



YOUR GUIDE TO CLASSES & ACTIVITIES  
January 23rd - 31st, 2023



THE LODGE  
AT WOODLOCH  
A DESTINATION SPA RESORT



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

## **CHOOSE YOUR OWN ADVENTURE, ON YOUR TIME**

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

### **BIKING**

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

### **BIRDING**

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

### **DISC GOLF**

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

### **GEOCACHING**

9am - 5pm daily, GPS devices and coordinates are available at Lily Pad

### **HIKING**

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

### **S'MORES**

9am - 5pm daily at the Lily Pad

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

## **PLAN YOUR STAY**

For more information or to plan your stay, please contact our Spa Concierge at 800.WOODLOCH, 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.



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

## **THE BLACKMORE FARM**

Cold nights, short days, and a feeling of dormancy has come to our region, but there is still plenty to see at Blackmore Farm, The Lodge at Woodloch's very own working organic farm. Just a 5-10 minute walk from the hotel, Blackmore Farm is encompassed by the blue hiking & biking trail that makes its way through the woodlands that surround the garden and orchard.

Come see the remnants of last year's growing season while checking out the bounty of cold hardy crops currently being grown in our three high tunnels. You are welcome to visit Blackmore Farm at any time, so if exploring on your own, please step only in the walkways and always close the doors of the tunnels behind you.

### **HIGH TUNNEL TOUR**

If you are looking for a more in depth explanation of our operation or are interested in enhancing or starting a garden of your own, join one of our farmers for a tour of our three high tunnels occurring Monday through Saturday at 2pm. Now is a perfect time to begin planning next year's garden. Our farmers are more than happy to answer any of your questions in the realm of agriculture including soil and composting, pests and beneficial insects, growing your very own food and medicinals, and so much more.

### **HIGH TUNNEL HARVEST**

Learn to pick greens, herbs and vegetables the proper way to ensure healthy plants, and bountiful harvest. Each Saturday morning, 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.

### **MINDFUL FARM WALK**

Join Stefani on a gentle tour through our farm's natural and cultivated space. Perceive your reflection in nature through grounding, breath work, and journaling.

When the farmers are not out in their field, you'll find them in various activities ranging from cooking demonstrations to art classes to meditative walks.



## 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.

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### GEOCACHING

Lily Pad, 9am - 5pm

## DINING

Indoor 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, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or 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



## SCHEDULED ACTIVITIES

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 do not join any class later than the scheduled start time.

### 7:00 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 - 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.

### 8:00 AM - CARDIO COMBO

(45 min, CardioWeight Studio)  
Ready, set, go and start your day with a solid 5,000 steps with a mix of walking/jogging/running, biking, and rowing to complete a quick 2.5 miles!

### 8:00 AM - ZENDOODLE

(120 min, Art Studio)  
Join a newly designed, relaxation based art class where you can explore your fun, creative side by choosing from several doodle layouts that are broken down step by step by the instructor. You can then develop them into beautiful designs that can be colored and/or shaded if so desired. No previous art experience is necessary, anyone can ZenDoodle!

### 9:00 AM - YOU KNEAD THIS

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

### 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 - TRX: TOTAL BODY

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

### 9:00 AM - SHOCKWAVE

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

### 9:00 AM - MEDITATION FOR WORLD PEACE

(45 min, Willow Studio)  
Start your day off by sending the world love sweet love! In this meditation, you create a circle of love and compassion, beginning with yourself and gradually expanding that circle from your nearest and dearest out until you include the whole world.

### 9:30 AM - TWO LAKES HIKE

(150 min, Meet in Garden Hall)  
Join our guides on an interpretive 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 - ANIMAL TRACKING & IDENTIFICATION

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

### 10:00 AM - AQUA TABATA

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

### 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 - DETOX YOGA

(45 min, Willow Studio)  
A challenging vinyasa practice focused on twisting to support your digestive system and lymphatic drainage. Best on an empty stomach.

### 10:00 AM - MANTRA MEDITATION

(45 min, Linden Studio)  
Explore ancient mantras and instruments. Mantras can be chanted, sung, whispered, or internally spoken. Mantra is great for those with a busy mind! Ommmm.

### 11:00 AM - EXPLORE STAMPS AND PRINTMAKING (\$)

(120 min, Art Studio)  
Come make your own stamps and prints using a traditional linocut printmaking technique. Images of birds, florals and other nature inspired elements will be provided to create your own one-of-a-kind stamp. Then, use your stamp to create your own pattern on a note card. Your beautiful stamp is yours to take home. Cost is \$15 per person.

### 11:00 AM - THE GREAT WALL OF YOGA

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

### 11:00 AM - CONES AND LADDERS

(45 min, CardioWeight Studio)  
This exhilarating combination of footwork and agility drills will challenge everyone's athletic side. Combines upper and lower body drills for an intense cardio workout.

### 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 - BLOCK PARTY

(45 min, Willow Studio)  
Take your yoga practice to new levels using blocks in fun, interesting, and creative ways.

### 11:00 AM - HOMESTEAD HOME COOKING (WARMING FOODS)

(50 min, Chef's Kitchen)  
Blackmore Farm, The Lodge at Woodloch's own sustainable farm is in its winter lull. So Derrick, AKA "The Farmacist" has come in from the cold with this season's bounty to showcase hints and tricks you can use at home to cross utilize product, cut down on prep time, and get the most value from the food you buy. This demonstration will feature Bone Broth and Schmaltz.

### 11:00 AM - INDO-ROW

(45 min, Rowing Room)  
The unique format of Indo-Row captures all the elements of competitive, on-water rowing, creating a class that is fast-paced and engaging from the first minute. From "Skills and Drills" to "Waves and Recoveries," and the final build up to a friendly but competitive "Race," Indo-Row quickly converts first-timers to devoted team members.

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

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



SCHEDULED ACTIVITIES, CONT.

**12:00 PM - HONEY LOUNGE YOGA**

(45 min, Willow Studio)  
A combination of some very slow and held postures with a focus on hip openers, breath work, and an extended svasana. We'll finish with a brief meditation. You'll be walking on clouds!

**12:00 PM - THE BARRE**

(45 min, Linden 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 - 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.

**12:00 PM - TRX: EXPRESS STRETCH**

(25 min, CardioWeight Studio)  
Learn different ways to stretch your entire body using the TRX system.

**12:30 PM - PRIMITIVE FIRE MAKING**

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

**1:00 PM - AFTERNOON STRETCH**

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

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

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

**1:00 PM - CHAIR 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.

**1:00 PM - DECORATIVE BIRDHOUSES (\$)**

(120 min, Owl's Nest)  
Birdhouses are beautiful and unique. We provide the birdhouse, crafts, and natural items. You provide the creativity and inspiration to create and decorate a beautiful birdhouse to take home with you and display. Cost is \$20 per person.

**2:00 PM - NORDIC WALKING**

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

**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 - MYZONE CIRCUIT**

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

**2:00 PM - LET'S ROLL**

(45 min, Willow 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.

**2:00 PM - SPINNING**

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

**2:00 PM - SPLASH DANCE**

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

**2:00 PM - HIGH TUNNEL TOUR**

(50 min, Blackmore Garden)  
While crops in our garden have died back or gone dormant, the Winter growing season is in full swing in our heated high tunnels. Come enjoy the smells and sights of Spring while one of our farmers guides you through ways to ensure the growing season never ends. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

**2:00 PM - WATERCOLOR FEATHERS**

(120 min, Art Studio)  
This airy and breezy piece of art will give you wings and lift! Learn how to use soft watercolor washes overlaid by deeper tones to create a series of beautiful feathers of real and imagined birds. Feathers are sorted into a simple composition featuring the detail of each, creating a beautiful artistic masterpiece.

**2:30 PM - BLACKMORE FARM HIKE**

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

**3:00 PM - BUTTS & GUTS**

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

**3:00 PM - W.A.V.E.**

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

**3:00 PM - COUNTRY FUSION**

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

**3:00 PM - JOURNALING FOR SELF-DISCOVERY**

(45 min, Fireside Room)  
Learn the basics of writing a journal through guided self-exploration using your own observations, thoughts, and feelings. Your journal is yours to keep and cherish.

**3:00 PM - HOMESTEAD HOME COOKING**

(COOLING FOODS)  
(50 min, Chef's Kitchen)  
Blackmore Farm, The Lodge at Woodloch's own sustainable farm is in its winter lull. So Derrick, AKA "The Farmicist" has come in from the cold with this season's bounty to showcase hints and tricks you can use at home to cross utilize product, cut down on prep time, and get the most value from the food you buy. This demonstration will feature Winter storage crops, sprouts, and fermentation.

**3:30 PM - NATUREPIX 101**

(90 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 - ROARING 20'S - THEN & NOW**

COCKTAIL TASTING (\$)  
(50 min, Garden View Room)  
These beverages are the Bee's Knees! We selected cocktails that were popular during the Roaring 1920's and we'll discuss what makes them a classic cocktail still to this day. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

**4:00 PM - CHAKRA YOGA**

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

**4:00 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.

**4:00 PM - TRX: LOWER BODY**

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

**5:00 PM - GONG WITH THE WIND**

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

**8:00 PM - DOT MANDALA VINYL RECORDS (\$)**

(120 min, Art Studio)  
Practice balance, free your inner artist, and paint a beautiful Dot Mandala Record! A 'mandala' is a term taken from Hinduism and Buddhism, that represents the universe. The Mandala design has also fascinated psychologists throughout the years, linking your Mandala design to your self, ego, and personality. Participants will learn to use dotting tools on vintage records to create these stunning pieces. Cost is \$15 per person.

**8:30 PM - S'MORES PAIRING (\$)**

(60 min, Garden View Room)  
S'mores...and more! Join us to create your personal s'mores with our ultimate house-made ingredients paired with wine and/or seasonal cocktails. Portable tabletop stone fire pits will be available as our Wine Guru brings this dessert into adulthood with the perfect pairings. Guests must be at least 21 years of age to participate. Cost is \$35 per person.



## 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.

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### GEOCACHING

Lily Pad, 9am - 5pm

## DINING

Indoor 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, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or 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



## SCHEDULED ACTIVITIES

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### 7:45 AM - PILATES MAT

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

### 8:00 AM - WAKE UP SUNSHINE

(45 min, Oak Studio)  
Joints need specific movements and care to enable them to stay mobile and healthy for longevity. We will focus on juicing all of the joints of the body. You may be surprised at how great this makes you feel afterwards!

