



YOUR GUIDE TO CLASSES & ACTIVITIES

May 1st - 3rd, 2026



THE LODGE

DESTINATION SPA AT WOODLOCH



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

CHOOSE YOUR OWN ADVENTURE, ON YOUR TIME

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

ARCHERY

1pm - 5pm daily at the Archery Range

BIKING

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

BIRDING

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

DISC GOLF

9am - 5pm daily, scorecards and discs are available at Lily Pad

FISHING

9am - 5pm daily, fishing equipment is available at Lily Pad

KAYAKING

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

HIKING

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

S'MORES

9am - 5pm daily at the Lily Pad

STAND-UP PADDLEBOARDING

9am - 5pm 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 ACTIVITY

BLACKMORE FARM TOUR

Daily at 2pm

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



GUEST SPEAKERS & SPECIAL EVENTS



SARA JIMENEZ, CERTIFIED SOMMELIER

April 30th - May 2nd

Sara Jimenez is a Certified Sommelier in wine and olive oil, and the owner of Somm In The City, a blog that has evolved into a comprehensive wine and events company. She divides her time between New York and Nashville, hosting wine events and collaborating with restaurants and retail stores to create unforgettable pairings. When not traveling the world to discover new wineries and wines for her retail and restaurant programs, she serves as a Guest Sommelier at The Lodge at Woodloch.

Thursday, April 30th

CHEF'S TABLE TASTING MENU DINNER FEATURING SARA JIMENEZ (\$)

6:00pm

It's the place, the flavors, and the presentation all coming together in a symphony that makes the memory so strong. Join Chef Kate & Guest Sommelier Sara Jimenez on a culinary journey through an 6-8-course tasting menu dinner in the Chef's Kitchen. The evening begins in the Chakra Lounge with a signature cocktail followed by dinner in our cozy Chef's Kitchen, which will feature unique weekly themes and ingredients from our own Blackmore Farm, local farms, and purveyors. Each course is accompanied by a wine pairing curated by Sara. The cozy setting offers friendly conversation to learn more about each dish including unique ingredients, cooking techniques, and best kept secrets. There is an upcharge of \$80 per person, which includes the wine pairing.

Friday, May 1st

SALT, FAT AND ACID: THE ART OF BALANCE (\$)

8:30pm

Join guest sommelier Sara Jimenez for a guided flavor experience that explores how three simple elements—salt, fat, and acid—transform food from good to unforgettable; through tasting and discussion, you'll learn how balance creates depth, brightness, and structure in everyday cooking, gaining practical tools to sharpen your palate and cook with greater confidence and intention. Guests must be at least 21 years of age to participate. The cost is \$25 per person.

Saturday, May 2nd

OLIVE OIL COCKTAILS: A MODERN WELLNESS MIXOLOGY EXPERIENCE (\$)

3:30pm

Extra virgin olive oil isn't just for the kitchen—join guest sommelier Sara Jimenez in this hands-on class to explore how it adds texture, body, and complexity to modern cocktails and mocktails, focusing on balanced, thoughtful drinks that feel indulgent yet mindful while discovering creative, approachable ways olive oil can elevate the drinking experience. Guests must be at least 21 years of age to participate. The cost is \$25 per person.



GUEST SPEAKERS & SPECIAL EVENTS



**PRIYANKA KUMAR MATHUR,
HORMONE HEALTH EDUCATOR & COACH, YOGA
INSTRUCTOR, AND FOUNDER OF THE FEMININE FLOW**

May 1st - 2nd

Priyanka K. Mathur is a Central New Jersey-based hormone health educator and coach, yoga instructor, and founder of The Feminine Flow, a wellness platform dedicated to helping women reconnect with their bodies through holistic hormone support. With a background in public health and yoga, Priyanka blends ancient wisdom from Ayurveda and Traditional Chinese Medicine with modern science to help women navigate menstrual cycles, fertility, and perimenopause with confidence and clarity. Through 1:1 coaching and immersive workshops, she empowers women to reduce symptoms like PMS, fatigue, and hormonal imbalance using food, movement, and mindset. Her mission is to help women turn their cycles into a source of strength, not stress, and feel energized, grounded, and in control all month long.

