH DANCE

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

2:00 PM - MEDITATION 101

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

2:00 PM - ARMS, CHEST, AND BACK

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

2:00 PM - HARD CORE HULA

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

2:00 PM - BLACKMORE FARM TOUR

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

2:00 PM - ENERGETIC SELF-CARE : LEARN HOW TO CARE FOR YOUR PERSONAL ENERGY

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

2:30 PM - MINIATURE LANDSCAPES IN INK & WATERCOLOR

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

3:00 PM - COUNTRY FUSION

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

3:00 PM - BUTTS & GUTS

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

3:00 PM - THE GREAT WALL OF YOGA

(45 min, Linden Studio)
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. 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 - TRX: TOTAL BODY

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

3:00 PM - POWER BITES

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

3:30 PM - SUMMER SENSORY WALK

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

4:00 PM - THE WIND DOWN

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

4:00 PM - YOU KNEAD THIS

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

4:00 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!

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 - SWEET FLOW YOGA

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

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

5:30 PM - GARDEN DINNER (\$)

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

6:00 PM - CANDLELIGHT SOUND IMMERSION

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

8:00 PM - WATERCOLOR PAINTING

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

8:30 PM - BINGO & TRIVIA

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

8:30 PM - TEQUILA - BLANCO, REPO , ANEJO "OH MY" (\$)

(50 min, Garden View Room)
From its humble origins as a regional variety of mezcals, tequila has grown through the past century into a massive global spirit category, all while protecting its geographic specificity and assertively regulating production to maintain quality and integrity. This diverse elixir is amazing in cocktails and a mood lifter as well. Join our Spirit Guide as she travels south of the border for this one of a kind tasting. Then make your very own hand crafted cocktail using Blackmore Farm ingredients. A great way to end your Summer day. Cost is \$35 per person. *Pairing plate contains dairy, nuts, and gluten, substitutions are not available.



HELPFUL INFO

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

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

OPEN ACTIVITIES

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

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

ARCHERY
Archery Range, 1pm - 5pm

BIKING
Lily Pad, 9am - 7pm

BIRDING
Lily Pad, 9am - 7pm

DISC GOLF
Lily Pad, 9am - 7pm

FISHING
Lily Pad, 9am - 7pm

KAYAKING
Dock, 9am - 7pm

S'MORES
Lily Pad, 9am - 7pm

STAND UP PADDLEBOARDING
Dock, 9am - 7pm

DINING

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

Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance to enjoy in your guest room or on your guest room veranda (a \$20 room service fee applies). We kindly ask that you submit breakfast orders 45 minutes prior to desired delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.

BREAKFAST
7am to 9:30am

LUNCH
11:30am to 2pm

DINNER
5:30pm to 8:30pm

**Please allow two hours for dinner service.*



SCHEDULED ACTIVITIES

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

8:00 AM - 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 - 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.

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

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

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

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

9:00 AM - GRAFFITI (\$)
(120 min, Meet in Art Studio)
Allow your imagination to run wild and join the ever-evolving world of graffiti art. You will create a deeply personal piece of artwork in our newly designed outdoor graffiti classroom. Using spray paint, stencils, and wide markers you will delve into this dynamic form of expression resulting in a canvas piece that will speak to your soul. **Aprons and gloves will be provided. This class is weather dependent and will be moved indoors to our Art Studio in case of inclement weather. If moved inside guests will experiment with acrylic paints, inks, markers, and stencils to craft an unforgettable graffiti piece. Cost is \$20 per person.

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

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

10:00 AM - BACK TO YOUR ROOTS
(45 min, Willow Studio)
Also called "Muladhara" ("mula" meaning "root", "ad-hara" 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 - TOWER POWER
(45 min, Rowing Room)
The Tower is a Pilates apparatus that is attached to the wall. Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower. This class offers a fun and unique way to build strength, improve flexibility and enhance postural awareness.

11:00 AM - 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 - 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 - 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 - 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.

11:00 AM - HEALTHY SMOOTHIE DEMONSTRATION
(50 min, Chef's Kitchen)
One of the easiest and simplest ways to get all the nutrients your body needs is to consume a green drink- it packs more nutrients in one glass than a full plate of salad! In this demonstration, we will introduce you to combinations of nutritious and delicious smoothies. A homemade almond milk demonstration will also be included.

