



YOUR GUIDE TO CLASSES & ACTIVITIES

May 4th - 10th, 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



ALAINE PORTNER, YOGI & MEDIUM

May 8th - 11th

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 the Yoga Center of Medford, NJ, Alaine has finely tuned her abilities as a medium and fused them with her passion for meditation to offer a unique and transformative experience.

After completing 4,000 readings in four years, she shared these powerful 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, delivering life-affirming insight and direction. Those who have encountered her style typically feel a sense of euphoria, connection, and supportive change in their personal or professional journey. Alaine's engaging manner, humor, and straight-to-the-heart insight have earned her 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 at regional and international corporate events and retreats.

Friday, May 8th & Sunday, May 10th

A MOTHER-DAUGHTER EVENING OF MINDFULNESS, MEDITATION & MEDIUM MESSAGES

8:30 pm

Celebrate the sacred bond between mothers and daughters with an evening designed to deepen your connection—both with each other and with the spiritual world. Join renowned Medium and mindfulness guide Alaine Portner for a heart-opening experience that blends gentle meditation with uplifting mediumship.

Alaine's intuitive gifts create a safe and loving space where messages from loved ones and guided spirits are shared with compassion, humor, and clarity. This special Mother's Day edition invites mothers and daughters to explore the power of spiritual connection together—offering comfort, insight, and a renewed sense of purpose.

Whether you're seeking healing, clarity, or simply a meaningful way to spend time together, this evening promises to be a soulful celebration of love, legacy, and the unbreakable mother-daughter bond. Come with an open heart and leave with a deeper connection—to each other and to the unseen support that surrounds you.

Saturday, May 9th & Sunday, May 10th

SEMI-PRIVATE READINGS

11:00 am

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 \$165 per person, limited to 10 guests. Please sign-up with the Spa Concierge.

PRIVATE MEDIUM READINGS WITH ALAINE PORTNER

Availability & scheduling of private consultations not yet available.

Medium Shared Full Session, 50 min // \$250 (per guest, two guest limit)

Medium Full Session, 50 min // \$450

Medium Mini Session, 25 min // \$240

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.



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 - 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 - 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

8:00 AM - AQUA JOG
(45 min, Aqua Garden)
A great way to increase your cardio without the impact of running. If you have pool shoes, bring them.

8:00 AM - GOOD MORNING SUNSHINE!
(45 min, Linden Studio)
Yoga-ish, but not yoga. About 15 minutes to get you warm and toned (think high lunges, planks, get warm fast), the next 15 minutes to stretch it out (so you don't feel creaky), and the final 15 minutes to set intentions and get your mind right. All the things for a great start to the day!

8:00 AM - BALANCING YOUR CHAKRAS YOGA
(45 min, Willow Studio)
Flow through different yoga poses that will help unblock stagnant energy and realign your chakras for optimal emotional and physical well-being.

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

9:00 AM - MINISINK BATTLEGROUND HIKE
(180 min, Meet in Garden Hall)
Enjoy a short but moderate 2-mile hike in nearby Sullivan County, New York. Minisink Park was the site of a small Revolutionary War battle, a Native American rock shelter, and early American rock quarries. Additional stops to and from the park can be made in the hamlet of Lackawaxen to view the Roebling Aqueduct and observe Bald Eagles along the Delaware River. *Travel Time: 45 min, Hiking Time: 2 hrs*

9:00 AM - MEDITATION TO QUIET THE MIND
(45 min, Willow Studio)
Come into the present moment with mindfulness meditation. This class guides you through steps of meditation with breath awareness and focusing the mind on a sound.

9:00 AM - PUSH N' PEDAL
(45 min, Spinning Studio)
Boost your power as you sprint and climb through intervals and hills. Then transition smoothly into a chest and triceps workout. Strong heart, strong mind, strong body!

9:00 AM - PILATES MAT
(45 min, Oak Studio)
Developed for beginners to intermediate levels, this popular Pilates mat form of "mind-body" exercise helps improve core muscle strength, flexibility, balance, and posture.

9:00 AM - CHAIR YOGA
(45 min, Linden Studio)
Chair Yoga is a gentle class that uses modified yoga poses that can be done while seated in a chair or standing and using the chair for support.

9:00 AM - TIPPITY TOES TAP
(45 min, Rowing Room)
Big smiles will appear when you learn to tap dance with over-the-shoe taps.