### 8:00 AM - AM STRETCH & MEDITATION

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

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

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

### 8:00 AM - ART FOR STRESS MANAGEMENT

(120 min, Art Studio)  
Learn how creativity can be used to manage stress and anxiety by drawing simple repetitive patterns. Your focus will shift and become centered on the repetition of your artwork, which helps calm the mind. The image that you naturally create can be shaded to enhance depth and dimension. Truly a unique art experience!

### 9:00 AM - HIP HOP TABATA

(45 min, Oak Studio)  
A fun, cardio based HIIT workout made for anyone that wants to shake it up. This class ain't no "Biggie"!

### 9:00 AM - SHOCKWAVE

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

### 9:00 AM - 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 - AEROBYX

(45 min, Linden Studio)  
Aerobyx is a combination of yoga infused with other calisthenics. A modern form of aerobic exercise incorporated with resistance bands. Identify with the weight and balance of your body while engaging in the presence of your breath. Aerobyx was designed to properly align your entire anatomy while giving you the power to consciously harness your energy and distribute it with fluidity and synchronized movement. Unifying the mind, body, and spirit. This class will leave you feeling toned and in tune with self.

### 9:30 AM - SPRING RIDGE HIKE

(150 min, Meet in Garden Hall)  
Join our guides for an easy-moderate hike through a vibrant young Oak forest, enjoying low-bush blueberry and huckleberry plants along the way. You will traverse old logging trails and new trails gaining glimpses of Woodloch Springs and scenic ridges of the Lackawaxen Valley in the distance.

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

(120 min, Owl's Nest)  
Birdhouses are beautiful and unique. We provide the birdhouse, crafts, and natural items. You provide the creativity and inspiration to create and decorate a beautiful birdhouse to take home with you and display. Cost is \$20 per person.

### 10:00 AM - INTRO TO FAT TIRE BIKES

(90 min, Lily Pad)  
Have you ever ridden a fat tire bike? Join our guides for a short (1-3 miles) ride as you learn the ins and outs of our Big John Fat Tire bikes. Snow, mud, or sand; these bikes will tackle it all.

### 10:00 AM - YOU KNEAD THIS

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

### 10:00 AM - MALA MEDITATION

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

### 10:00 AM - JUMP FOR JOY

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

### 10:00 AM - TOWER POWER

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

### 10:00 AM - TRX: TOTAL BODY

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

### 11:00 AM - MANDALA COLORING - TIPS & TECHNIQUES

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

### 11:00 AM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Tuesday's demonstration will feature Roasted Chilean Sea Bass with Pecan Polenta and Basil Pesto.

### 11:00 AM - AQUA TONING

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

### 11:00 AM - LET'S HAVE A BALL

(45 min, Oak Studio)  
Challenge your body to increase muscular and neurological strength by utilizing a stability ball. This fun-filled class uses a large stability ball and focuses on balance, core strength, and muscle sculpting.

### 11:00 AM - 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.

### 11:00 AM - TABATA

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

### 11:00 AM - BINAURAL BEATS AND THE MOVING IMAGINATION

(45 min, Linden Studio)  
Take an inner journey by escaping through sound and movement. Let the driving force of frequency bring you to a greater state of being. Proven to stimulate the brain and improve focus and concentration. A yoga class developed to increase confidence, motivation, and improve the quality of sleep.



SCHEDULED ACTIVITIES, CONT.

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

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

**12:00 PM - AQUA JOG**

(45 min, Aqua Garden)  
Who should try Aqua Jogging? Everyone! On or off season. New or experienced runners. Enjoy the cardio benefits and the euphoria of that runners high without the high impact of running outside. If you are 5' 5" or below we can provide an aqua belt if you choose.

**12:00 PM - PATANJALI ASHTANGA YOGA**

(45 min, Willow Studio)  
Discover the ancient knowledge in the 8 limbs of Patanjali Ashtanga Yoga. This classical form of yoga goes beyond the asanas. Get an in depth understanding about this fundamental practice in its entirety. Achieve full benefits from your yoga routine by learning the inner and outer structure of self study.

**12:00 PM - KENPO CARDIO**

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

**12:00 PM - INDO-ROW**

(45 min, Rowing Room)  
The unique format of Indo-Row captures all the elements of competitive, on-water rowing, creating a class that is fast-paced and engaging from the first minute. From "Skills and Drills" to "Waves and Recoveries," and the final build up to a friendly but competitive "Race," Indo-Row quickly converts first-timers to devoted team members.

**12:00 PM - WINTER WOODS WALK**

(90 min, Meet in Garden Hall)  
Whether by boot or snowshoe, follow a guide on a tour of The Lodge at Woodloch property. Animal tracks, woodpecker holes and ground scratchings all give us signs of the diversity of fauna in the area. Take a fresh look into the winter woods, to see how much life really happens, even through the cooler months.

**12:30 PM - GARDEN-INFUSED OILS (\$)**

(50 min, Owl's Nest)  
By infusing plants with oil, we can extract their beneficial properties and bring them into more parts of our lives. From arthritis to anxiety, plant infused oils can help to heal and nourish us naturally. Use these oils directly on your skin, or as an ingredient to make salves, lotions, balms, ointments.. the list goes on. We will work with freshly dried plants and flowers straight from Blackmore Farm. Cost is \$15 per person.

**1:00 PM - AFTERNOON STRETCH**

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

**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 - PROS & CONS OF FASTING**

(45 min, Fitness Lounge)  
Before you "try" know the "why".

**1:00 PM - UKULELE LESSONS**

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

**2:00 PM - SOMA YOGA**

(45 min, Willow Studio)  
Live better in your body! Soma is the Greek word for body. Join us on a kinesthetic journey to balance your internal and external experiences. With more awareness we begin to feel embodied, both grounded and energized! Get curious- tap into your silence.

**2:00 PM - SPLASH DANCE**

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

**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 - SPINNING**

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

**2:00 PM - SOUND IMMERSION**

(45 min, Linden Studio)  
Everything in life causes stress in one way or another. When we begin to experience high levels of stress, our physical bodies feel the effects. Join us on an ancient meditation journey where you will be immersed in waves of sound. Reset, destress and decompress all of your worries away! No meditation experience required.

**2:00 PM - HIGH TUNNEL TOUR**

(50 min, Blackmore Garden)  
While crops in our garden have died back or gone dormant, the Winter growing season is in full swing in our heated high tunnels. Come enjoy the smells and sights of Spring while one of our farmers guides you through ways to ensure the growing season never ends. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

**2:00 PM - EAGLE VIEWING**

(150 min, Meet in Garden Hall)  
As we travel along our rivers and estuaries, a national treasure can be spotted. The bald eagle, our country's emblem, takes up winter residence here, feasting on the rich food sources and entertaining all who catch a glimpse. Join us on a driving tour of the local waterways to search for these powerful and regal birds. Make sure to bring a camera and warm clothing in preparation for the many scenic stops along the way. This is an amazing opportunity to witness the eagles in their natural environment.

**2:00 PM - WATERCOLOR PAINTING**

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

**3:00 PM - COOKING DEMONSTRATION**

(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Tuesday's demonstration will feature Roasted Chilean Sea Bass with Pecan Polenta and Basil Pesto.

**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 - YOGA FOR BEGINNERS**

(45 min, Linden Studio)  
Learn the basics you'll need to begin exploring the wonderful world of yoga.

**3:00 PM - MANTRA MEDITATION**

(45 min, Willow Studio)  
Explore ancient mantras and instruments. Mantras can be chanted, sung, whispered, or internally spoken. Mantra is great for those with a busy mind! Ommmmmm.

**3:00 PM - MYZONE CIRCUIT**

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

**3:00 PM - GEOCACHING**

(90 min, Meet in Garden Hall)  
Explore The Lodge at Woodloch grounds on a hightech hunt for hidden "treasure" with help from our guides and a GPS. Usually off the beaten path and always a surprise, Geocaching is a fun way to learn about navigation and overland travel. Please wear sturdy shoes as many of the geocaches are hidden off trail.

**3:30 PM - WINE & HERBS WINE TASTING (\$)**

(50 min, Garden View Room)  
Wine is like people, the vine takes all the influences in life all around it, it absorbs them, and it gets its personality. With our own hand picked Blackmore Farm Hoop House Herbs, use your senses to find the flavors and aromas in your wines. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

**4:00 PM - TBC**

(45 min, Oak Studio)  
Total body conditioning - pure weight training using everything but the kitchen sink.

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

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

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

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

**5:00 PM - INTRO TO DRAWING**

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

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

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

**8:00 PM - ACRYLICS ON CANVAS**

(120 min, Art Studio)  
Create a beautiful winter scene painting of an enchanting super-moon among evergreens and stars.



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.

**BIKING**  
Lily Pad, 9am - 5pm

**BIRDING**  
Lily Pad, 9am - 5pm

**DISC GOLF**  
Lily Pad, 9am - 5pm

**GEOCACHING**  
Lily Pad, 9am - 5pm

DINING

Indoor 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, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or 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



SCHEDULED ACTIVITIES

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 do not join any class later than the scheduled start time.

**7:00 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.

**7:30 AM - SUNRISE PHOTO WALK**  
(75 min, Meet in Garden Hall)  
Explore the outstanding beauty of our grounds at a time often referred to by photographers as the "golden hour." No sunrise is the same and each one offers its own magical experience. Remember to bring your camera or cellphone! Please sign-up for the Sunrise Photo Walk prior to 7pm on the evening prior to the walk.

**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 - LEG DAY**  
(45 min, Oak Studio)  
From the tip of your toes to just below the belt, this strength training class focuses on legs and glutes.

**8:00 AM - ENERGETIC SELF CARE: LEARN HOW TO CARE FOR YOUR PERSONAL ENERGY & RECEIVE REIKI**  
(50 min, Meet at Owl's Nest)  
Do you ever feel like you're carrying the weight of the world on your shoulders, or feel the emotions of your friends, family and the collective during these intense times on our planet? That's probably because energetically you are! How can you help release the energy that is not yours, strengthen your own energetic field, and protect yourself from sucking in everyone else's stuff? Easy...come chat with Vanessa Hernandez and find out! Learn why and how we are affected by everyone on the planet, different ways to care for your personal energy, and be guided on a simple visualization to ground and center you while receiving an energy healing.