Friday, May 1st

HORMONES & HEALING: WHAT ANCIENT WISDOM CAN TEACH MODERN WOMEN

8:30pm

Explore how Traditional Chinese Medicine (TCM), Ayurveda, and other ancestral healing systems understand the female body, its cycles, and hormonal shifts—and how these perspectives complement what modern science is only now beginning to catch up to. From seed cycling to traditional energy-based practices to using food as medicine, this talk will open minds and offer tangible insights.

Saturday, May 2nd

NAVIGATING PERIMENOPAUSE WITH CONFIDENCE & CALM

8:30pm

Perimenopause doesn't have to be confusing or disruptive. This session demystifies hormonal shifts and shares natural, holistic ways to support your body during this transition. Learn how to incorporate key nutrients, stress management tools, and daily rituals to help you feel more stable, energized, and in control.



HELPFUL INFO

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

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

OPEN ACTIVITIES

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

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

ARCHERY
Archery Range, 1pm - 5pm

BIKING
Lily Pad, 9am - 5pm

BIRDING
Lily Pad, 9am - 5pm

DISC GOLF
Lily Pad, 9am - 5pm

FISHING
Lily Pad, 9am - 5pm

KAYAKING
Dock, 9am - 5pm

S'MORES
Lily Pad, 9am - 5pm

STAND-UP PADDLEBOARDING
Dock, 9am - 5pm

DINING

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

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

BREAKFAST
7am to 9:30am

LUNCH
11:30am to 2pm

DINNER
5:30pm to 8:30pm
**Based on your dining preferences, dinner can take 90 minutes - 2 hours.*



SCHEDULED ACTIVITIES

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

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

8:00 AM - AQUA CHI
(45 min, Aqua Garden)
Enjoy a soothing meditation of tai chi moves in the pool. Your body will welcome the buoyancy as you defy gravity.

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

8:00 AM - BASICS OF BIRDING
(90 min, Owl's Nest)
With binoculars and books in hand, join our guides for a walk around our lush 500 acre property to seek out and identify these winged beauties. This class, designed for beginners, will give tips and pointers on how to prepare for and get started in the world of birding.

9:00 AM - GENTLE YOGA
(45 min, Linden Studio)
Explore the basics of Ancient Yoga through postures, breath work, and meditation. Designed for beginners, although all levels are welcome.

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

9:00 AM - RHYTHM RIDE
(45 min, Spinning Studio)
Driven by rhythm-based cycling routines set to powerful, motivating music.

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

9:00 AM - ZUMBA
(45 min, Oak Studio)
Zumba fuses Latin rhythms and easy-to-follow moves to help you experience an exhilarating, caloric-burning, body energizing blast of a class. Sneakers are required.

9:00 AM - REV IT UP
(45 min, CardioWeight Studio)
Boost your fitness regimen with powerful, explosive movements that use body weight to max out your cardio.

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

9:00 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.

10:00 AM - SEA GLASS TREASURES (\$)
(120 min, Art Studio)
Join us for a relaxing, hands-on experience where creativity takes the lead! Explore the beauty of sea glass and mixed media as you design a one-of-kind piece. This class is all about imagination and personal expression! The cost is \$15 per person.

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

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

10:00 AM - TONE TO STONE
(45 min, Oak Studio)
Firm and tone the whole body using weights, bands, balls and your own body weight.

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

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

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

10:30 AM - WILDFLOWER WALK
(90 min, Meet in Garden Hall)
Join our Nature Guide as we explore the beautiful forests and fields that surround The Lodge at Woodloch seeking out the seasonal floral gifts Mother Nature provides us.

11:00 AM - PILATES MAT
(45 min, Linden Studio)
Developed for beginners to intermediate levels, this popular Pilates mat form of "mind-body" exercise helps improve core muscle strength, flexibility, balance, and posture.

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

11:00 AM - NORDIC WALK
(45 min, Meet in Garden Hall)
Nordic walking is a total body version of walking using walking poles similar to ski poles. It's an energizing and fast paced power walk on and off pavement. Participants must wear walking/running shoes.

11:00 AM - BOX N' BURN
(45 min, CardioWeight Studio)
Get ready to feel unstoppable with an intense boxing series! Try this high intensity interval training session that will leave you breathless and high on endorphins with a major focus on conditioning and core work. You will experience three rounds of bag work, mitt, and core/conditioning to give you a sweat-dripping workout.