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

10:00 AM - TEXTURED BLOOMS
(120 min, Art Studio)
Discover the beauty of textured acrylic painting in this calming floral workshop. Using modeling paste and a limited color palette, you'll create dimensional flower forms that lift gently from the canvas. This relaxed class invites you to slow down, explore texture, and craft a modern, expressive floral piece.

10:00 AM - DRUMS ALIVE
(45 min, Oak Studio)
Drum your way to fitness results! Unique and different from every other workout you've tried before, Drums Alive captures the essence of movement and rhythm and combines it with fun. Sneakers are required.

10:00 AM - BOX N' BURN
(45 min, CardioWeight Studio)
Get ready to feel unstoppable with an intense boxing series! Try this high intensity interval training session that will leave you breathless and high on endorphins with a major focus on conditioning and core work. You will experience three rounds of bag work, mitt, and core/conditioning to give you a sweat-dripping workout.

10:00 AM - VINYASA FLOW
(45 min, Willow Studio)
A flowing, dynamic form of yoga, linking smooth body movements with breath. Challenging postures will be used to help build endurance, flexibility, and strength. Prior yoga experience recommended.

10:00 AM - 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.

10:00 AM - 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.

10:00 AM - THE GREAT WALL OF YOGA
(45 min, Linden Studio)
Come hang out with us in this off-the-wall class, which uses gravity and adjustable straps to help open the spine and develop strong core muscles. For your safety we ask that you refrain from taking this class if you have high blood pressure, retinal tears, are pregnant, or are recovering from a recent injury. Guests who have shoulder and/or neck injuries, stiffness, or immobility should not attend. Weight limit is 300 pounds.

10:30 AM - 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 - DECOMPRESS THE STRESS
(45 min, Linden Studio)
This class will be using sandbags, bolsters, blocks, blankets plus a few other props that will help you settle into comfortable postures. These postures will nourish the endocrine glands, promote circulation, balance metabolic function, and increase blood flow to the brain.

11:00 AM - YOU KNEAD THIS
(45 min, Rowing Room)
Learn to use therapeutic balls to achieve a self deep tissue massage. Target specific muscles and connective tissue to relax and lengthen your muscles and fascia.

11:00 AM - JUMP AND JIVE
(45 min, Oak Studio)
Join us for this unique class combining intervals of trampoline and hula hooping for a full body, low impact workout. Be prepared to sweat and smile like never before! Sneakers required. No leg, ankle, or foot injuries.

11:00 AM - MANTRA MEDITATION WITH HARMONIUM
(45 min, Willow Studio)
The harmonium is a hand pump organ that has been used for chanting for over a century in India. Using the harmonium is a perfect way to free the mind from anxieties & worries so you focus on your own personal mantra (Mana - mind, tra - free).

11:00 AM - ARM CANDY
(45 min, CardioWeight Studio)
Challenge your upper body in all directions by overloading the muscles of your arms, chest, and back to experience improved strength and movement.

11:00 AM - COOKING DEMONSTRATION
(50 min, Chef's Kitchen)
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Monday's demonstration will feature Chilean Sea Bass with Asparagus Kale Salad and Basil Beurle Blanc.

11:30 AM - 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.



SCHEDULED ACTIVITIES, CONT.

12:00 PM - OPEN PLAY PICKLEBALL

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

12:00 PM - THE BARRE

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

12:00 PM - TRX: BELOW THE BELT

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

12:00 PM - SUN PRINTING IN THE GARDEN

(90 min, Blackmore Farm)
Create unique and beautiful images on paper using only plants, sunlight, and water. The cyanotype process has been used by botanists and architects for centuries and is an excellent way to express both artistic creativity and a love of nature. *Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

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 - 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 - OIL PASTELS

(120 min, Art Studio)
Capture the soft glow of ripe peaches in this relaxed oil pastel still life class. We'll explore layering, blending, and expressive marks to bring peaches and vine leaves to life with a rich color and texture. Perfect for beginners or seasoned artists, this class celebrates warmth, vibrancy, and the charm of everyday fruit.

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 - PICKLEBALL FOR BEGINNERS

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

2:00 PM - 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.

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 - 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 - TAKE A BREATH

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

3:00 PM - BUTTS AND GUTS

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

3:00 PM - 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.

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 Chilean Sea Bass with Asparagus Kale Salad and Basil Beurre Blanc.

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Requires closed toed shoes.