**8:00 AM - ZENDOODLE**  
(120 min, Art Studio)  
Join a newly designed, relaxation based art class where you can explore your fun, creative side by choosing from several doodle layouts that are broken down step by step by the instructor. You can then develop them into beautiful designs that can be colored and/or shaded if so desired. No previous art experience is necessary, anyone can ZenDoodle!

**9:00 AM - 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.

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

**9:00 AM - AQUA TABATA**  
(45 min, Aqua Garden)  
A challenging pool workout using the Tabata technique of high-intensity cardio and alternating rest periods for a great, non-impact total body workout.

**9:00 AM - 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.

**9:00 AM - SHUMAN POINT HIKE**  
(180 min, Meet in Garden Hall)  
Explore Shuman Point Natural Area on a 3 mile loop hike 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*

**9:30 AM - BASICS OF BIRDING**  
(90 min, Meet in Garden Hall)  
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.

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

**10:00 AM - 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 - 45-MINUTE STRETCH**  
(45 min, Linden Studio)  
Enjoy a quick stretch before your afternoon begins!

**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 - CRYSTAL CONNECTIONS**  
(45 min, Fitness Lounge)  
Healing crystals come in an array of cuts and colors, each with different energies and purposes. We will examine a collection of commonly used crystals and discuss how to use them with intention and confidence.

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

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

**11:00 AM - COOKING DEMONSTRATION**  
(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Wednesday's demonstration will feature Sautéed Duck Breast with Root Vegetable Puree and Dried Cherry Compote.

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

**11:00 AM - REBEL YOGA**  
(45 min, Rowing Room)  
A POWERFUL yoga class using light weights and motivational music to help bring out your own personal BADASSERY.

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

**11:30 AM - MOCKTAILS & MIMOSAS (\$)**  
(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.





## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - CHAKRA BEAD CLASS (\$)

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

### 12:00 PM - CHAKRA BOWL DEMONSTRATION

(20 min, Meet in the Garden Hall)  
Learn more about how vibrational stimulation of Chakra Bowls will restore your sense of calm, peace, mental clarity, as well as physical and energetic balance.

### 12:00 PM - INDO-ROW

(45 min, Rowing Room)  
The unique format of Indo-Row captures all the elements of competitive, on-water rowing, creating a class that is fast-paced and engaging from the first minute. From "Skills and Drills" to "Waves and Recoveries," and the final build up to a friendly but competitive "Race," Indo-Row quickly converts first-timers to devoted team members.

### 12:00 PM - SURRENDER

(45 min, Willow 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.

### 12:00 PM - THE LIFT YOU NEED

(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.

### 12:00 PM - KETTLEBELL BOOT CAMP

(45 min, Oak Studio)  
Boot camp training has swept the nation! In an action packed aerobic circuit, feel the burn using kettlebells. A quick paced, highly motivating workout that builds muscle and increases stamina.

### 12:30 PM - WINTER SENSORY WALK

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

### 1:00 PM - FOREST BATHING

(80 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 - WHAT'S MY DOSHA

(45 min, Linden Studio)  
Come learn the basics about doshas from the Indian medical system of Ayurveda! We will take a test to identify your particular doshas and learn how to use the dosha system to help you gain more balance in your everyday life.

### 1:00 PM - DREAM SHIFTING JOURNEY

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

### 1:00 PM - REFRESHING YOUR SPIRIT

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

### 2:00 PM - HIGH TUNNEL TOUR

(50 min, Blackmore Garden)  
While crops in our garden have died back or gone dormant, the Winter growing season is in full swing in our heated high tunnels. Come enjoy the smells and sights of Spring while one of our farmers guides you through ways to ensure the growing season never ends. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 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 - AQUA JOG

(45 min, Aqua Garden)  
Who should try Aqua Jogging? Everyone! On or off season. New or experienced runners. Enjoy the cardio benefits and the euphoria of that runners high without the high impact of running outside. If you are 5' 5" or below we can provide an aqua belt if you choose.

### 2:00 PM - HIP HOP TABATA

(45 min, Oak Studio)  
A fun, cardio based HIIT workout made for anyone that wants to shake it up. This class ain't no "Biggie"!

### 2:00 PM - CIRCUIT CITY

(45 min, CardioWeight Studio)  
After a heart pumping warm-up, you'll move quickly through 8-10 stations focusing on building strength and endurance.

### 2:00 PM - CREATE WITH INKS!

(60 min, Art Studio)  
Come enjoy the process of creating a beautiful, one of a kind masterpiece, using alcohol inks on yupo paper. Explore a relatively new medium that is unpredictable, vibrant, and fascinating. Your creativity will be unleashed as you design a notecard, gift tags, or simply a frameable piece of art. The possibilities are endless!

### 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.

### 3:00 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.

### 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 - W.A.V.E.

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

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

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

### 3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Wednesday's demonstration will feature Sauteed Duck Breast with Root Vegetable Puree and Dried Cherry Compote.

### 3:30 PM - PAPER MARBLING

(60 min, Art Studio)  
No experience or artistic talent necessary. Come have fun with inks, water and paper to create an original piece of art or stationery.

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

(45 min, Linden 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 - YOGA RESET

(75 min, Willow Studio)  
With all the busyness of life, we tend to get a little out of whack. This 75-minute vinyasa yoga class will help you get back into balance through practices that will energize you, support gentle detoxification, and bring you back to your center. Ahhhh - Don't you feel better already?!

### 4:00 PM - SAVORING MEDICINAL TEA

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

### 5:00 PM - PRIMORDIAL GONG

(45 min, Linden Studio)  
In this silent meditation, you will lie down and be bathed by the ancient healing and restorative power of the Gong. Immersed and floating in a gentle ocean of vibrations, you will open to the spacious silence within you for a blissful journey into inner peace, cellular harmony, and total body/mind rejuvenation.

### 8:00 PM - WATERCOLOR PAINTING

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



## OPEN ACTIVITIES

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

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### GEOCACHING

Lily Pad, 9am - 5pm

## DINING

Indoor 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, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or 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



## SCHEDULED ACTIVITIES

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 do not join any class later than the scheduled start time.

### 8:00 AM - WAKE UP SUNSHINE

(45 min, Oak Studio)  
Joints need specific movements and care to enable them to stay mobile and healthy for longevity. We will focus on juicing all of the joints of the body. You may be surprised at how great this makes you feel afterwards!

### 8:00 AM - AM STRETCH & MEDITATION

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

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

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

### 9:00 AM - SHADOW BOXING

(45 min, Linden Studio)  
Jab, cross, hook and upper cut in this unique full-body workout that bridges the gap between boxing and fitness.

### 9:00 AM - CHAKRA BOWL DEMONSTRATION

(20 min, Meet in the Garden Hall)  
Learn more about how vibrational stimulation of Chakra Bowls will restore your sense of calm, peace, mental clarity, as well as physical and energetic balance.

### 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 - 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 - AEROBYX

(45 min, Willow Studio)  
Aerobyx is a combination of yoga infused with other calisthenics. A modern form of aerobic exercise incorporated with resistance bands. Identify with the weight and balance of your body while engaging in the presence of your breath. Aerobyx was designed to properly align your entire anatomy while giving you the power to consciously harness your energy and distribute it with fluidity and synchronized movement. Unifying the mind, body, and spirit. This class will leave you feeling toned and in tune with self.

### 9:00 AM - ABSTRACT PAINTING

(60 min, Art Studio)  
Open your mind to the world of abstract painting! While standing at your desk you will connect with your chakras allowing your feelings to flow freely, releasing a wealth of inner creativity. After a demonstration from the instructor, you will be using a 12 x 16 piece of paper, flow acrylics, inks, collage pieces, and newsprint to create your masterpiece.

### 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.

### 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 - PATANJALI ASHTANGA YOGA

(45 min, Linden Studio)  
Discover the ancient knowledge in the 8 limbs of Patanjali Ashtanga Yoga. This classical form of yoga goes beyond the asanas. Get an in depth understanding about this fundamental practice in its entirety. Achieve full benefits from your yoga routine by learning the inner and outer structure of self study.

### 10:00 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 - 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 - TRIFECTA

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

### 10:00 AM - 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.

### 10:00 AM - ANIMAL TRACKING & IDENTIFICATION

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

### 11:00 AM - WATERCOLOR FLOWER STUDY

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

### 11:00 AM - THE ART OF MINDFUL EATING

(50 min, Garden View Room)  
Take a healthier approach to eating. One of the most constructive changes is to adopt a mindful-eating practice. Mindful eating helps you become aware of your thoughts and feelings, and empowers you to make healthier choices. Join Talia, board certified holistic health and nutrition coach, to discover simple strategies for connecting with your hunger and mindful eating. Talia will be glad to answer any questions you have on food and digestion. Private consultations are also available through Spa Concierge.

### 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 - COUNTRY FUSION

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

### 11:00 AM - LET'S HAVE A BALL

(45 min, Oak Studio)  
Challenge your body to increase muscular and neurological strength by utilizing a stability ball. This fun-filled class uses a large stability ball and focuses on balance, core strength, and muscle sculpting.

### 11:00 AM - TOWER POWER

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

### 11:00 AM - W.A.V.E.

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

### 11:00 AM - BASICS OF COMPOSTING

(50 min, Blackmore Farm)  
The Law of Conservation of Mass implies that matter cannot be created nor destroyed. Nowhere is that more evident than in the enlivening of organic material in compost. Join Sam, "The Dirt Doctor", as he lays the groundwork for proper decomposition so you can bring home the knowledge to turn your kitchen scraps and yard waste into Black Gold. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.



## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - THE BITTER TRUTH ABOUT SUGAR

(50 min, Garden View Room)  
It is a well-documented fact that sugar is a contributing factor to all around poor health, not to mention weight gain. This presentation will discuss the effect sugar has on our body and the problems that may arise from eating too much sugar. Private consultations are also available through the Spa Concierge.