11:00 AM - 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.

11:00 AM - COOKING DEMONSTRATION
(50 min, Chef's Kitchen)
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Friday's demonstration will feature Sesame Crusted Tuna with a Quinoa Wakame Salad, Sriracha Lime Aioli



SCHEDULED ACTIVITIES, CONT.

12:00 PM - HUMMING MEDITATION

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

12:00 PM - CORE AND PELVIC FLOOR

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

12:00 PM - HAWAII/TAHITIAN DANCE

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

12:00 PM - TIDES OF POWER

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

12:00 PM - OPEN PLAY PICKLEBALL

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

1:00 PM - FOREST BATHING

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

1:00 PM - LOOM WEAVING (\$)

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

1:00 PM - INTRODUCTION TO AYURVEDA

(50 min, Garden View Room)
The word "Ayurveda" in Sanskrit means life-knowledge and is a very sophisticated mind-body health system developed thousands of years ago in India. In the System of Ayurvedic medicine, balance of body and mind is the key to health, happiness, productivity, and wellness. Join Talia, a board-certified holistic nutritionist, and find out more about this ancient system.

1:00 PM - INTENSE STRETCH FOR MOBILITY

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

1:00 PM - DREAM SHIFTING JOURNEY

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

1:00 PM - SELF DEFENSE

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

1:00 PM - POCONO MOUNTAIN BIRDING TOUR

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

2:00 PM - 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 - CHAKRA YOGA

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

2:00 PM - BATTLING ROPE BOOTCAMP

(45 min, CardioWeight Studio)
A dynamic and engaging way to improve the strength and agility of the body using battling ropes.

2:00 PM - HATCHET THROWING

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

2:00 PM - BLACKMORE FARM TOUR

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

3:00 PM - YIN AND FOAM ROLLER

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

3:00 PM - RELEASED AND ENLIGHTENED

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

3:00 PM - JUMP FOR JOY

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

3:00 PM - CORE FOCUS

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

3:00 PM - HEALTHY SMOOTHIE DEMONSTRATION

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

3:00 PM - HATCHET THROWING

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

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

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

3:30 PM - HIGH TEA (\$)

(60 min, The Library)
Join Chef Kate as she curates your High Tea journey. Steep and enjoy several teas including a blend grown right here at The Lodge at Woodloch. Tea service will be accompanied by a wonderful selection of tea breads, petite pastry sweets, fancy savory bites, & a glass of sparkling wine! Indulge in this daily ritual that millions of people take part in all over the world. Pamper your soul and renew your spirit. Cost is \$30 per person. *Specific dietary accommodations are not available.

4:00 PM - HATCHET THROWING

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

4:00 PM - SURRENDER

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

4:00 PM - CHI YOY

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

4:00 PM - 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.

4:30 PM - HAPPY HOUR

(60 min, TREE Restaurant Bar)
Join us for special cocktail pricing and light fare. As the day gives way to night, enjoy the vibrancy of friendship and the serenity of nature.

5:00 PM - GOODNIGHT MOON GONG MEDITATION

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

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

6:00 PM - COMMUNITY TABLE DINNER

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

8:30 PM - WATERCOLOR PAINTING

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

8:30 PM - FULL MOON WALK

(90 min, Meet in Garden Hall)
Follow our guides on a moonlit tour through our tranquil wooded 500 acres. Breathe in the crisp evening air and enjoy the natural sounds as we tune out the chaos of life and tune in to the tranquil symphony of nature. Your Full Moon journey will conclude with a cozy campfire and s'mores. A perfect ending to a relaxing day!

8:30 PM - SALT, FAT AND ACID: THE ART OF BALANCE (\$)

(50 min, Garden View Room)
Join guest sommelier Sara Jimenez for a guided flavor experience that explores how three simple elements—salt, fat, and acid—transform food from good to unforgettable; through tasting and discussion, you'll learn how balance creates depth, brightness, and structure in everyday cooking, gaining practical tools to sharpen your palate and cook with greater confidence and intention. Guests must be at least 21 years of age to participate. The cost is \$25 per person.