3:30 PM - WATERCOLOR RAINBOW

(90 min, Art Studio)
Paint the quiet magic after a summer rain in this gentle watercolor class. Using soft washes and playful splatters, we'll create a dreamy rainbow over a loose meadow of wildflowers. Perfect for all levels, this uplifting session explores light, color, and the simple joy of watercolor.

3:30 PM - AMERICA250 CRAFT COCKTAILS (\$)

(50 min, Garden View Room)
Learn how to make some fun American original cocktails and the history behind them. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

4:00 PM - HATCHET THROWING

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

4:00 PM - YOGA WITH CHAIR AND WALL

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

4:00 PM - LET'S ROLL

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

5:00 PM - GOODNIGHT MOON GONG MEDITATION

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

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

6:00 PM - COMMUNITY TABLE DINNER

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

8:30 PM - CLASSIC BINGO & TRIVIA

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

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

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



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BIKING

Lily Pad, 9am - 5pm

BIRDING

Lily Pad, 9am - 5pm

DISC GOLF

Lily Pad, 9am - 5pm

FISHING

Lily Pad, 9am - 5pm

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.

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7am to 9:30am

LUNCH

11:30am to 2pm

DINNER

5:30pm to 8:30pm

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



SCHEDULED ACTIVITIES

7:00 AM - 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 - 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.

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 - THE WAY WITHIN: SHAMANIC SOUND

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

9:00 AM - 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 - BUTTS AND GUTS

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

9:00 AM - 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!

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

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

9:30 AM - 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 - CREATING WITH CLAY (\$)

(120 min, Art Studio)
Design and sculpt two decorative wall sconces using air-dry clay and simple hand-building techniques. Inspired by organic forms and botanical textures, you'll create unique pieces perfect for displaying faux florals or standing alone as a sculptural décor. This calm, tactile class invites you to slow down and shape something truly one-of-a-kind. Cost is \$20 per person.

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 - MALA MEDITATION

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

10:00 AM - BOX N' BURN

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

10:00 AM - BOOGIE WOOGIE LINE DANCIN'

(45 min, Oak Studio)
Easy dance moves that don't require you to coordinate moves with a partner. All types of music, all types of fun.

10:00 AM - SPINNING

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

11:00 AM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)
Join us for a Chef-led Cooking Demonstration in the Chef's Kitchen. Incorporating ingredients from local purveyors as well as our very own Blackmore Farm, we will explore new cooking techniques and refreshing presentations. Tuesday's demonstration will feature Spiced Dusted Scallops with Chipotle Corn Purée, Pickled Corn Relish, and Cilantro Lime Crema

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 - VINYASA FLOW

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

11:00 AM - GO ROGUE

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

11:00 AM - SHOCKWAVE

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

11:00 AM - TONE TO STONE

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

11:00 AM - GARDEN-INFUSED OILS (\$)

(60 min, Blackmore Farm)
By infusing plants with oil, we can extract their beneficial properties and bring them into more parts of our lives. From arthritis to anxiety, plant-infused oils can help to heal and nourish us naturally. Use these oils directly on your skin or as an ingredient to make salves, lotions, balms, ointments... the list goes on. We will work with freshly dried plants and flowers straight from Blackmore Farm. Cost is \$15 per person.*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.



SCHEDULED ACTIVITIES, CONT.

12:00 PM - YOU KNEAD THIS

(45 min, Linden Studio)

Learn to use therapeutic balls to achieve a self deep tissue massage. Target specific muscles and connective tissue to relax and lengthen your muscles and fascia.

12:00 PM - DANCING QUEEN (OR KING)

(45 min, Oak Studio)

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

12:00 PM - PICKLEBALL FOR BEGINNERS

(45 min, Pickleball Court)

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

12:00 PM - YOGA FOR BALANCE

(45 min, Willow Studio)

A flowing series of standing yoga poses that will work on your balance.

12:00 PM - 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.

1:00 PM - GUIDED LABYRINTH WALK

(45 min, Meet in Garden Hall)

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

1:00 PM - AFTERNOON STRETCH

(45 min, Oak Studio)

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

1:00 PM - BERRY BRIGHT WATERCOLORS

(120 min, Art Studio)

Celebrate the sweetness of summer with a gentle watercolor study of strawberries on the vine. We'll explore soft washes, fresh greens, and light layering to bring fruit and foliage to life on paper. Perfect for all experience levels, this relaxing class focuses on color, light, and the simple beauty of nature.