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



SCHEDULED ACTIVITIES, CONT.

12:00 PM - BOOGIE WOOGIE LINE DANCIN'

(45 min, Oak Studio)

Easy dance moves that don't require you to coordinate moves with a partner. All types of music, all types of fun.

12:00 PM - HUMMING MEDITATION

(45 min, 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 - 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 - 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 - 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 - FOREST BATHING

(110 min, Meet in Garden Hall)

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

1:00 PM - DREAM SHIFTING JOURNEY

(45 min, Linden Studio)

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

1:00 PM - YOBO

(45 min, Oak Studio)

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

1:00 PM - SELF DEFENSE

(45 min, Rowing Room)

This program is dedicated to teaching defensive concepts and techniques against various types of assaults by utilizing simple and proven successful self-defense tactics.

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

(45 min, Garden View Room)

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

2:00 PM - SPLASH DANCE

(30 min, Aqua Garden)

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

2:00 PM - SHRUTI SPIRIT SOUND BATH

(45 min, Linden Studio)

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

2:00 PM - THE BARRE

(45 min, Oak Studio)

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

2:00 PM - 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!

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 - LOOM WEAVING WORKSHOP (\$)

(60 min, Art Studio)

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

2:00 PM - BLACKMORE FARM TOUR

(50 min, Blackmore Farm)

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

3:00 PM - HATCHET THROWING

(50 min, Hatchet Range)

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

3:00 PM - YIN AND FOAM ROLLER

(45 min, Linden Studio)

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

3:00 PM - RELEASED AND ENLIGHTENED

(45 min, Willow Studio)

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

3:00 PM - CHAKRA YOGA

(45 min, Rowing Room)

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

3:00 PM - JUMP FOR JOY

(45 min, Oak Studio)

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

3:00 PM - LIGHT & EASY HEALTHY DISHES

(50 min, Chef's Kitchen)

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

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.

4:30 PM - HAPPY HOUR

(60 min, FireCircle Patio)

Join us on the FireCircle Patio for sunshine, a complimentary signature cocktail, and light fare. As the day gives way to night, enjoy the vibrancy of friendship and the serenity of nature. Happy Hour will be cancelled in case of inclement weather.

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.

5:00 PM - INHALE

(75 min, Willow Studio)

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

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

6:00 - 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.

7:00 PM - EVENING KAYAKING

(60 min, Lily Pad)

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

8:00 PM - FLOAT AMONG THE STARS

(60 min, Spa Lobby)

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

8:30 PM - BASICS OF CHARCOAL

(60 min, Art Studio)

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

8:30 PM - INTRO TO MINDFULNESS, MEDITATION AND MEDIUM MESSAGES WITH ALAINE PORTNER

(60 min, Fireside Room)

Discover the art and reasons for seeking & hearing spiritual guidance in your life! A remarkably sensitive Medium, Alaine specializes in receiving messages from loved ones or guided spirits and then delivers life-affirming insight and direction. She offers the spiritual experience of Meditation and Mediumship. This heavenly connection adds purpose to your life, reduces your fears and adds greater enthusiasm for living life more fully. Clients who experience Alaine's Mediumship style typically describe it as feeling a sense of euphoria. Readings can provide connective and supportive change in your perception while assisting your personal journey. Alaine's engaging manner, full of humor and straight to the heart truths, has provided her a loyal, global following.



HELPFUL INFO

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

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

OPEN ACTIVITIES

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

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

ARCHERY

Archery Range, 1pm - 5pm

BIKING

Lily Pad, 9am - 7pm

BIRDING

Lily Pad, 9am - 7pm

DISC GOLF

Lily Pad, 9am - 7pm

FISHING

Lily Pad, 9am - 7pm

KAYAKING

Dock, 9am - 7pm

S'MORES

Lily Pad, 9am - 7pm

STAND UP PADDLEBOARDING

Dock, 9am - 7pm

DINING

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

Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance to enjoy in your guest room or on your guest room veranda (a \$20 room service fee applies). We kindly ask that you submit breakfast orders 45 minutes prior to desired delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.

BREAKFAST

7am to 9:30am

LUNCH

11:30am to 2pm

DINNER

5:30pm to 8:30pm



**Please allow two hours for dinner service.*

SCHEDULED ACTIVITIES

7:00 AM - GUNGLE JYM FITNESS

(45 min, Oak Studio)

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

7:30 AM - BASICS OF STAND UP PADDLEBOARDING

(60 min, Lily Pad)

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

8:00 AM - AM STRETCH & MEDITATION

(45 min, Willow Studio)

Create space for a new day with an opening and lengthening stretch. Then set your intention with gentle and loving awareness.