8:30 PM - HORMONES & HEALING: WHAT ANCIENT WISDOM CAN TEACH MODERN WOMEN

(60 min, Fireside Room)
Explore how Traditional Chinese Medicine (TCM), Ayurveda, and other ancestral healing systems understand the female body, its cycles, and hormonal shifts—and how these perspectives complement what modern science is only now beginning to catch up to. From seed cycling to traditional energy-based practices to using food as medicine, this talk will open minds and offer tangible insights.



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Lily Pad, 9am - 5pm

FISHING

Lily Pad, 9am - 5pm

KAYAKING

Dock, 9am - 5pm

S'MORES

Lily Pad, 9am - 5pm

STAND-UP PADDLEBOARDING

Dock, 9am - 5pm

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LUNCH

11:30am to 2pm

DINNER

5:30pm to 8:30pm



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

SCHEDULED ACTIVITIES

7:00 AM - GO ROGUE

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

7:00 AM - FITNESS WALK

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

8:00 AM - AM STRETCH & MEDITATION

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

8:00 AM - WATER WARRIOR BOXING

(45 min, Aqua Garden)
Float like a butterfly sting like a bee in this low-impact, high-intensity pool class that combines the explosive power of boxing with the resistance of water.

9:00 AM - LANDSCAPES IN INK & WATERCOLOR

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

9:00 AM - LET'S ROLL

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

9:00 AM - VINYASA FLOW

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

9:00 AM - OUTDOOR BOOT CAMP

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

9:00 AM - TRX YOGA

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

9:30 AM - DECORATIVE BIRDHOUSES (\$)

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

9:30 AM - TWO LAKES HIKE

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

10:00 AM - SWEET SERENITY: RESTORATIVE AND YIN

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

10:00 AM - PUSH N' PEDAL

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

10:00 AM - INTENSE STRETCH FOR MOBILITY

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

10:00 AM - ALIGN + REVIVE

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

10:00 AM - GUIDED LABYRINTH WALK

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

11:00 AM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Saturday's demonstration will feature Stinging Nettle Soup with Crab & Ramps and Dill Whipped Cream.

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, and other beautiful, soothing instruments, while immersed in a symphony of frequency. Enjoy a tapestry of soul soothing tones welcoming you into a state of tranquility and delight.

11:00 AM - SGT KEN'S BOOT CAMP

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

11:00 AM - MORNING MUSCLES

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

11:00 AM - GRAFFITI (\$)

(120 min, Meet in Art Studio)
Let your imagination run wild in our outdoor graffiti classroom. Using spray paint, stencils, and markers, you'll create a personal graffiti-inspired canvas. Aprons and gloves provided. This class is weather dependent; in case of inclement weather, we'll move to the Art Studio, where guests will use acrylics, inks, markers, and stencils to craft an unforgettable piece. Cost: \$20 per person.



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. Learn simple techniques that allow you to interrupt habitual thought patterns, and return, again and again to peace of the present moment. Offer positive, loving, good wishes toward self, those we love, and all beings, finding a flow of kindness and compassion.

12:00 PM - CARDIO CRUSHER

(45 min, CardioWeight Studio)

A cardiovascular workout that uses intervals of body weight exercises along with the cardio machines to help build endurance and burn calories.

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 - 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.

12:15 PM - SPLASH DANCE

(30 min, Aqua Garden)

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

1:00 PM - GNOME ROAM

(90 min, Meet in Garden Hall)

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

1:00 PM - SPRING AWAKENING WALK

(90 min, Meet in Garden Hall)

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

1:00 PM - MID-DAY POWER NAP

(45 min, Linden Studio)

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

1:00 PM - T'AI CHI

(45 min, Oak Studio)

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

1:30 PM - HATS OFF TO THE ROSES: A DERBY FLORAL BAR

(120 min, Garden View Room)

Join us at your leisure for an elevated pre-Derby floral bar by creating bespoke boutonnières and statement fascinators using fresh blooms, refined greenery, feathers, and couture accents inspired by the iconic Run for the Roses to don at this evening's Run of Roses watch party. All materials are provided.

2:00 PM - PULL-UP POTENTIAL

(45 min, CardioWeight Studio)

Learn different strength training exercises, including the pull-up assist strap, to help train the right way to work towards your pull-up potential.