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.

2:00 PM - BAM

(45 min, Oak Studio)

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

2:00 PM - TRX YOGA

(30 min, CardioWeight Studio)

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

2:00 PM - OPEN PLAY PICKLEBALL

(45 min, Pickleball Courts)

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

2:00 PM - 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.

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 - CO-CREATING WITH THE UNIVERSE: MANIFESTING YOUR HEART'S DESIRE

(90 min, Fireside Room)

Have you ever wondered how manifestation actually works? What new experiences are you looking to attract into your life? Join Shamanic Energy Healer Vanessa Hernandez and learn all about the art of manifesting. Bring your dreams to the table and let's work together on creating the next steps to your heart's desires. Learn to work with the energy of the Universe to support you in creating your highest vibrational life!

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 Spiced Dusted Scallops with Chipotle Corn Purée, Pickled Corn Relish, and Cilantro Lime Crema.

3:00 PM - CORE FOCUS

(45 min, Willow Studio)

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

3:00 PM - ARM CANDY

(45 min, Oak Studio)

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

3:00 PM - SEATED STRETCH & STRONG

(45 min, Linden Studio)

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

3:30 PM - PRIMITIVE FIRE MAKING

(90 min, Lily Pad)

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

3:30 PM - NATUREPIX 101

(60 min, 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 - BIRCH GROVE IN PASTELS

(90 min, Art Studio)

Capture the quiet beauty of a birch grove using rich, expressive oil pastels. In this guided class, we'll explore layering, texture, and contrast to create the distinctive white bark and soft forest atmosphere that make birch trees so striking. Perfect for beginners and experienced artists alike, this relaxing workshop celebrates simple techniques that create bold, beautiful results.

4:00 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.

4:00 PM - THE GREAT WALL OF YOGA

(45 min, Linden Studio)

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

5:00 PM - 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.

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

8:30 PM - KARAOKE

(120 min, Fireside Room West)

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!



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

9:00 AM - NATURE JOURNALING
(90 min, Owl's Nest)
Join us in a nature-based journaling class that will help enhance your personal perspective by engaging your five senses and exploring your deeper self in the beautiful outdoors. You will learn how to start a journaling practice that you can continue long after your time at The Lodge at Woodloch. This class will begin with an indoor component and then move outdoors as you embrace the nature that surrounds us!

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

9:00 AM - FROM GARDEN TO VASE: THE ART OF GROWING CUT FLOWERS
(50 min, Garden View Room)
Discover the art and joy of growing your own cut flowers! This informative lecture will guide you through everything you need to know to create a thriving cutting garden. Learn how to select the best flower varieties for your climate, prepare your soil, and master planting techniques that ensure long-lasting blooms. We'll cover essential care tips, harvesting methods for maximum vase life, and creative ideas for arranging your homegrown flowers. Whether you're a beginner or an experienced gardener, you'll leave with practical knowledge and inspiration to fill your home with fresh, beautiful blooms all season long.

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

9:00 AM - THE BARRE
(45 min, Oak Studio)
Experience a low-impact class that is a fusion of Pilates, yoga, and ballet-inspired moves for beautiful, sculpted, lean muscles. The exercises use the ballet barre and your body weight to challenge core stability and balance.

9:00 AM - YOU KNEAD THIS
(45 min, Willow Studio)
Learn to use therapeutic balls to achieve a self deep tissue massage. Target specific muscles and connective tissue to relax and lengthen your muscles and fascia.

9:00 AM - TRX: TABATA
(45 min, CardioWeight Studio)
This is a Level 3 class for anyone looking to push their fitness to the next level. Includes timed intervals of TRX and plyometrics.

9:00 AM - SHOCKWAVE
(45 min, Rowing Room)
Dubbed "the most efficient total body workout in the world," ShockWave is extreme cross-training at its best. ShockWave makes use of the WaterRower GX rowing machine to provide bursts of high-intensity intervals while its functional strength stations are designed to sculpt the legs, core and arms.

10:00 AM - PASTELS
(120 min, Art Studio)
Embrace velvety rich colors with magic at every stroke. Pastels offer a softer side and meld the worlds of painting and drawing together. Join us to discover the softer side of color expression.

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

10:00 AM - DRUMS ALIVE
(45 min, Oak Studio)
Drum your way to fitness results! Unique and different from every other workout you've tried before, Drums Alive captures the essence of movement and rhythm and combines it with fun. Sneakers are required.