### 12:00 PM - CRYSTALS AND STONES: A POWERFUL TOOL FOR YOUR AWAKENING JOURNEY (\$)

(75 min, Fireside Room)  
Pretty rocks for decoration or powerful tools for your energetic journey? You decide. Join Reiki Shamanic Energy Healer Vanessa Hernandez for a one of a kind crystal healing experience. During this gathering you will receive your own crystal to take home, learn how it works with you, how to work with it, how to care for your crystals, different ways to incorporate crystals into your everyday life and learn the specific properties of your crystal. Then get comfy and dive into a guided visualization to connect your personal energy with your gorgeous crystal's frequency, activate its connection with you and allow it to align you with a world of gifts, surprises, prosperity and abundance. Along with this guided journey you will also receive a Reiki Shamanic Energy Healing, a 3 card oracle pull for your message from the Universe, essential oils, and of course your Reiki infused crystal to take home with you. Please feel free to bring any of your own personal crystals with you as well. The more the merrier! Cost is \$20 per person.

### 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 - JUMP FOR JOY

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

### 12:00 PM - CORE FOCUS

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

### 12:00 PM - DOES YOUR LIFESTYLE FIT YOUR FOOD

(45 min, Fitness Lounge)  
In this lecture you will learn the basic differences between Macro vs Micro nutrients. Find out what they are and why your body and mind need them.

### 12:00 PM - TRX: EXPRESS STRETCH

(25 min, CardioWeight Studio)  
Learn different ways to stretch your entire body using the TRX system.

### 12:00 PM - INDO-ROW

(45 min, Rowing Room)  
The unique format of Indo-Row captures all the elements of competitive, on-water rowing, creating a class that is fast-paced and engaging from the first minute. From "Skills and Drills" to "Waves and Recoveries," and the final build up to a friendly but competitive "Race," Indo-Row quickly converts first-timers to devoted team members.

### 12:00 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.

### 12:30 PM - MINDFUL FARM WALK

(80 min, Meet in Garden Hall)  
Join Stefani on a gentle tour through our farm's natural and cultivated space. Perceive your reflection in nature through grounding, breath work, and journaling.

### 1:00 PM - HOLISTIC HEALTH - REFRESH & RESET

(50 min, Garden View Room)  
Learn a fresh approach to healthy eating about this holiday season. We will discuss simple ways to eat smarter in order to minimize inflammation and our exposure to toxins from food and the environment. Private consultations are also available through the Spa Concierge.

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

(60 min, Art Studio)  
Create a set of four coasters using alcohol inks on porcelain tiles. You can bring your own ideas or be inspired by the samples in the studio. No experience necessary. Cost is \$15 per person.

### 1:00 PM - BLISSFUL BRAIN MEDITATION

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

### 1:00 PM - SENSORIAL AWAKENING WITH TANTRA

(45 min, Linden Studio)  
Unplug and nourish the spirit by allowing full indulgence in this sensorial experience. By getting in touch with our 5 senses we are able to make conscious changes to help us bring simplicity and contentment back into our lives.

### 1:00 PM - AFTERNOON STRETCH

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

### 1:00 PM - WINTER WOODS WALK

(90 min, Meet in Garden Hall)  
Whether by boot or snowshoe, follow a guide on a tour of The Lodge at Woodloch property. Animal tracks, woodpecker holes and ground scratchings all give us signs of the diversity of fauna in the area. Take a fresh look into the winter woods, to see how much life really happens, even through the cooler months.

### 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 - HIGH TUNNEL TOUR

(50 min, Blackmore Garden)  
While crops in our garden have died back or gone dormant, the Winter growing season is in full swing in our heated high tunnels. Come enjoy the smells and sights of Spring while one of our farmers guides you through ways to ensure the growing season never ends. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 2:00 PM - TRX: LOWER BODY

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

### 2:00 PM - SPLASH DANCE

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

### 2:00 PM - MEDITATION 101

(45 min, Willow Studio)  
Explore the many styles of meditation. Perfect for the newbie or the curious. Handouts will be given to help you continue your practice when you get home.

### 2:00 PM - CHAKRA YOGA

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

### 2:00 PM - EAGLE VIEWING

(150 min, Meet in Garden Hall)  
As we travel along our rivers and estuaries, a national treasure can be spotted. The bald eagle, our country's emblem, takes up winter residence here, feasting on the rich food sources and entertaining all who catch a glimpse. Join us on a driving tour of the local waterways to search for these powerful and regal birds. Make sure to bring a camera and warm clothing in preparation for the many scenic stops along the way. This is an amazing opportunity to witness the eagles in their natural environment.

### 2:30 PM - CLOUD CREATIONS

(60 min, Art Studio)  
Bring the outdoors in and revisit a favorite childhood memory of looking up at the clouds. Using a new technique with alcohol inks and a blending solution on photo paper you will be able to create a beautiful painting of the clouds above us.

### 3:00 PM - BUTTS & GUTS

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

### 3:00 PM - AQUA TABATA

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

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

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

### 3:00 PM - TRX EXPRESS: CORE

(25 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

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

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

### 3:00 PM - GEOCACHING

(90 min, Meet in Garden Hall)  
Explore The Lodge at Woodloch grounds on a hightech hunt for hidden "treasure" with help from our guides and a GPS. Usually off the beaten path and always a surprise, Geocaching is a fun way to learn about navigation and overland travel. Please wear sturdy shoes as many of the geocaches are hidden off trail.

### 4:00 PM - THE WIND DOWN

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

### 4:00 PM - 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.

### 5:00 PM - SOUND IMMERSION

(45 min, Linden Studio)  
Everything in life causes stress in one way or another. When we begin to experience high levels of stress, our physical bodies feel the effects. Join us on an ancient meditation journey where you will be immersed in waves of sound. Reset, destress and decompress all of your worries away! No meditation experience required.

### 8:00 PM - INTRO TO DRAWING

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

### 8:30 PM - MOVIE NIGHT

(100 min, Garden View Room)  
Join us for a viewing of *Hope Gap*. Grace lives an idyllic life until her 29-year marriage to Edward abruptly ends, leaving their only son to pick up the pieces. As life unravels, Grace discovers it's never too late to be happy.



## 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.

**BIKING**

Lily Pad, 9am - 5pm

**BIRDING**

Lily Pad, 9am - 5pm

**DISC GOLF**

Lily Pad, 9am - 5pm

**GEOCACHING**

Lily Pad, 9am - 5pm

## DINING

Indoor 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, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or 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



## SCHEDULED ACTIVITIES

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 do not join any class later than the scheduled start time.

**7:45 AM - PILATES MAT**

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

**8:00 AM - T'AI CHI**

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

**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.

**9:00 AM - MANTRA MEDITATION**

(45 min, Rowing Room)  
Explore ancient mantras and instruments. Mantras can be chanted, sung, whispered, or internally spoken. Mantra is great for those with a busy mind! Om-mmm.

**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 - TONE TO STONE**

(45 min, Oak Studio)  
This class ZAP's the FAT using combination weight training moves that will help you get back into shape or stay in shape.

**9:00 AM - GROOVE AND MOVE**

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

**9:00 AM - MYZONE CIRCUIT**

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

**9:00 AM - CHAKRA BEAD CLASS (\$)**

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

**9:30 AM - SPRING RIDGE HIKE**

(150 min, Meet in Garden Hall)  
Join our guides for an easy-moderate hike through a vibrant young Oak forest, enjoying low-bush blueberry and huckleberry plants along the way. You will traverse old logging trails and new trails gaining glimpses of Woodloch Springs and scenic ridges of the Lackawaxen Valley in the distance.

**10:00 AM - INTRO TO FAT TIRE BIKES**

(90 min, Lily Pad)  
Have you ever ridden a fat tire bike? Join our guides for a short (1-3 miles) ride as you learn the ins and outs of our Big John Fat Tire bikes. Snow, mud, or sand; these bikes will tackle it all.

**10:00 AM - TABATA**

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

**10:00 AM - GUIDED LABYRINTH WALK**

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

**10:00 AM - BACK TO YOUR ROOTS**

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

**10:00 AM - 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.

**10:00 AM - TRX: TOTAL BODY**

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training body-weight exercise develops strength, balance, flexibility, and core stability simultaneously.

**11:00 AM - HEALTHY SMOOTHIE DEMONSTRATION**

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

**11:00 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.

**11:00 AM - VIBE AND RELAX**

(45 min, Willow Studio)  
Up your vibration and feel better! Learn meridian tapping, Myofascial release, and how to be present to recognize your daily energetic wave. Then integrate our self care practice with a crystal-infused deep relaxation!

**11:00 AM - CORE FOCUS**

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

**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 - AQUA TONING**

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

**11:00 AM - CONES AND LADDERS**

(45 min, CardioWeight Studio)  
This exhilarating combination of footwork and agility drills will challenge everyone's athletic side. Combines upper and lower body drills for an intense cardio workout.

**11:00 AM - ENERGETIC SELF CARE: LEARN HOW TO CARE FOR YOUR PERSONAL ENERGY & RECEIVE REIKI!**

(50 min, Meet at Owl's Nest)  
Do you ever feel like you're carrying the weight of the world on your shoulders, or feel the emotions of your friends, family and the collective during these intense times on our planet? That's probably because energetically you are! How can you help release the energy that is not yours, strengthen your own energetic field, and protect yourself from sucking in everyone else's stuff? Easy...come chat with Vanessa Hernandez and find out! Learn why and how we are affected by everyone on the planet, different ways to care for your personal energy, and be guided on a simple visualization to ground and center you while receiving an energy healing.



## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - AQUA TABATA

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

### 12:00 PM - PRIMORDIAL GONG

(45 min, Linden Studio)  
In this silent meditation, you will lie down and be bathed by the ancient healing and restorative power of the Gong. Immersed and floating in a gentle ocean of vibrations, you will open to the spacious silence within you for a blissful journey into inner peace, cellular harmony, and total body/mind rejuvenation.

### 12:00 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.

### 12:00 PM - SPINNING

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

### 12:00 PM - LEG DAY

(45 min, Rowing Room)  
From the tip of your toes to just below the belt, this strength training class focuses on legs and glutes.

### 12:30 PM - FOOD FOR THOUGHT - ASK THE NUTRITIONIST

(50 min, Garden View Room)  
Holistic nutrition and health coach, Talia, is here to answer your question and give you tips and ideas on how to improve to your nutrition, lifestyle and overall well-being.

### 1:00 PM - PRIMITIVE FIRE MAKING

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

### 1:00 PM - AFTERNOON STRETCH

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

### 1:00 PM - DREAM SHIFTING JOURNEY

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

### 1:00 PM - PROS & CONS OF FASTING

(45 min, Fitness Lounge)  
Before you "try" know the "why".