8:00 AM - 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 - PLAYING FOOTSIES FOR HEALTH

(45 min, Linden Studio)

Put your best foot forward and spread those toes. By strengthening and stretching your feet, you'll help prevent foot and ankle pain later.

9:00 AM - DRUMS ALIVE

(45 min, Oak Studio)

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

9:00 AM - LET'S ROLL

(45 min, Linden Studio)

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

9:00 AM - VINYASA FLOW

(45 min, Willow Studio)

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

9:00 AM - FREEZE FRAME

(45 min, Rowing Room)

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

9:00 AM - POWER OF INTENTION

(45 min, Fireside Room)

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

9:00 AM - TENKARA

(50 min, Lily Pad)

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

9:30 AM - TWO LAKES HIKE

(150 min, Meet in Garden Hall)

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

10:00 AM - PASTELS

(90 min, Art Studio)

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

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 - W.A.V.E

(45 min, Aqua Garden)

Water Aerobics using Vertical Energy on the Hydro Trampoline.

10:00 AM - THE ART OF CHOOSING

(45 min, Linden Studio)

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

10:30 AM - NATURE JOURNALING

(90 min, Owl's Nest)

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

11:00 AM - 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 Banana Raisin Cake with Peanut Butter Cream Cheese Frosting and Sesame Brittle.

11:00 AM - YOGA FOR ANXIETY

(45 min, Willow Studio)

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

11:00 AM - SERENE SURROUND SHIMMER

(45 min, Linden Studio)

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

11:00 AM - PUSH N' PEDAL

(45 min, Spinning Studio)

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

11:00 AM - THE NOMAD'S WALK

(75 min, Meet in Garden Hall)

Step away from the chaos and into the rhythm of nature. Inspired by the movement of our ancestors, this outdoor experience blends light walking with natural weight-carrying techniques—just as the human body evolved to move. Along the way, we'll share stories, insights, and moments of mindfulness, immersing ourselves in the sights, sounds, and sensations of the great outdoors. Receive, recenter, and renew as you end this session with a peaceful walk through the Lotus Labyrinth. This refreshing reset will leave you grounded, energized, and ready to take on the rest of your day.

11:00 AM - SEMI-PRIVATE MEDIUM READINGS WITH ALAINE PORTNER

(90 min, Fireside Room)

Clients who experience Elaine's Mediumship style typically describe it as feeling a sense of euphoria. Readings can provide connective and supportive change in perception, assisting your personal or professional journey. Elaine's engaging manner, full of humor and straight to the heart truths, has provided her a loyal global following. *Cost is \$150 per person, limited to 10 guests.

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 - UKULELE LESSONS

(45 min, Garden View Room)

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



SCHEDULED ACTIVITIES, CONT.

12:00 PM - 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.

12:00 PM - SINGING FOR STRESS RELIEF

(45 min, Garden View Room)

Discover the power of your voice using breath work and vocal exercises designed to improve your mood and regulate your nervous system. No talent or experience needed!

1:00 PM - REJUVENATE & RESTORE

(45 min, Linden Studio)

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

1:00 PM - T'AI CHI

(45 min, Oak Studio)

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

1:00 PM - MALA MEDITATION

(30 min, Willow Studio)

Mala beads are a wonderful tether to assist in mantra meditation as they help in escaping our busy conscious thought stream. Concludes with a group sharing.

1:00 PM - BASICS OF CHARCOAL

(60 min, Art Studio)

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

1:00 PM - DECORATIVE BIRDHOUSES (\$)

(120 min, Owl's Nest)

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

1:00 PM - GOLF CLINIC (\$)

(90 min, Meet in Garden Hall)

Join us for an exclusive golf clinic at The Country Club at Woodloch Springs, nationally recognized by GOLF Magazine as "one of the finest courses in America" and rated "4.5 Stars" by Golf Digest's Best Places to Play. Sharpen your skills and have fun while working with our expert golf professionals on the fundamentals of the golf swing. Whether you're a beginner or looking to fine-tune your technique, this clinic offers valuable insights and personalized instruction. Cost is \$65 per person.