2:00 PM - YOGA FOR A HEALTHY BACK

(45 min, Willow Studio)

Improve overall back health by strengthening core muscles, increasing flexibility, and enhancing breathing capacity and awareness.

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 Stinging Nettle Soup with Crab & Ramps and Dill Whipped Cream.

3:00 PM - THE GREAT WALL OF YOGA

(45 min, Linden Studio)

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

3:00 PM - CHAIR YOGA

(45 min, Willow 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.

3:00 PM - ARM CANDY

(45 min, Oak Studio)

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

3:30 PM - INTRO TO DRAWING

(90 min, Art Studio)

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

3:30 PM - NATUREPIX 101

(60 min, Owl's Nest)

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

3:30 PM - PRIMITIVE FIRE MAKING

(90 min, Lily Pad)

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

3:30 PM - OLIVE OIL COCKTAILS: A MODERN WELLNESS MIXOLOGY EXPERIENCE (\$)

(50 min, Chakra Lounge)

Extra virgin olive oil isn't just for the kitchen—join guest sommelier Sara Jimenez in this hands-on class to explore how it adds texture, body, and complexity to modern cocktails and mocktails, focusing on balanced, thoughtful drinks that feel indulgent yet mindful while discovering creative, approachable ways olive oil can elevate the drinking experience. Guests must be at least 21 years of age to participate. The cost is \$25 per person.

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 -AFTERNOON STRETCH

(45 min, Oak Studio)

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

5:00 PM - CRYSTAL BOWL SOUND HEALING MEDITATION

(45 min, Linden Studio)

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

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

6:30PM KENTUCKY DERBY VIEWING PARTY

(60 min, Garden View Room)

Join us for a lively viewing of the Kentucky Derby, complete with light refreshments inspired by Derby traditions. Sip on classic mint juleps and enjoy a selection of themed bites while cheering on your favorite horse!

8:30 PM - WATERCOLOR PAINTING

(90 min, Art Studio)

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

8:30 PM - EVENING ENTERTAINMENT

(Woodloch Pines)

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

8:30 PM - NAVIGATING PERIMENOPAUSE WITH CONFIDENCE & CALM

(60 min, Fireside Room)

Perimenopause doesn't have to be confusing or disruptive. This session demystifies hormonal shifts and shares natural, holistic ways to support your body during this transition. Learn how to incorporate key nutrients, stress management tools, and daily rituals to help you feel more stable, energized, and in control.



HELPFUL INFO

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

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

OPEN ACTIVITIES

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

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

ARCHERY

Archery Range, 1pm - 5pm

BIKING

Lily Pad, 9am - 5pm

BIRDING

Lily Pad, 9am - 5pm

DISC GOLF

Lily Pad, 9am - 5pm

FISHING

Lily Pad, 9am - 5pm

KAYAKING

Dock, 9am - 5pm

S'MORES

Lily Pad, 9am - 5pm

STAND-UP PADDLEBOARDING

Dock, 9am - 5pm

DINING

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

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

BREAKFAST

7am to 9:30am

LUNCH

11:30am to 2pm

DINNER

5:30pm to 8:30pm

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



SCHEDULED ACTIVITIES

7:00 AM - AM STRETCH & MEDITATION

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

7:00 AM - FITNESS WALK

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

8:00 AM - AQUA GYM

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

8:00 AM - PILATES MAT

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

8:00 AM - BASICS OF BIRDING

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

9:00 AM - ALIGN + REVIVE

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

9:00 AM - DANCING QUEEN (OR KING)

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

9:00 AM - WEIGHTED VEST WALK

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

9:00 AM - RHYTHM RIDE

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

9:00 AM - 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 - NORDIC WALK

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

9:00 AM - 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 - DRAWING FLOWERS 101

(120 min, Art Studio)
Learn a simple technique that makes drawing daisies from any angle feel effortless. In this fun, approachable class, we'll break the flower down into easy shapes, practice the method together, and explore playful perspectives. You'll finish with your own daisy-filled composition full of movement, color, and charm.