### 1:00 PM - DIY HERBAL SALTS (\$)

(50 min, Owl's Nest)  
Handmade herbal salts bring fresh flavor and nutrients into meals and are a great way to preserve your favorite plants from the garden. They also tend to taste even better as they infuse over time! Join one of our farmers in the process of utilizing freshly harvested organic herbs from Blackmore Farm. Everyone leaves with two unique blends. Cost is \$15 per person.

### 1:00 PM - FOREST BATHING

(80 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 - HIGH TUNNEL TOUR

(50 min, Blackmore Garden)  
While crops in our garden have died back or gone dormant, the Winter growing season is in full swing in our heated high tunnels. Come enjoy the smells and sights of Spring while one of our farmers guides you through ways to ensure the growing season never ends. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 2:00 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.

### 2:00 PM -HIP HOP TABATA

(45 min, Linden Studio)  
A fun, cardio based HIIT workout made for anyone that wants to shake it up. This class ain't no "Biggie"!

### 2:00 PM - CHAKRA BOWL DEMONSTRATION

(20 min, Meet in the Garden Hall)  
Learn more about how vibrational stimulation of Chakra Bowls will restore your sense of calm, peace, mental clarity, as well as physical and energetic balance.

### 2:00 PM - POUND

(45 min, Oak Studio)  
POUND is the world's first cardio jam session inspired by the infectious, energizing, and sweat dripping fun of playing the drums.

### 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 - SILK SCARF PAINTING (\$)

(60 min, Art Studio)  
Create a beautiful one of a kind wearable piece of art by using simple, creative techniques. You will be truly surprised at how easy your masterpiece comes together! No experience is necessary! Cost is \$20 per person.

### 3:00 PM - BLACKMORE FARM HIKE

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

### 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 - 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.

### 3:00 PM - W.A.V.E.

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

### 3:00 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.

### 3:00 PM - HEALTHY DESSERTS MADE EASY

(50 min, Chef's Kitchen)  
In this class we will show you how to satisfy your sweet tooth by making easy and delicious desserts using only healthy, natural ingredients. Eating healthy desserts will not only satisfy your cravings for something sweet, but you will be at peace with yourself. Join Talia, natural foods chef and board certified holistic nutritionist, for a fun and informative nutritious and delicious class.

### 3:30 PM - OLD WORLD VS. NEW WORLD WINE TASTING (\$)

(50 min, Garden View Room)  
What does Old World Wine mean? Find out the differences between New World and Old World wine and how winemaking style greatly affects what you taste. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

### 3:30 PM - DECORATIVE BIRDHOUSES (\$)

(120 min, Owl's Nest)  
Birdhouses are beautiful and unique. We provide the birdhouse, crafts, and natural items. You provide the creativity and inspiration to create and decorate a beautiful birdhouse to take home with you and display. Cost is \$20 per person.

### 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 - 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.

### 4:00 PM - 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.

### 4:30 PM - BASICS OF CHARCOAL

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

### 5:00 PM - CRYSTAL BOWL SOUND HEALING MEDITATION

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

### 8:00 PM - WATERCOLOR PAINTING

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

### 8:00 PM - FARM FILM FRIDAY

(90 min, Garden View Room)  
As it was since the dawn of our agrarian society, the population of many nations of the world still predominantly work in agriculture. In the United States however, only 2% of the population are farmers and ranchers. It's no wonder interest in where food comes from and how it is grown is at an all-time high. Join Sam, "The Dirt Doctor", as he hits the biggest topics and answers the most important questions in agriculture today. This week's film is *Kiss the Ground*, which discusses the movement of "Regenerative Agriculture" and how it could balance our climate, replenish water supplies, and feed the world.

### 8:30 PM - DRINK THIS AND THAT

(60 min, Fireside Room)  
There is a lot to appreciate within the worlds of beer and wine, it can be hard to know where to begin... especially if you feel more well-versed in one versus the other. By identifying what you like and considering how to translate that preference to the other side, this class will showcase flavor similarities and offer suggestions on finding wine and beer that suit any mood, palate or occasion. Guests must be at least 21 years of age to participate.



## 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.

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### GEOCACHING

Lily Pad, 9am - 5pm

## DINING

Indoor 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, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or 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



## SCHEDULED ACTIVITIES

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 do not join any class later than the scheduled start time.

### 7:00 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 - 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 - CARDIO COMBO

(45 min, CardioWeight Studio)  
Ready, set, go and start your day with a solid 5,000 steps with a mix of walking/jogging/running, biking, and rowing to complete a quick 2.5 miles!

### 9:00 AM - GEL PRESS PRINTING

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

### 9:00 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.

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

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

### 9:00 AM - 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.

### 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 - 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: 1.5 hrs

### 10:00 AM - 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.

### 10:00 AM - HIGH TUNNEL GARDEN HARVEST (\$)

(60 min, Blackmore Garden)  
The days are short and nights are freezing, but the heated high tunnels at Blackmore Farm are loaded with tender salad greens and fresh herbs. Join our Farmers as they teach you the best ways to harvest and store your greens, get a taste of Spring, and bring home a bag of your very own organic produce! Dress in layers and have proper footwear. Cost is \$20 per person. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 10:00 AM - YOGA FOUNDATIONS

(45 min, Linden Studio)  
For beginners and those looking for a gentle and mindful class. Learn and practice basic yoga poses and breathing techniques. Feel your stress melt away in traditional 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 - TRX FOR BEGINNERS

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

### 10:00 AM - 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.

### 10:00 AM - PILATES MAT

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

### 11:00 AM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Saturday's demonstration will feature Gluten Free Coconut Flour Brownie with Candied Ginger Whipped Cream and Peppercorn Brittle.

### 11:00 AM - IMMORTAL PUSHING STONE

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

### 11:00 AM - TRX: TABATA

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

### 11:00 AM - BOSU

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

### 11:00 AM - THE POWER OF INTENTION

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

### 11:00 AM - INDO-ROW

(45 min, Rowing Room)  
The unique format of Indo-Row captures all the elements of competitive, on-water rowing, creating a class that is fast-paced and engaging from the first minute. From "Skills and Drills" to "Waves and Recoveries," and the final build up to a friendly but competitive "Race," Indo-Row quickly converts first-timers to devoted team members.

### 11:30 AM - SUN PRINTING FROM THE GARDEN

(90 min, Art Studio)  
Create unique and beautiful images on paper using objects from nature, UV light, and water. Cyanotype is a printmaking process that has been used by botanists and architects for centuries, and is an excellent way to express both artistic creativity and a love of nature. Everyone will leave with hand-made works of art



## SCHEDULED ACTIVITIES, CONT.

### 12:00 PM - CHAKRA YOGA

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

### 12:00 PM - BUTTS & GUTS

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

### 12:00 PM - TOWER POWER

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

### 12:00 PM - COMPASSION MEDITATION

(45 min, Willow Studio)  
Join a guided meditation informed by the ancient and contemporary Buddhist teachings on mindfulness and kind attention. Discover a simple and powerful way to connect to your moment to moment experience, to embrace self and others with non judgmental awareness, to cultivate compassion and gratitude for the beautiful gifts already present in our lives.

### 12:00 PM - CARDIO MEDLEY

(45 min, CardioWeight Studio)  
An instructor guides you through an intense interval workout on our Precor cardio machines, along with strength-training segments.

### 12:30 PM - MINDFUL FARM WALK

(80 min, Meet in Garden Hall)  
Join Stefani on a gentle tour through our farm's natural and cultivated space. Perceive your reflection in nature through grounding, breath work, and journaling.

### 1:00 PM - AFTERNOON STRETCH

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

### 1:00 PM - BINAURAL BEATS AND THE MOVING IMAGINATION

(45 min, Willow Studio)  
Take an inner journey by escaping through sound and movement. Let the driving force of frequency bring you to a greater state of being. Proven to stimulate the brain and improve focus and concentration. A yoga class developed to increase confidence, motivation, and improve the quality of sleep.

### 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 - WINTER WOODS WALK

(90 min, Meet in Garden Hall)  
Whether by boot or snowshoe, follow a guide on a tour of The Lodge at Woodloch property. Animal tracks, woodpecker holes and ground scratchings all give us signs of the diversity of fauna in the area. Take a fresh look into the winter woods, to see how much life really happens, even through the cooler months.

### 2:00 PM - 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.

### 2:00 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.

### 2:00 PM - CHAKRA BOWL DEMONSTRATION

(20 min, Meet in the Garden Hall)  
Learn more about how vibrational stimulation of Chakra Bowls will restore your sense of calm, peace, mental clarity, as well as physical and energetic balance.

### 2:00 PM - SHOCKWAVE

(45 min, Rowing Room)  
Dubbed "the most efficient total body workout in the world," ShockWave is extreme crosstraining 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.

### 2:00 PM - CRYSTAL CONNECTIONS

(45 min, Fitness Lounge)  
Healing crystals come in an array of cuts and colors, each with different energies and purposes. We will examine a collection of commonly used crystals and discuss how to use them with intention and confidence.

### 2:00 PM - EAGLE VIEWING

(150 min, Meet in Garden Hall)  
As we travel along our rivers and estuaries, a national treasure can be spotted. The bald eagle, our country's emblem, takes up winter residence here, feasting on the rich food sources and entertaining all who catch a glimpse. Join us on a driving tour of the local waterways to search for these powerful and regal birds. Make sure to bring a camera and warm clothing in preparation for the many scenic stops along the way. This is an amazing opportunity to witness the eagles in their natural environment.

### 2:00 PM - HIGH TUNNEL TOUR

(50 min, Blackmore Garden)  
While crops in our garden have died back or gone dormant, the Winter growing season is in full swing in our heated high tunnels. Come enjoy the smells and sights of Spring while one of our farmers guides you through ways to ensure the growing season never ends. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 2:00 PM - INTRO TO DRAWING

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

### 3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Saturday's demonstration will feature Gluten Free Coconut Flour Brownie with Candied Ginger Whipped Cream and Peppercorn Brittle.

### 3:00 PM - HIPPIE YOGA

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

### 3:00 PM - PALO SANTO SMUDGING MEDITATION

(45 min, Rowing Room)  
Indulge your senses with the sacred scent of Palo Santo, also known as "Holy Wood." Increase positive energy and enhance mood through the burning process known as smudging. Discover the many therapeutic benefits of this ancient technique and its natural ability to help you unwind. Sit back, relax, and leave the stagnant energy behind.