10:00 AM - 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 - CORE AND PELVIC FLOOR
(45 min, Linden 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.

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

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

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.

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 Farm Fresh Herb Dressings for Spring Salads

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

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

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

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

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



SCHEDULED ACTIVITIES, CONT.

12:00 PM - YOGA FOR BEGINNERS

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

12:00 PM - TONE TO STONE

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

12:00 PM - REV IT UP

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

12:00 PM - INTENSE STRETCH FOR MOBILITY

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

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

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

1:00 PM - PAINTING IN STYLE

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

1:00 PM - CHAIR T'AI CHI

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

1:00 PM - AFTERNOON STRETCH

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

1:00 PM - RELEASED AND ENLIGHTENED

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

1:00 PM - FOREST BATHING

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

2:00 PM - WEST FALLS CREEK TRAIL HIKE

(90 min, Meet in Garden Hall)
Join our guides on an easy 2-mile hike. The trail meanders through a rustic farm property, and everchanging wetlands. Enjoy strolling through towering pines, ancient apple trees, and lush wild meadows.

2:00 PM - HATCHET THROWING

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

2:00 PM - PUMP

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

2:00 PM - INNER SMILE MEDITATION

(45 min, Willow Studio)
In this guided meditation, smiling energy is directed into the organs, muscles, glands, and body systems to produce a refined quality of internal energy with the power to relax, heal, and rejuvenate. This ancient, simple, and loving practice transforms stress into vitality.

2:00 PM - HIPPIE YOGA

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

2:00 PM - 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 - CHI GONG

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

3:00 PM - 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.

3:00 PM - THE GREAT WALL OF YOGA

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

3:00 PM - COOKING DEMONSTRATION

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

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 - 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 - HIGH TEA (\$)

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

4:00 PM - BREATHE & CHANGE YOUR LIFE

(45 min, Willow Studio)
Open the mind as you learn to focus your attention within and experience simple ways in which you can enhance your body's energy levels while cleansing and rebalancing.

4:00 PM - DECOMPRESS THE STRESS

(45 min, Linden Studio)
This class will be using sandbags, bolsters, blocks, blankets plus a few other props that will help you settle into comfortable postures. These postures will nourish the endocrine glands, promote circulation, balance metabolic function, and increase blood flow to the brain.

4:00 PM - HATCHET THROWING

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

4:00 PM - THE ENERGETICS OF HERBS

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

4:00 PM - HONEY BEE TALK

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

5:00 PM - SHRUTI SPIRIT SOUND BATH

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

5:00 PM - YOGA RESET

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

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 - SAME GRAPE, DIFFERENT STORY: EXPLORING

HOW PLACE SHAPES WINE (\$)
(45 min, Garden View Room)
Have you ever wondered why the same grape can taste completely different depending on where it's grown? In this interactive tasting experience, we'll explore how climate, soil, and winemaking traditions influence the character of familiar varietals. Sip and compare expressions like Old World vs. New World, discovering how "place" leaves its signature in every glass. Whether you're new to wine or an avid enthusiast, this class will deepen your appreciation for the subtle - and sometimes striking - differences that make each bottle unique. Guests must be at least 21 years of age to participate. Cost is \$35 per person. *Pairing plate contains dairy and gluten, substitutions are not available.

8:30 PM - WATERCOLOR PAINTING

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

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!



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

8:00 AM - 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.

8:00 AM - THE WAY WITHIN: SHAMANIC SOUND HEALING, REIKI & MEDITATION

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

9:00 AM - 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 - 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 - SUPPORTED YOGA

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

9:00 AM - WALKING MEDITATION

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

9:00 AM - GENTLE YOGA

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

9:00 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.

9:30 AM - DECORATIVE BIRDHOUSES (\$)

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

9:30 AM - FIELD & FOREST HIKE

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

10:00 AM - 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.

10:00 AM - T'AI CHI

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

10:00 AM - TRIPLE THREAT

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

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

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

10:00 AM - SPINNING

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

10:00 AM - PICKLEBALL FOR BEGINNERS

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

10:00 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.