10:00 AM - INTENSE STRETCH FOR MOBILITY

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

10:00 AM - SGT KEN'S BOOT CAMP

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

10:00 AM - CORE FOCUS

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

10:00 AM - VINYASA FLOW

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

10:00 AM - HAWAII/TAHITIAN DANCE

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

10:00 AM - OUTDOOR BOOT CAMP

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

10:00 AM - EMBRACE YOUR INNER HERBALIST

(90 min, Owl's Nest)
Take a look at nature through the eyes of a herbalist. We will begin with a stroll through a meadow filled with wildflowers and tall trees. Let the plants call to you! We'll select some plants to get to know better and to sketch and document in our nature journals. Get as creative as you like! Together we will learn about the many uses of your plants. Your nature journals are yours to keep to continue further nature exploration on your own.

10:30 AM - WILDFLOWER WALK

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



SCHEDULED ACTIVITIES, CONT.

11:00 AM - 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.

11:00 AM - BELLY DANCING WITH SCARVES

(45 min, Oak Studio)
A festive dance emphasizing movements of mainly the torso. Don't worry, the upper body will get its chance to shimmy with the addition of silk scarves.

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

11:00 AM - 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 - 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-Ied 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 Plum Upside Down Cake with Candied Pecans and Peppercorn Whipped Cream.

11:30 AM - PROSECCO MADE ME DO IT (\$)

(50 min, Garden View Room)
Do your ears perk up when you hear the telltale pop of a prosecco bottle? Do you think every drink is just a little bit nicer with bubbles? Prosecco is no longer just a sparkling wine, it's a cultural phenomenon. Join us for an hour of tasting and creativity using organic and handmade mixers, and Garden grown herbs for your own "party in a glass". Cost is \$25 per person. Guests must be ages 21 and older. This class can be alcohol free if desired.

12:00 PM - OPEN PLAY PICKLEBALL

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

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 - GO ROGUE

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

12:00 PM - RIDE THE W.A.V.E.

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

12:00 PM - 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 sweatdripping workout.

1:00 PM - MANDALA PAINTING

(120 min, Art Studio)
Learn the calming art of dot-mandala painting using white and metallic colors of your choice. You'll practice simple dotting techniques, then create a luminous mandala on black canvas—balanced, bright, and beautifully meditative.

1:00 PM - AFTERNOON STRETCH

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

1:00 PM - BAM

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

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 - BOTANICAL HIKE

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

1:00 PM - POCONO MOUNTAIN BIRDING TOUR

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

2:00 PM - 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 - BALANCING YOUR CHAKRAS YOGA

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

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 - TRX FOR BEGINNERS

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

2:00 PM - BLACKMORE FARM TOUR

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

2:00 PM - 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 - 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!

3:00 PM - 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.

3:00 PM - BOSU

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

3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)
Join us for a Chef-Ied 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 Plum Upside Down Cake with Candied Pecans and Peppercorn Whipped Cream.

3:00 PM - HATCHET THROWING

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

3:30 PM - WATERCOLOR PAINTING - RAINBOW TROUT

(90 min, Art Studio)
Paint the iridescent colors of a rainbow trout in this relaxed watercolor class inspired by Pennsylvania's beloved trout streams. We'll explore soft washes, gentle layering, and expressive details to capture the fish's shimmer and natural movement. Perfect for all skill levels, this class celebrates color, nature, and the beauty of PA's freshwater wildlife.

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 - WILD MEDICINAL TEA

(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 - 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.

4:30 PM - HAPPY HOUR

(60 min, TREE Restaurant Bar)
Join us for special cocktail pricing and light fare. As the day gives way to night, enjoy the vibrancy of friendship and the serenity of nature.

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

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

5:00 PM - SWEET CANDLELIGHT FLOW

(90 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.