### 3:00 PM - AQUA TONING

(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.

### 3:00 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.

### 3:00 PM - GEOCACHING

(90 min, Meet in Garden Hall)  
Explore The Lodge at Woodloch grounds on a high-tech hunt for hidden "treasure" with help from our guides and a GPS. Usually off the beaten path and always a surprise, Geocaching is a fun way to learn about navigation and overland travel. Please wear sturdy shoes as many of the geocaches are hidden off trail.

### 3:30 PM - WINE & CHOCOLATE PAIRING (\$)

(50 min, Garden View Room)  
Join our sommelier for an in depth look into the various characteristics of wine varietals from around the world and learn how they pair tastefully with delicious chocolates. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

### 4:00 PM - LET'S HAVE A BALL

(45 min, Oak Studio)  
Challenge your body to increase muscular and neurological strength by utilizing a stability ball. This fun-filled class uses a large stability ball and focuses on balance, core strength, and muscle sculpting.

### 4:00 PM - PATANJALI ASHTANGA YOGA

(45 min, Rowing Room)  
Discover the ancient knowledge in the 8 limbs of Patanjali Ashtanga Yoga. This classical form of yoga goes beyond the asanas. Get an in depth understanding about this fundamental practice in its entirety. Achieve full benefits from your yoga routine by learning the inner and outer structure of self study.

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

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

### 5:00 PM - SOUND IMMERSION

(45 min, Linden Studio)  
Everything in life causes stress in one way or another. When we begin to experience high levels of stress, our physical bodies feel the effects. Join us on an ancient meditation journey where you will be immersed in waves of sound. Reset, destress and decompress all of your worries away! No meditation experience required.

### 6:00 PM - CHEF'S KITCHEN: BEER AND WINE BATTLE CHEF'S DINNER (\$)

(120 min, Chef's Kitchen)  
Ten wines, five culinary-crafted courses, two presenters, and one deliciously entertaining evening. Join beer expert John Holl and writer and editor Lauren Buzzee for a multi-course dinner that explores the breadth and versatility of food and drink harmony with delightful beer and wine pairings, selected to tantalize your taste buds and bring out the very best of the meal in unique and exciting ways. There is an upcharge for the intimate dinner experience of \$95 per person which includes the beer and wine pairing. Limited seating so please plan ahead! \*Due to the uniquely creative & themed nature of our Chef's Table Dinners, allergy and dietary restriction accommodations may not be possible. Please speak with a Hostess prior to making a reservation if you have an allergy or dietary restriction.

### 8:00 PM - WATERCOLOR PAINTING

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

### 8:30 PM - THE MIND DIET

(50 min, Fireside Room)  
There is growing scientific evidence that dietary intake can actually reduce the risk of developing dementia and Alzheimer's disease. Recent studies suggest that a specific diet called the MIND diet may reduce these risks. The MIND diet emphasizes foods shown to support a healthy brain, and recommends limiting potentially damaging choices.



## 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.

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### GEOCACHING

Lily Pad, 9am - 5pm

## DINING

Indoor 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, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or 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



## SCHEDULED ACTIVITIES

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### 7:00 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.

### 7:30 AM - SUNRISE PHOTO WALK

(75 min, Meet in Garden Hall)

Explore the outstanding beauty of our grounds at a time often referred to by photographers as the "golden hour." No sunrise is the same and each one offers its own magical experience. Remember to bring your camera or cellphone! Please sign-up for the Sunrise Photo Walk prior to 7pm on the evening prior to the walk.

### 8:00 AM - WAKE UP SUNSHINE

(45 min, Linden Studio)

Joints need specific movements and care to enable them to stay mobile and healthy for longevity. We will focus on juicing all of the joints of the body. You may be surprised at how great this makes you feel afterwards!

### 8:00 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.

### 8:00 AM - ART FOR STRESS MANAGEMENT

(120 min, Art Studio)

Learn how creativity can be used to manage stress and anxiety by drawing simple repetitive patterns. Your focus will shift and become centered on the repetition of your artwork, which helps calm the mind. The image that you naturally create can be shaded to enhance depth and dimension. Truly a unique art experience!

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

(45 min, Linden Studio)

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

### 9:00 AM - 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.

### 9:00 AM - MANTRA MEDITATION

(45 min, Willow Studio)

Explore ancient mantras and instruments. Mantras can be chanted, sung, whispered, or internally spoken. Mantra is great for those with a busy mind! Ommmmmm.

### 9:00 AM - ARMS, CHEST, AND BACK

(45 min, Rowing Room)

This functional training class will tone and strengthen your upper body while teaching you stretches to keep you flexible. This class is not recommended if you have any injuries.

### 9:00 AM - 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 - 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 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

### 9:30 AM - BASICS OF BIRDING

(90 min, Meet in Garden Hall)

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.

### 10:00 AM - AQUA TABATA

(45 min, Aqua Garden)

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

### 10:00 AM - PILATES MAT

(45 min, Linden Studio)

Developed for beginners to intermediate levels, this popular Pilates mat form of "mind body" exercise helps improve core muscle strength, flexibility, balance and posture.

### 10:00 AM - HEART OPENER YOGA

(45 min, Willow Studio)

Anahata, meaning "unhurt" or "unstruck" is the chakra located at the heart space. Signs of a blocked heart chakra are tight shoulders, poor circulation, and bottling up emotions. Open your heart to this gentle flow to find balance and love within.

### 10:00 AM - ATHLETIC STRETCH

(45 min, Oak Studio)

Listen to upbeat music and stretch without that mind/body feel. We'll explore different techniques that strengthen and lengthen tight muscles.

### 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 - FLORALS WITH COLORED PENCILS

(120 min, Art Studio)

Learn simple, yet effective techniques for highlighting, shadowing and blending of color using colored pencils while creating a beautiful floral drawing you will be proud to display or give as a gift. Previous art experience is helpful, but not necessary.

### 11:00 AM - HOMESTEAD HOME COOKING

(50 min, Chef's Kitchen)

Blackmore Farm, The Lodge at Woodloch's own sustainable farm is in its winter lull. So Derrick, AKA "The Farmacist" has come in from the cold with this season's bounty to showcase hints and tricks you can use at home to cross utilize product, cut down on prep time, and get the most value from the food you buy. This demonstration will feature Bone Broth and Schmaltz.





## SCHEDULED ACTIVITIES, CONT.

### 11:00 AM - THE GREAT WALL OF YOGA

(45 min, Linden Studio)

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

### 11:00 AM - 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.

### 11:00 AM - TRIFECTA

(45 min, Oak Studio)

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

### 11:00 AM - TOWER POWER

(45 min, Rowing Room)

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

### 11:00 AM - MYZONE CIRCUIT

(45 min, CardioWeight Studio)

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

### 12:00 PM - BELLY DANCING

(45 min, Linden Studio)

Combines India's many classical and folk dances, fused with elements of Jazz, Hip-Hop, Arabic and Latin Forms.

### 12:00 PM - PUMP

(45 min, Oak Studio)

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

### 12:00 PM - AQUA TONING

(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.

### 12:00 PM - REBEL YOGA

(45 min, Willow Studio)

A POWERFUL yoga class using light weights and motivational music to help bring out your own personal BADASSERY.

### 12:30 PM - WINTER SENSORY WALK

(90 min, Meet in Garden Hall)

Join our Nature Guide and use all five senses to explore our beautiful wooded property. Learn techniques for a walking meditation and end with hot tea incorporating wild edible plants.

### 1:00 PM - 45-MINUTE STRETCH

(45 min, Oak Studio)

Enjoy a quick stretch before your afternoon begins!

### 1:00 PM - ASTRO YOGA

(45 min, Linden Studio)

As the Earth orbits around the sun, we enter a new zodiac sign every 30 days. Each zodiac sign holds different energies that we can all connect with and learn from. We will use yoga postures, breathing, meditation, and more to make the most of the current astrological season.

### 1:00 PM - DOES YOUR LIFESTYLE FIT YOUR FOOD

(45 min, Fitness Lounge)

In this lecture you will learn the basic differences between Macro vs Micro nutrients. Find out what they are and why your body and mind need them.

### 1:00 PM - PLANNING FOR A SUCCESSFUL GARDEN

(50 min, Blackmore Farm)

Meet with one of our garden team members in a sit down discussion to help you prepare for the upcoming growing season. Get some how to advice on planning for a productive garden. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 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 - CIRCUIT CITY

(45 min, CardioWeight Studio)

After a heart pumping warm-up, you'll move quickly through 8-10 stations focusing on building strength and endurance.

### 2:00 PM - THE LIFT YOU NEED

(45 min, Willow Studio)

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

### 2:00 PM - 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.

### 2:00 PM - TWO LAKES HIKE

(150 min, Meet in Garden Hall)

Join our guides on an interpretive 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.

### 2:00 PM - MEDITATIVE DOTTING: TREE OF LIFE

(120 min, Art Studio)

Calm your mind while creating a beautiful tree of life painting in this unique dotting class. The tree of life represents family, interconnection, new beginnings, and tranquility. During this creative journey you will learn how to use simple tools to apply gem-like dots to this ancient symbol. As you are guided through this meditative dotting process your mind will quiet and a masterpiece will be created!

### 3:00 PM - CARDIO COMBO

(45 min, CardioWeight Studio)

Ready, set, go with a solid 5,000 steps with a mix of walking/jogging/running, biking, and rowing to complete a quick 2.5 miles!

### 3:00 PM - POUND

(45 min, Oak Studio)

POUND is the world's first cardio jam session inspired by the infectious, energizing, and sweat dripping fun of playing the drums.

### 3:00 PM - MINDFUL INTERMEDIATE VINYASA YOGA

(45 min, Linden Studio)

A well balanced practice including sun salutations, standing poses, and seated poses, set to awesome music. This class will marry breath and movement with attention to alignment and intelligent sequencing. Participants will gain a deeper understanding of vinyasa practice as well as clarity and inner quiet. Recommended for those with a regular yoga practice.

### 3:00 PM - HOMESTEAD HOME COOKING (COOLING FOODS)

(50 min, Chef's Kitchen)

Blackmore Farm, The Lodge at Woodloch's own sustainable farm is in its winter lull. So Derrick, AKA "The Farmicist" has come in from the cold with this season's bounty to showcase hints and tricks you can use at home to cross utilize product, cut down on prep time, and get the most value from the food you buy. This demonstration will feature Winter storage crops, sprouts, and fermentation.