1:30 PM - PRIMITIVE FIRE MAKING

(90 min, Lily Pad)

Test your determination and patience learning how to make fire. With traditional fire starting tools take home this skill and impress anyone by creating fire using primitive methods.

2:00 PM - YOBO

(45 min, Oak Studio)

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

2:00 PM - SUPPORTED YOGA

(45 min, Willow Studio)

Supported Yoga is a practice using various items to support the body in different poses. Blocks 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 Banana Raisin Cake with Peanut Butter Cream Cheese Frosting and Sesame Brittle.

3:00 PM - SIP & SAVOR (\$)

(50 min, Blackmore Farm)

Join The Creativity Cultivator and The Wine Slinger as we tour the Farm together, stopping at wine sipping stations along the way. We begin with a sparkling wine of the season and a short introduction, then move to several locations within the Blackmore Farm. Snip, sip, and learn the medicinal, spiritual, and culinary tales of the herbs and flowers, while tasting different organic wines perfectly paired with herbs and cheeses during this one of a kind hands-on presentation. Guests must be at least 21 years of age to participate. Cost is \$35 per person. *Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

3:00 PM - HIPPIE YOGA

(45 min, Willow Studio)

Hip opener yoga poses - great for people with tight hips.

3:00 PM - ZUMBA

(45 min, Oak Studio)

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

3:00 PM - LET'S ROLL

(45 min, Linden Studio)

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

3:00 PM - GENTLE YOGA

(45 min, Rowing Room)

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

4:00 PM - MEDITATION TO QUIET THE MIND

(45 min, Willow Studio)

Come into the present moment with mindfulness meditation. This class guides you through steps of meditation with breath awareness and focusing the mind on a sound.

4:00 PM - THE GREAT WALL OF YOGA

(45 min, Linden Studio)

Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. 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.

4:00 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!

4:00 PM - WILD CREATIONS

(60 min, Meet in Garden Hall)

Find your creative side in this nature inspired class! You will use your imagination and art supplies created by Mother Nature to construct a piece of artwork that will be left in our forests, gardens, or meadows for others to enjoy.

5:00 PM - YOGA FOR RESTFUL SLEEP

(45 min, Linden Studio)

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

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

5:30 PM - GARDEN DINNER (\$)

(150 min, Meet at Hostess Stand)

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

6:00 PM - THE RECOVERY ROOM

(45 min, Linden Studio)

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

8:00 PM - WATERCOLOR PAINTING

(120 min, Art Studio)

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

8:30 PM - EVENING ENTERTAINMENT

(Woodloch Pines)

Live Music & Broadway-Style Theme Show "Grand Slam of Entertainment" - featuring Emmy, Tony, Oscar, and Grammy winning favorites. For shuttle service to the show, please sign up with the Hostess by 5pm.

8:30 PM - INTRO TO MINDFULNESS, MEDITATION AND MEDIUM MESSAGES WITH ALAINE PORTNER

(60 min, Fireside Room)

Discover the art and reasons for seeking & hearing spiritual guidance in your life! A remarkably sensitive Medium, Alaine specializes in receiving messages from loved ones or guided spirits and then delivers life-affirming insight and direction. She offers the spiritual experience of Meditation and Mediumship. This heavenly connection adds purpose to your life, reduces your fears and adds greater enthusiasm for living life more fully. Clients who experience Alaine's Mediumship style typically describe it as feeling a sense of euphoria. Readings can provide connective and supportive change in your perception while assisting your personal journey. Alaine's engaging manner, full of humor and straight to the heart truths, has provided her a loyal, global following.



HELPFUL INFO

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

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

OPEN ACTIVITIES

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

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

ARCHERY

Archery Range, 1pm - 5pm

BIKING

Lily Pad, 9am - 7pm

BIRDING

Lily Pad, 9am - 7pm

DISC GOLF

Lily Pad, 9am - 7pm

FISHING

Lily Pad, 9am - 7pm

KAYAKING

Dock, 9am - 7pm

S'MORES

Lily Pad, 9am - 7pm

STAND UP PADDLEBOARDING

Dock, 9am - 7pm

DINING

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

Alternatively, all of our artfully-crafted gourmet meals can be ordered in advance to enjoy in your guest room or on your guest room veranda (a \$20 room service fee applies). We kindly ask that you submit breakfast orders 45 minutes prior to desired delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.