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

6:00 PM - COMMUNITY TABLE DINNER

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

8:30 PM - SINGO BINGO AND MUSICAL TRIVIA

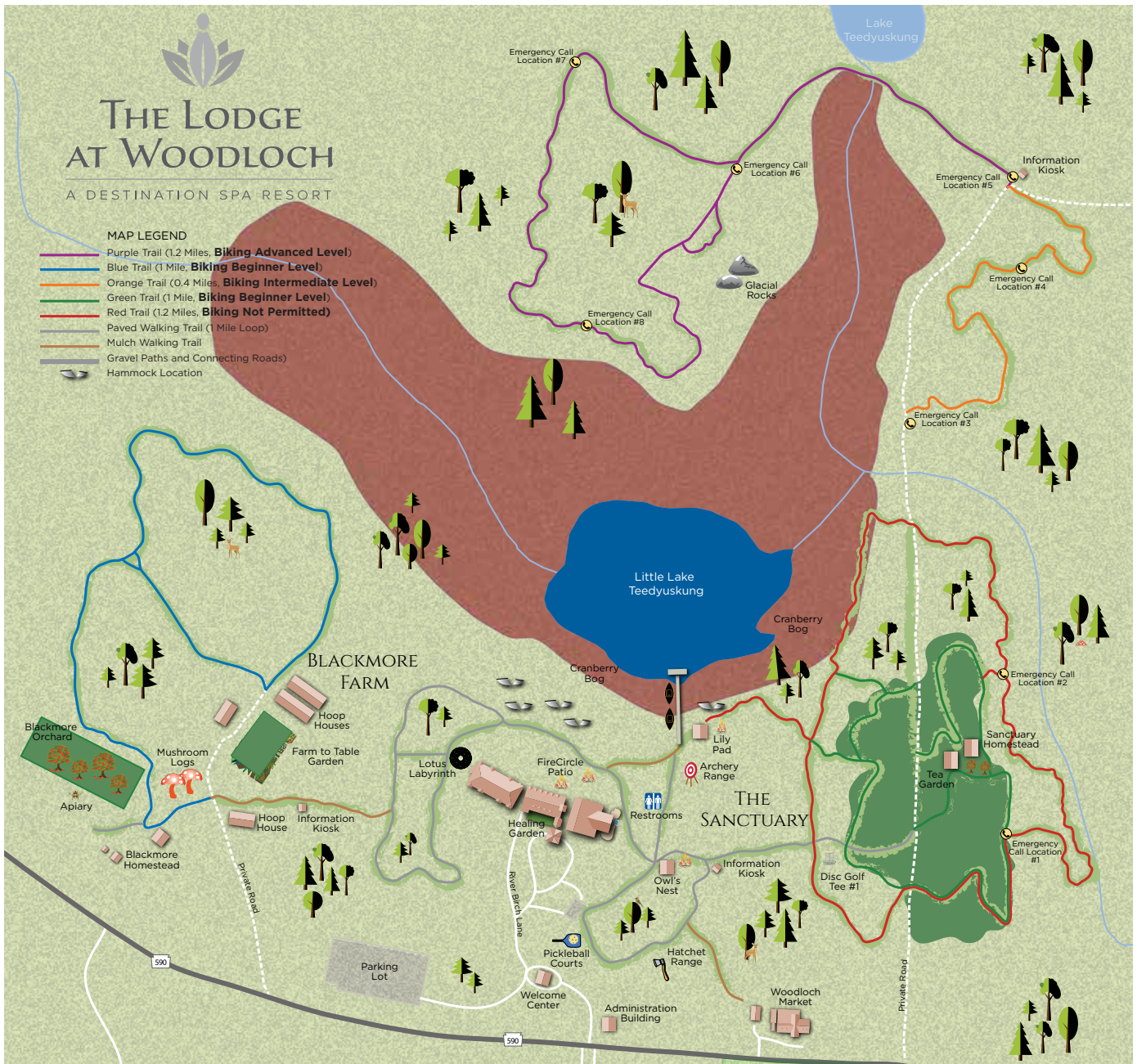
(120 min, Fireside Room)
Join us as we combine the excitement of Bingo with a musical twist and test your musical knowledge! Winners of games will receive a special Lodge at Woodloch gift!

8:30 PM - CHALK PASTELS

(90 min, Art Studio)
Discover the soft, vibrant world of chalk pastels in this beginner-friendly class. You'll learn how to blend colors, build gentle layers, and create expressive textures using this playful medium. Perfect for all skill levels, this relaxing session focuses on simple techniques that lead to bold, beautiful artwork.

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

(50 min, Garden View Room)
Join Bridget from our Wine Education Team for an in depth look into the various characteristics of wine varietals from around the world and learn how they pair tastefully with delicious MOKA 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 - 5pm. 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.