### 4:00 PM - 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.

### 4:00 PM - THE CHILL ZONE

(45 min, Linden Studio)

We all want to feel less stress and more chill. The key to feeling chill is something called parasympathetic dominance. In this class you'll learn a little more technically what's happening in your nervous system when you feel stressed out, what's happening when you are chilling out, and some simple techniques to get in the chill zone (parasympathetic dominance). Bonus: chilling out is incredibly good for your health!

### 4:00 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.

### 5:00 PM - SWEET CANDLELIGHT FLOW

(45 min, Linden Studio)

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

### 5:00 PM - PERFECTLY TWISTED GEMS (\$)

(60 min, Art Studio)

Create your own stunning sterling silver wire wrapped gemstone ring! Choose from various rough cut or tumbled gemstones and learn two styles of wirewrapping. You will use pliers and small hand tools to create a beautiful ring, a perfect reminder of your time at The Lodge at Woodloch. Cost is \$25 per person.

### 8:00 PM - SACRED GEOMETRY WATERCOLOR

(120 min, Art Studio)

Explore the basics of sacred geometry, appeal to both sides of your brain, and create something beautiful. You will create repeated circles using geometry tools and apply basic watercolor techniques to create a "seed of life" or other circle based formation and design. Then, you will add water and a jewel tone pallet to your designs to create a stunning sacred geometry painting.

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

(50 min, Garden View Room)

Join our Wine Geek for an in depth look into the various characteristics of wine varietals from around the world and learn how they pair tastefully with delicious chocolates. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

### 8:30 PM - MOVIE NIGHT

(102 min, Fireside Room)

Join us for a viewing of *Wild Mountain Thyme*. Headstrong farmer Rosemary Muldoon has a crush on oblivious Anthony Reilly, the scion of a neighboring family farm. But a relationship starts to bloom when his hotheaded dad threatens to sell the place to Anthony's American cousin.



## 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.

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### GEOCACHING

Lily Pad, 9am - 5pm

## DINING

Indoor 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, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or 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



## SCHEDULED ACTIVITIES

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 do not join any class later than the scheduled start time.

### 7:00 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 - 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.

### 8:00 AM - CARDIO COMBO

(45 min, CardioWeight Studio)  
Ready, set, go and start your day with a solid 5,000 steps with a mix of walking/jogging/running, biking, and rowing to complete a quick 2.5 miles!

### 8:00 AM - ZENDOODLE

(120 min, Art Studio)  
Join a newly designed, relaxation based art class where you can explore your fun, creative side by choosing from several doodle layouts that are broken down step by step by the instructor. You can then develop them into beautiful designs that can be colored and/or shaded if so desired. No previous art experience is necessary, anyone can ZenDoodle!

### 9:00 AM - YOU KNEAD THIS

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

### 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 - TRX: TOTAL BODY

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

### 9:00 AM - SHOCKWAVE

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

### 9:00 AM - MEDITATION FOR WORLD PEACE

(45 min, Willow Studio)  
Start your day off by sending the world love sweet love! In this meditation, you create a circle of love and compassion, beginning with yourself and gradually expanding that circle from your nearest and dearest out until you include the whole world.

### 9:30 AM - TWO LAKES HIKE

(150 min, Meet in Garden Hall)  
Join our guides on an interpretive 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 - ANIMAL TRACKING & IDENTIFICATION

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

### 10:00 AM - AQUA TABATA

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

### 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 - DETOX YOGA

(45 min, Willow Studio)  
A challenging vinyasa practice focused on twisting to support your digestive system and lymphatic drainage. Best on an empty stomach.

### 10:00 AM - MANTRA MEDITATION

(45 min, Linden Studio)  
Explore ancient mantras and instruments. Mantras can be chanted, sung, whispered, or internally spoken. Mantra is great for those with a busy mind! Ommmm.

### 11:00 AM - EXPLORE STAMPS AND PRINTMAKING (\$)

(120 min, Art Studio)  
Come make your own stamps and prints using a traditional linocut printmaking technique. Images of birds, florals and other nature inspired elements will be provided to create your own one-of-a-kind stamp. Then, use your stamp to create your own pattern on a note card. Your beautiful stamp is yours to take home. Cost is \$15 per person.

### 11:00 AM - THE GREAT WALL OF YOGA

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

### 11:00 AM - CONES AND LADDERS

(45 min, CardioWeight Studio)  
This exhilarating combination of footwork and agility drills will challenge everyone's athletic side. Combines upper and lower body drills for an intense cardio workout.

### 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 - BLOCK PARTY

(45 min, Willow Studio)  
Take your yoga practice to new levels using blocks in fun, interesting, and creative ways.

### 11:00 AM - HOMESTEAD HOME COOKING (WARMING FOODS)

(50 min, Chef's Kitchen)  
Blackmore Farm, The Lodge at Woodloch's own sustainable farm is in its winter lull. So Derrick, AKA "The Farmacist" has come in from the cold with this season's bounty to showcase hints and tricks you can use at home to cross utilize product, cut down on prep time, and get the most value from the food you buy. This demonstration will feature Bone Broth and Schmaltz.

### 11:00 AM - INDO-ROW

(45 min, Rowing Room)  
The unique format of Indo-Row captures all the elements of competitive, on-water rowing, creating a class that is fast-paced and engaging from the first minute. From "Skills and Drills" to "Waves and Recoveries," and the final build up to a friendly but competitive "Race," Indo-Row quickly converts first-timers to devoted team members.

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

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



SCHEDULED ACTIVITIES, CONT.

**12:00 PM - HONEY LOUNGE YOGA**

(45 min, Willow Studio)  
A combination of some very slow and held postures with a focus on hip openers, breath work, and an extended svasana. We'll finish with a brief meditation. You'll be walking on clouds!

**12:00 PM - THE BARRE**

(45 min, Linden 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 - 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.

**12:00 PM - TRX: EXPRESS STRETCH**

(25 min, CardioWeight Studio)  
Learn different ways to stretch your entire body using the TRX system.

**12:30 PM - PRIMITIVE FIRE MAKING**

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

**1:00 PM - AFTERNOON STRETCH**

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

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

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

**1:00 PM - CHAIR 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.

**1:00 PM - DECORATIVE BIRDHOUSES (\$)**

(120 min, Owl's Nest)  
Birdhouses are beautiful and unique. We provide the birdhouse, crafts, and natural items. You provide the creativity and inspiration to create and decorate a beautiful birdhouse to take home with you and display. Cost is \$20 per person.

**2:00 PM - NORDIC WALKING**

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

**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 - MYZONE CIRCUIT**

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

**2:00 PM - LET'S ROLL**

(45 min, Willow 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.

**2:00 PM - SPINNING**

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

**2:00 PM - SPLASH DANCE**

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

**2:00 PM - HIGH TUNNEL TOUR**

(50 min, Blackmore Garden)  
While crops in our garden have died back or gone dormant, the Winter growing season is in full swing in our heated high tunnels. Come enjoy the smells and sights of Spring while one of our farmers guides you through ways to ensure the growing season never ends. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

**2:00 PM - WATERCOLOR FEATHERS**

(120 min, Art Studio)  
This airy and breezy piece of art will give you wings and lift! Learn how to use soft watercolor washes overlaid by deeper tones to create a series of beautiful feathers of real and imagined birds. Feathers are sorted into a simple composition featuring the detail of each, creating a beautiful artistic masterpiece.

**2:30 PM - BLACKMORE FARM HIKE**

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

**3:00 PM - BUTTS & GUTS**

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

**3:00 PM - W.A.V.E.**

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

**3:00 PM - COUNTRY FUSION**

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

**3:00 PM - JOURNALING FOR SELF-DISCOVERY**

(45 min, Fireside Room)  
Learn the basics of writing a journal through guided self-exploration using your own observations, thoughts, and feelings. Your journal is yours to keep and cherish.

**3:00 PM - HOMESTEAD HOME COOKING**

(COOLING FOODS)  
(50 min, Chef's Kitchen)  
Blackmore Farm, The Lodge at Woodloch's own sustainable farm is in its winter lull. So Derrick, AKA "The Farmicist" has come in from the cold with this season's bounty to showcase hints and tricks you can use at home to cross utilize product, cut down on prep time, and get the most value from the food you buy. This demonstration will feature Winter storage crops, sprouts, and fermentation.

**3:30 PM - NATUREPIX 101**

(90 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 - ROARING 20'S - THEN & NOW**

COCKTAIL TASTING (\$)  
(50 min, Garden View Room)  
These beverages are the Bee's Knees! We selected cocktails that were popular during the Roaring 1920's and we'll discuss what makes them a classic cocktail still to this day. The discussion is open to "experts" at all levels. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

**4:00 PM - CHAKRA YOGA**

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

**4:00 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.

**4:00 PM - TRX: LOWER BODY**

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

**5:00 PM - GONG WITH THE WIND**

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

**8:00 PM - DOT MANDALA VINYL RECORDS (\$)**

(120 min, Art Studio)  
Practice balance, free your inner artist, and paint a beautiful Dot Mandala Record! A 'mandala' is a term taken from Hinduism and Buddhism, that represents the universe. The Mandala design has also fascinated psychologists throughout the years, linking your Mandala design to your self, ego, and personality. Participants will learn to use dotting tools on vintage records to create these stunning pieces. Cost is \$15 per person.

**8:30 PM - S'MORES PAIRING (\$)**

(60 min, Garden View Room)  
S'mores...and more! Join us to create your personal s'mores with our ultimate house-made ingredients paired with wine and/or seasonal cocktails. Portable tabletop stone fire pits will be available as our Wine Guru brings this dessert into adulthood with the perfect pairings. Guests must be at least 21 years of age to participate. Cost is \$35 per person.



## 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.

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### GEOCACHING

Lily Pad, 9am - 5pm

## DINING

Indoor 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, at no extra charge, and packaged as take-out to enjoy in your guest room or on your guest room veranda. We kindly ask that you submit breakfast orders 45 minutes prior to desired pick-up or delivery time, lunch orders prior to 11:30am, and dinner orders prior to 5:30pm. Menus are available at the QR Code below.