10:00 AM - GUT CHECK - EXPLORING YOUR MICROBIOME

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

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 - PUMP

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

11:00 AM - BALANCING YOUR CHAKRAS YOGA

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

11:00 AM - 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 - 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 - BEAUTIFUL SKIN FROM THE INSIDE OUT

(50 min, Garden View Room)
What you eat, and drink significantly impacts the complexion of your skin. Join Talia, a holistic nutritionist, as she helps you discover the best natural ways to significantly improve the quality of your skin, and reduce the signs of aging. Let's keep your skin looking and feeling healthy, youthful, and glowing.



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 - TRX YOGA

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

12:00 PM - COUNTRY FUSION

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

12:00 PM - NUNCHAKU FOR BEGINNERS

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

12:00 PM - LUNCH WITH THE NUTRITIONIST

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

12:15 PM - SPLASH DANCE

(30 min, Aqua Garden)
No experience or high heels needed in this fun Hydrosider 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 - COLOR IN MOTION

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

1:00 PM - CHI JOY

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

1:00 PM - WAVES OF LIGHT MEDITATION & SMUDGING

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

1:00 PM - AFTERNOON STRETCH

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

2:00 PM - ARMS, CHEST, AND BACK

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

2:00 PM - MEDITATION 101

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

2:00 PM - HARD CORE HULA

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

2:00 PM - TRX: TOTAL BODY

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

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

(90 min, Fireside Room East)
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 frequency and unlock its potential for gifts, surprises, prosperity, and abundance. Plus, enjoy Reiki Shamanic Energy Healing, a 3-card oracle pull, essential oils, and take home your Reiki-infused crystal. Bring your own crystals too! The cost is \$20 per person.

2:00 PM - BLACKMORE FARM TOUR

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

3:00 PM - PILATES MAT

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

3:00 PM - BUTTS AND GUTS

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

3:00 PM - THE GREAT WALL OF YOGA

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

3:00 PM - POWER BITES

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

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

(45 min, Garden View Room)
Many people strive to live long, healthy lives. Surprisingly, some communities around the world have found the secret to longevity. These places, known as Blue Zones, have a higher number of people living to be 100 years old or older. Join our Holistic Nutritionist & Olive Oil Sommelier, Talia, along with Anna from our Wine Education Team for a unique and entertaining experience of olive oil and wine tasting inspired by Blue Zones. Discover how to evaluate the quality and flavor of both olive oil and wine and learn how to pair them with your favorite foods. Guests must be at least 21 years of age to participate. The cost is \$25 per person.

3:30 PM - LANDSCAPES IN INK & WATERCOLOR

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

3:30 PM - NATUREPIX 101

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

3:30 PM - PRIMITIVE FIRE MAKING

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

4:00 PM - YOU KNEAD THIS

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

4:00 PM - THE WIND DOWN

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

5:00 PM - SLOW FLOW YOGA

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

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

6:00 PM - CANDLELIGHT SOUND IMMERSION

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

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

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

8:30 PM - INTRO TO DRAWING

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

8:30 PM - SINGO BINGO AND MUSICAL TRIVIA

(120 min, Fireside Room West)
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.

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OPEN ACTIVITIES

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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 - WATERCOLOR PENCIL SONGBIRDS

(90 min, Art Studio)

Create charming songbirds with the soft, blendable colors of watercolor pencils. In this beginner-friendly class, we'll sketch simple shapes, add gentle washes, and build layered details to bring each bird to life.

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 dreamshiffters 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.

3:00 PM - TEA & TULIPS: A MOTHER'S DAY GARDEN**SOIRÉE (\$)**

(90 min, The Sanctuary Garden)

Celebrate the beauty of spring with an enchanting Tea & Tulips experience set amid our blooming cut flower garden. Guests will gather among rows of vibrant tulips to enjoy a relaxed afternoon of tea, seasonal treats, and fresh air as the garden comes to life. Sip thoughtfully selected teas, indulge in light bites, and wander the garden paths before creating your own hand-picked tulip bouquet to take home—a lasting reminder of the day. Cost is \$45 per person.

4:00 PM - HATCHET THROWING

(50 min, Hatchet Range)

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

4:00 PM - SURRENDER

(45 min, Linden Studio)

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

4:00 PM - CHI JOY

(45 min, Willow Studio)

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

4:00 PM - 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.

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

(150 min, Chef's Kitchen)

Our Chef invites you to join them for an exquisite eight course farm-to-table meal, all while blindfolded. With each course, you'll embark on a sensory adventure that challenges your perceptions of taste, aroma, and texture. By eliminating sight, the focus is on the subtleties of flavor and the artful combinations crafted from the freshest local ingredients. There is an upcharge of \$95 per person, which includes wine pairings with each course.