BREAKFAST

7am to 9:30am

LUNCH

11:30am to 2pm

DINNER

5:30pm to 8:30pm

**Please allow two hours for dinner service.*

SCHEDULED ACTIVITIES

7:00 AM - NORDIC WALK

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

7:00 AM - MY MORNING PRACTICE

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

8:00 AM - AM STRETCH & MEDITATION

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

8:00 AM - POWER VINYASA

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

8:00 AM - L.E.G.S.

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

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

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

9:00 AM - ARMS, CHEST, AND BACK

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

9:00 AM - TOWER POWER

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

9:00 AM - CARDIO SHUFFLE

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

9:00 AM - 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.

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

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

9:00 AM - SHUMAN POINT HIKE

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

10:00 AM - 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 - ZENTANGLE 101®

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

10:00 AM - SGT KEN'S BOOT CAMP

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

10:00 AM - PRIMAL LONGEVITY

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

10:00 AM - AQUA YOGA

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

10:00 AM - TRX YOGA

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

11:00 AM - SEMI-PRIVATE MEDIUM READINGS WITH ALAINE PORTNER

(90 min, Fireside Room)
Clients who experience Alaine's Mediumship style typically describe it as feeling a sense of euphoria. Readings can provide connective and supportive change in perception, assisting your personal or professional journey. Alaine's engaging manner, full of humor and straight to the heart truths, has provided her a loyal global following. *Cost is \$150 per person, limited to 10 guests.



SCHEDULED ACTIVITIES, CONT.

11:00 AM - CORE AND PELVIC FLOOR

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

11:00 AM - THE BARRE

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

11:00 AM - STRETCH & TONE

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

11:00 AM - FIS FOR FUNCTIONAL FITNESS

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

11:00 AM - TRX: TOTAL BODY

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

11:00 AM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Sunday's demonstration will feature Roasted Duck Breast with Cherry Compote and Peppercorn Spaetzle.

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

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

12:00 PM - BELLY DANCING

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

12:00 PM - T'AI CHI

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

12:00 PM - BAND TOGETHER

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

12:00 PM - 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 - BALANCING YOUR CHAKRAS YOGA

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

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

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

1:00 PM - 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 - AFTERNOON STRETCH

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

1:00 PM - SELF DEFENSE

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

1:00 PM - ART FOR STRESS MANAGEMENT

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

2:00 PM - HATCHET THROWING

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

2:00 PM - TIPPITY TOES TAP

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

2:00 PM - YOU KNEAD THIS

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

2:00 PM - TRX FOR BEGINNERS

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

2:00 PM - BLACKMORE FARM TOUR

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

3:00 PM - HATCHET THROWING

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

3:00 PM - MEDITATION FOR BEGINNERS

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

3:00 PM - SPINNING

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

3:00 PM - SUNNY AND CHAIR

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

3:00 PM - 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.

3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Sunday's demonstration will feature Roasted Duck Breast with Cherry Compote and Peppercorn Spaetzle.

4:00 PM - HATCHET THROWING

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

4:00 PM - TRX: EXPRESS STRETCH

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

4:00 PM - CHAIR YOGA

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

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

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

4:30 PM - HAPPY HOUR

(60 min, FireCircle Patio)
Join us on the FireCircle Patio for sunshine, a complimentary signature cocktail, and light fare. As the day gives way to night, enjoy the vibrancy of friendship and the serenity of nature. Happy Hour will be cancelled in case of inclement weather.

5:00 PM - POWER WALK

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

5:00 PM - SWEET CANDLELIGHT FLOW

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

6:00 PM - THE RECOVERY ROOM

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

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

6:00 - 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.