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7am to 9:30am

### LUNCH

11:30am to 2pm

### DINNER

5:30pm to 8:30pm



## SCHEDULED ACTIVITIES

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### 7:45 AM - PILATES MAT

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

### 8:00 AM - WAKE UP SUNSHINE

(45 min, Oak Studio)  
Joints need specific movements and care to enable them to stay mobile and healthy for longevity. We will focus on juicing all of the joints of the body. You may be surprised at how great this makes you feel afterwards!

### 8:00 AM - AM STRETCH & MEDITATION

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

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

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

### 8:00 AM - ART FOR STRESS MANAGEMENT

(120 min, Art Studio)  
Learn how creativity can be used to manage stress and anxiety by drawing simple repetitive patterns. Your focus will shift and become centered on the repetition of your artwork, which helps calm the mind. The image that you naturally create can be shaded to enhance depth and dimension. Truly a unique art experience!

### 9:00 AM - HIP HOP TABATA

(45 min, Oak Studio)  
A fun, cardio based HIIT workout made for anyone that wants to shake it up. This class ain't no "Biggie"!

### 9:00 AM - SHOCKWAVE

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

### 9:00 AM - 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 - AEROBYX

(45 min, Linden Studio)  
Aerobyx is a combination of yoga infused with other calisthenics. A modern form of aerobic exercise incorporated with resistance bands. Identify with the weight and balance of your body while engaging in the presence of your breath. Aerobyx was designed to properly align your entire anatomy while giving you the power to consciously harness your energy and distribute it with fluidity and synchronized movement. Unifying the mind, body, and spirit. This class will leave you feeling toned and in tune with self.

### 9:30 AM - SPRING RIDGE HIKE

(150 min, Meet in Garden Hall)  
Join our guides for an easy-moderate hike through a vibrant young Oak forest, enjoying low-bush blueberry and huckleberry plants along the way. You will traverse old logging trails and new trails gaining glimpses of Woodloch Springs and scenic ridges of the Lackawaxen Valley in the distance.

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

(120 min, Owl's Nest)  
Birdhouses are beautiful and unique. We provide the birdhouse, crafts, and natural items. You provide the creativity and inspiration to create and decorate a beautiful birdhouse to take home with you and display. Cost is \$20 per person.

### 10:00 AM - YOU KNEAD THIS

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

### 10:00 AM - MALA MEDITATION

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

### 10:00 AM - JUMP FOR JOY

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

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

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

### 10:00 AM - TOWER POWER

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

### 10:00 AM - TRX: TOTAL BODY

(45 min, CardioWeight Studio)  
The TRX Suspension Trainer leverages gravity and the user's body weight to complete hundreds of exercises. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

### 11:00 AM - MANDALA COLORING - TIPS & TECHNIQUES

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

### 11:00 AM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Tuesday's demonstration will feature Roasted Chilean Sea Bass with Pecan Polenta and Basil Pesto.

### 11:00 AM - AQUA TONING

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

### 11:00 AM - LET'S HAVE A BALL

(45 min, Oak Studio)  
Challenge your body to increase muscular and neurological strength by utilizing a stability ball. This fun-filled class uses a large stability ball and focuses on balance, core strength, and muscle sculpting.

### 11:00 AM - 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.

### 11:00 AM - TABATA

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

### 11:00 AM - CURB YOUR CRAVINGS

(50 min, Garden View Room)  
Craving is one of the main reasons why people have a problem losing weight and keeping it off - there is a negative cycle created with sugary and salty foods, they make us crave more and more of them. Join Talia and learn about healthy alternatives and effective tools that will help you take control of your health and break that negative craving cycle! Private consultations are also available through the Spa Concierge.

### 11:00 AM - BINAURAL BEATS AND THE MOVING IMAGINATION

(45 min, Linden Studio)  
Take an inner journey by escaping through sound and movement. Let the driving force of frequency bring you to a greater state of being. Proven to stimulate the brain and improve focus and concentration. A yoga class developed to increase confidence, motivation, and improve the quality of sleep.



## SCHEDULED ACTIVITIES, CONT.

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

(45 min, Linden Studio)

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

### 12:00 PM - AQUA JOG

(45 min, Aqua Garden)

Who should try Aqua Jogging? Everyone! On or off season. New or experienced runners. Enjoy the cardio benefits and the euphoria of that runners high without the high impact of running outside. If you are 5' 5" or below we can provide an aqua belt if you choose.

### 12:00 PM - PATANJALI ASHTANGA YOGA

(45 min, Willow Studio)

Discover the ancient knowledge in the 8 limbs of Patanjali Ashtanga Yoga. This classical form of yoga goes beyond the asanas. Get an in depth understanding about this fundamental practice in its entirety. Achieve full benefits from your yoga routine by learning the inner and outer structure of self study.

### 12:00 PM - KENPO CARDIO

(45 min, Oak Studio)

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

### 12:00 PM - INTRODUCTION TO AYURVEDA

(50 min, Garden View Room)

The word "Ayurveda" in Sanskrit means life-knowledge. Ayurveda is a very sophisticated mind-body health system developed thousands of years ago in India. Join Talia, holistic health and nutrition counselor and find out more about this ancient system. Discover how your specific dosha affects all aspects of your life. Private consultations are also available through the Spa Concierge.

### 12:00 PM - INDO-ROW

(45 min, Rowing Room)

The unique format of Indo-Row captures all the elements of competitive, on-water rowing, creating a class that is fast-paced and engaging from the first minute. From "Skills and Drills" to "Waves and Recoveries," and the final build up to a friendly but competitive "Race," Indo-Row quickly converts first-timers to devoted team members.

### 12:00 PM - WINTER WOODS WALK

(90 min, Meet in Garden Hall)

Whether by boot or snowshoe, follow a guide on a tour of The Lodge at Woodloch property. Animal tracks, woodpecker holes and ground scratchings all give us signs of the diversity of fauna in the area. Take a fresh look into the winter woods, to see how much life really happens, even through the cooler months.

### 12:30 PM - GARDEN-INFUSED OILS (\$)

(50 min, Owl's Nest)

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

### 1:00 PM - AFTERNOON STRETCH

(25 min, Oak Studio)

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

### 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 - PROS & CONS OF FASTING

(45 min, Fitness Lounge)

Before you "try" know the "why".

### 1:00 PM - HOLISTIC HEALTH - REFRESH AND RESET

(50 min, Garden View Room)

Learn a fresh approach to healthy eating about this holiday season. We will discuss simple ways to eat smarter in order to minimize inflammation and our exposure to toxins from food and the environment. Private consultations are also available through the Spa Concierge.

### 1:00 PM - UKULELE LESSONS

(45 min, Fireside Room)

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

### 2:00 PM - SOMA YOGA

(45 min, Willow Studio)

Live better in your body! Soma is the Greek word for body. Join us on a kinesthetic journey to balance your internal and external experiences. With more awareness we begin to feel embodied, both grounded and energized! Get curious- tap into your silence.

### 2:00 PM - SPLASH DANCE

(30 min, Aqua Garden)

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

### 2:00 PM - 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 - SPINNING

(45 min, Spinning Studio)

Ride like the wind in this indoor cycling class. All levels are welcome. Clips are SPD.

### 2:00 PM - SOUND IMMERSION

(45 min, Linden Studio)

Everything in life causes stress in one way or another. When we begin to experience high levels of stress, our physical bodies feel the effects. Join us on an ancient meditation journey where you will be immersed in waves of sound. Reset, destress and decompress all of your worries away! No meditation experience required.

### 2:00 PM - HIGH TUNNEL TOUR

(50 min, Blackmore Garden)

While crops in our garden have died back or gone dormant, the Winter growing season is in full swing in our heated high tunnels. Come enjoy the smells and sights of Spring while one of our farmers guides you through ways to ensure the growing season never ends. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building.

### 2:00 PM - EAGLE VIEWING

(150 min, Meet in Garden Hall)

As we travel along our rivers and estuaries, a national treasure can be spotted. The bald eagle, our country's emblem, takes up winter residence here, feasting on the rich food sources and entertaining all who catch a glimpse. Join us on a driving tour of the local waterways to search for these powerful and regal birds. Make sure to bring a camera and warm clothing in preparation for the many scenic stops along the way. This is an amazing opportunity to witness the eagles in their natural environment.

### 2:00 PM - WATERCOLOR PAINTING

(120 min, Art Studio)

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

### 3:00 PM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)

Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Tuesday's demonstration will feature Roasted Chilean Sea Bass with Pecan Polenta and Basil Pesto.

### 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 - YOGA FOR BEGINNERS

(45 min, Linden Studio)

Learn the basics you'll need to begin exploring the wonderful world of yoga.

### 3:00 PM - MANTRA MEDITATION

(45 min, Willow Studio)

Explore ancient mantras and instruments. Mantras can be chanted, sung, whispered, or internally spoken. Mantra is great for those with a busy mind! Ommmmmm.

### 3:00 PM - MYZONE CIRCUIT

(45 min, CardioWeight Studio)

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

### 3:00 PM - GEOCACHING

(90 min, Meet in Garden Hall)

Explore The Lodge at Woodloch grounds on a hightech hunt for hidden "treasure" with help from our guides and a GPS. Usually off the beaten path and always a surprise, Geocaching is a fun way to learn about navigation and overland travel. Please wear sturdy shoes as many of the geocaches are hidden off trail.

### 3:30 PM - WINE & HERBS WINE TASTING (\$)

(50 min, Garden View Room)

Wine is like people, the vine takes all the influences in life all around it, it absorbs them, and it gets its personality. With our own hand picked Blackmore Farm Hoop House Herbs, use your senses to find the flavors and aromas in your wines. Guests must be at least 21 years of age to participate. Cost is \$35 per person.

### 4:00 PM - TBC

(45 min, Oak Studio)

Total body conditioning - pure weight training using everything but the kitchen sink.

### 4:00 PM - IMMORTAL PUSHING STONE

(45 min, Willow Studio)

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

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

(45 min, Linden Studio)

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

### 5:00 PM - INTRO TO DRAWING

(120 min, Art Studio)

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

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

(45 min, Linden Studio)

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

### 8:00 PM - ACRYLICS ON CANVAS

(120 min, Art Studio)

Create a beautiful winter scene painting of an enchanting super-moon among evergreens and stars.



## Outdoor Exploration

Disc Golf, Biking, Geocaching, & 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 fat tire bikes, snowshoes (conditions permitting), disc golf discs and scorecards, binoculars, & GPS devices for Open Geocaching, or to answer any questions that you may have.

S'mores are available around the fire during Lily Pad hours.