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 - A MOTHER-DAUGHTER EVENING OF MINDFULNESS, MEDITATION, AND MEDIUM MESSAGES WITH ALAINE PORTNER

(60 min, Fireside Room)

Celebrate the sacred bond between mothers and daughters with an evening designed to deepen your connection—both with each other and with the spiritual world. Join renowned Medium and mindfulness guide Alaine Portner for a heart-opening experience that blends gentle meditation with uplifting mediumship. Alaine's intuitive gifts create a safe and loving space where messages from loved ones and guided spirits are shared with compassion, humor, and clarity. This special Mother's Day edition invites mothers and daughters to explore the power of spiritual connection together—offering comfort, insight, and a renewed sense of purpose. Whether you're seeking healing, clarity, or simply a meaningful way to spend time together, this evening promises to be a soulful celebration of love, legacy, and the unbreakable mother-daughter bond. Come with an open heart and leave with a deeper connection—to each other and to the unseen support that surrounds you.



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 - 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 - ALCOHOL INK CREATIONS (\$)

(90 min, Art Studio)
Join us as we draw inspiration from the majestic trees outside our studio windows! In this class, you'll use 4x4 and 6x6 tiles, alcohol inks and markers to create a vibrant background with stunning silhouettes. Cost is \$15 per person.

9:00 AM - DRUMS ALIVE

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

9:00 AM - LET'S ROLL

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

9:00 AM - VINYASA FLOW

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

9:00 AM - OUTDOOR BOOT CAMP

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

9:00 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 - BARRY WHITE YOGA

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

10:00 AM - PUSH N' PEDAL

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

10:00 AM - INTENSE STRETCH FOR MOBILITY

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

10:00 AM - ALIGN + REVERSE

(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 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.

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 - 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 - ACRYLIC PAINTING: IRISES IN BLOOM

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

11:00 AM - SEMI-PRIVATE READINGS WITH ALAINE

PORTNER (\$)
(90 min, Fireside Room East)
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 \$165 per person, limited to 10 guests.



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 Hydrosider 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.

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.

3:00 PM - THE FIZZ LOVER'S GUIDE: DECODING SPARKLING WINE (\$)

(50 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.

3:30 PM - INTRO TO DRAWING

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

3:30 PM - NATUREPIX 101

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

3:30 PM - PRIMITIVE FIRE MAKING

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

4:00 PM - MEDITATION TO QUIET THE MIND

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

4:00 PM -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.

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

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

8:30 PM - WATERCOLOR PAINTING

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

8:30 PM - EVENING ENTERTAINMENT

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

8:30 PM - SINGO BINGO AND MUSICAL TRIVIA

(120 min, Fireside Room West)
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.

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OPEN ACTIVITIES

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ARCHERY

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BIKING

Lily Pad, 9am - 5pm

BIRDING

Lily Pad, 9am - 5pm

DISC GOLF

Lily Pad, 9am - 5pm

FISHING

Lily Pad, 9am - 5pm

KAYAKING

Dock, 9am - 5pm

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, Chakra Lounge)
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-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 Plum Upside Down Cake with Candied Pecans and Peppercorn Whipped Cream.

11:00 AM - SEMI-PRIVATE READINGS WITH ALAINE PORTNER (\$)

(90 min, Fireside Room East)
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 \$165 per person, limited to 10 guests.

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-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 Plum Upside Down Cake with Candied Pecans and Peppercorn Whipped Cream.

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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 CANDELIGHT 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.

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.