7:00 PM - EVENING KAYAKING

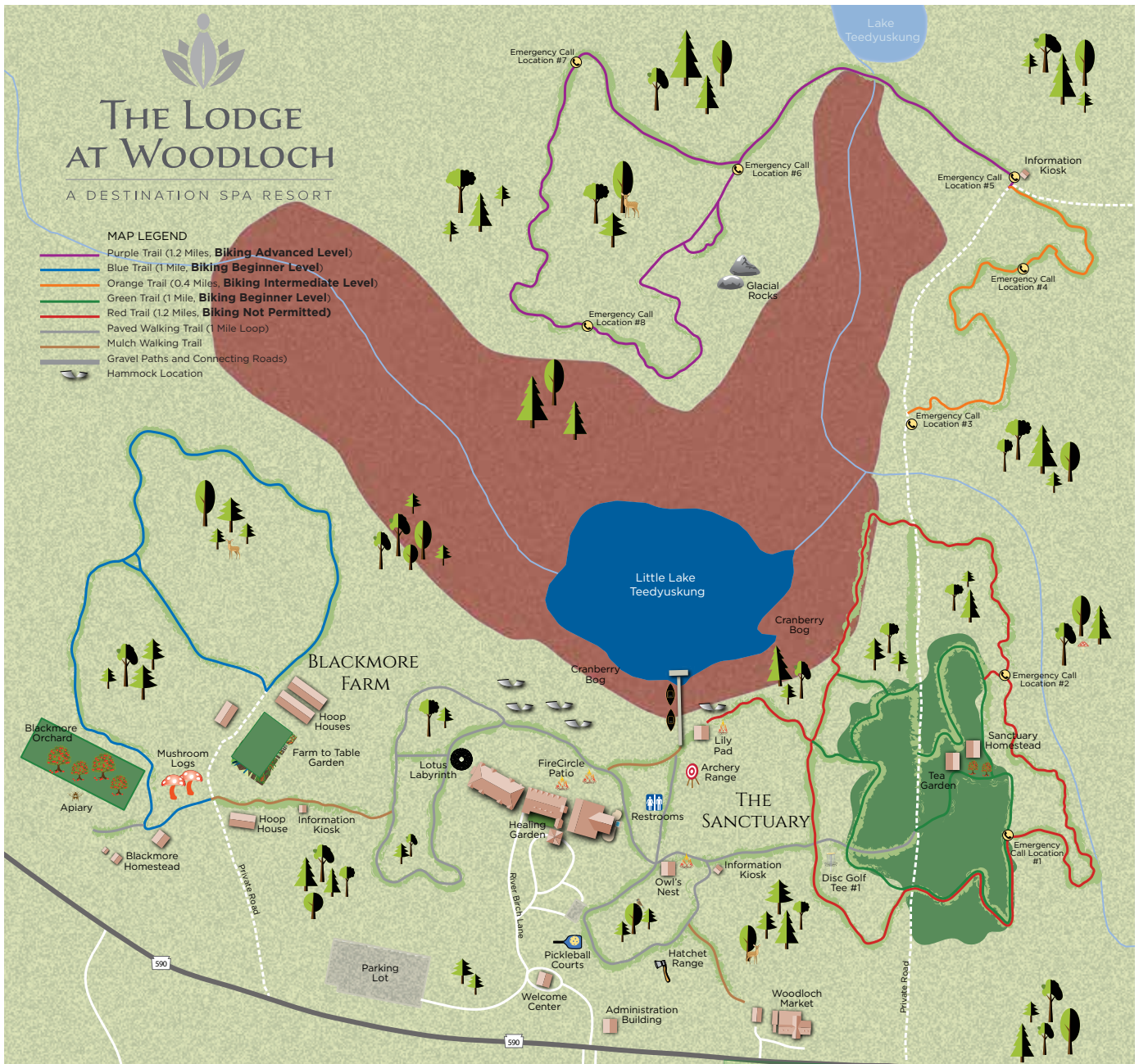
(60 min, Lily Pad)
End your day with a relaxing, guided exploration of the lake and wetlands as the lilies close and the fish seek out the evening hatch. Ducks, blue herons, and beavers are frequently encountered as they too prepare for the night.

8:30 PM - BINGO AND TRIVIA

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

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

(60 min, Garden View Room)
Join our Baby Somm for an in depth look into the various characteristics of wine varietals from around the world and learn how they pair tastefully with delicious chocolates. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$35 per person. *Pairing plate contains dairy, nuts, and gluten, substitutions are not available.



Outdoor Exploration

The Lily Pad, our Outdoor Exploration Center is open from 9am - 7pm. Kayaking, Stand Up Paddleboarding, Disc Golf, Biking, & Birding are all open activities that are available to guests at any time during Lily Pad hours. Guides are on hand to assist you with kayaks, stand-up paddleboards, bikes, binoculars, & disc golf discs and scorecards or to answer any questions that you may have. S'mores are available around the fire during Lily Pad hours.

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.