6:30 PM - CHALK PASTELS

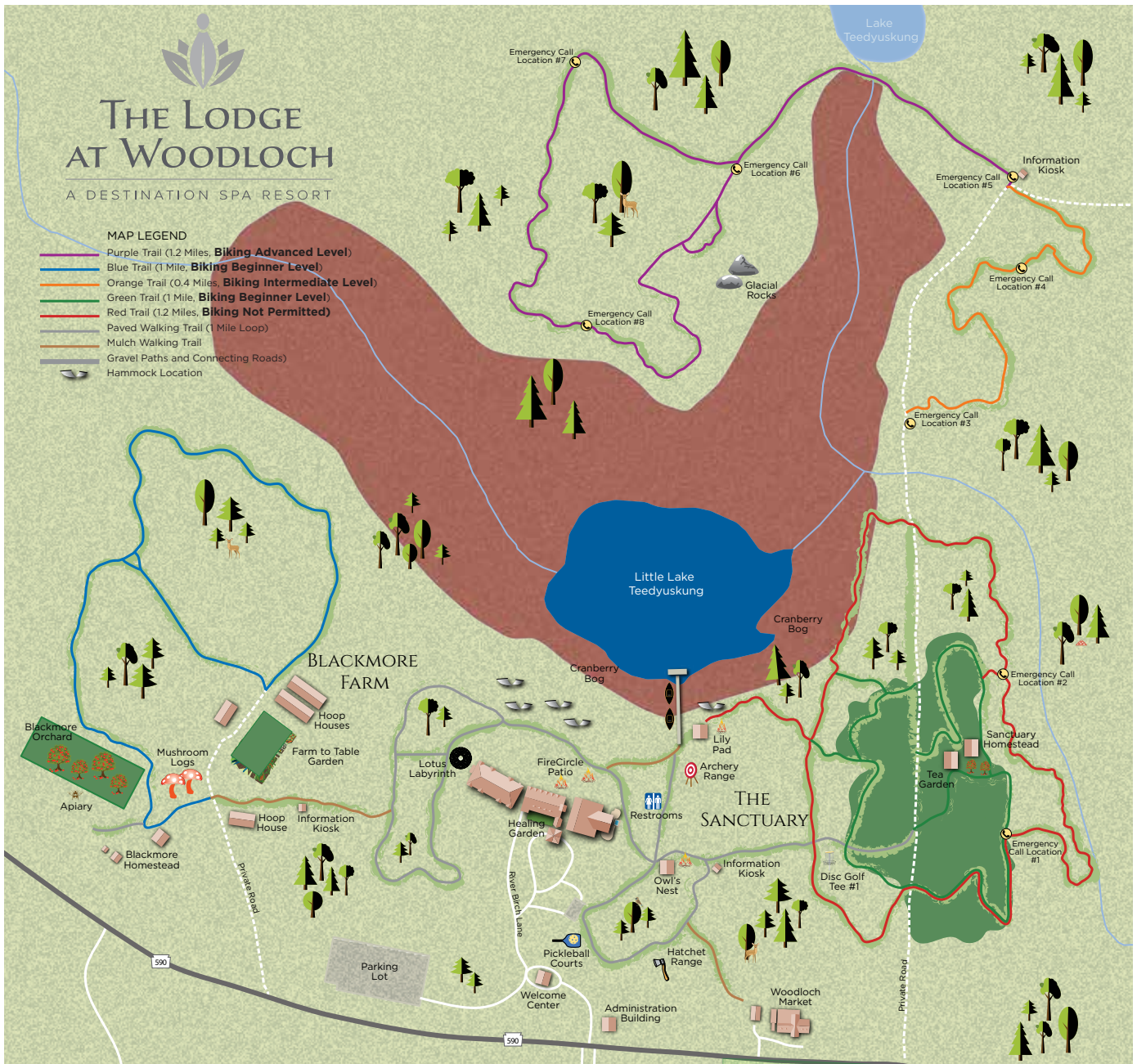
(90 min, Art Studio)
Discover the soft, vibrant world of chalk pastels in this beginner-friendly class. You'll learn how to blend colors, build gentle layers, and create expressive textures using this playful medium. Perfect for all skill levels, this relaxing session focuses on simple techniques that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

6:30 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.

6:30 PM - A MOTHER-DAUGHTER EVENING OF MINDFULNESS, MEDITATION, AND MEDIUM MESSAGES WITH ALAINE PORTNER

(60 min, Fireside Room)
Celebrate the sacred bond between mothers and daughters with an evening designed to deepen your connection—both with each other and with the spiritual world. Join renowned Medium and mindfulness guide Alaine Portner for a heart-opening experience that blends gentle meditation with uplifting mediumship. Alaine's intuitive gifts create a safe and loving space where messages from loved ones and guided spirits are shared with compassion, humor, and clarity. This special Mother's Day edition invites mothers and daughters to explore the power of spiritual connection together—offering comfort, insight, and a renewed sense of purpose. Whether you're seeking healing, clarity, or simply a meaningful way to spend time together, this evening promises to be a soulful celebration of love, legacy, and the unbreakable mother-daughter bond. Come with an open heart and leave with a deeper connection—to each other and to the unseen support that surrounds you.



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.