



**YOUR GUIDE TO CLASSES & ACTIVITIES**  
May 16th - 22nd, 2022



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



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

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

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

### **ARCHERY**

1pm - 5pm, Tuesdays, Thursdays, & Saturdays at the Archery Range

### **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

### **GARDEN TOURS**

12pm - 2pm, Monday - Saturday at Blackmore Farm

### **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.

### **KAYAKING**

9am - 5pm daily, kayaks are available at the Dock

### **S'MORES**

9am - 5pm daily at the Lily Pad

### **STAND-UP PADDLEBOARDING**

9am - 5pm daily, stand-up paddleboards are available at the Dock

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.



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the options await.

## **THE BLACKMORE FARM**

Come experience the sights and sounds (and tastes) of The Lodge at Woodloch's working organic farm. Just a 5-10 minute walk from the hotel, encompassed by the blue hiking & biking trail, you'll find attractions such as our vegetable garden, orchard, composting operation, mushroom logs, high tunnels, and our very own apiary.

Our farmers believe in a philosophy of giving back to the environment first before ever receiving its bounty. They say they feed everything- from the soil's microbes and earthworms, to the bees and butterflies, all the way up to the birds, deer, and yes, humans too.

This growing style and the ecology it has helped create is open to you to explore on your own, all day every day. Please use proper garden etiquette by sticking to walkways and closing gates behind you and always dress appropriately for the season.

For a more in-depth explanation of our farm, join one of our farmers for a tour Monday through Saturday, between the hours 12pm-2pm. Do not hesitate to jump into a discussion if one is already underway when you arrive.

## **HARVEST LUNCH AT BLACKMORE FARM**

Join our farmers Sam & Derrick for a rustic farm-to-table lunch experience you won't soon forget. Nearly every ingredient of this multi-course lunch is harvested the morning of, and sometimes right before your eyes. Participation is limited so please call our Hostess at x8586 to reserve your space in our weekly Sunday Harvest Lunch.

## **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.



## 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

### GARDEN TOUR

Blackmore Farm, 12pm - 2pm

### GEOCACHING

Lily Pad, 9am - 5pm

### KAYAKING

Dock, 9am - 5pm

### STAND-UP PADDLEBOARDING

Dock, 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.

### 6:30 AM - HILLS AND THRILLS

(30 min, Meet in Garden Hall)  
This class will build speed, stamina, and character as you work your way to the top. It's a great warm-up for The 2 Miler.

### 7:00 AM - THE 2 MILER

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

### 8:00 AM - STRETCH & TONE

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

### 8:00 AM - 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 - BASIC DECORATIVE HAND LETTERING

(120 min, Art Studio)  
Join and discover how to create basic cursive letterforms by applying calligraphy principles to decorative hand lettering using standard pencils and markers you likely already own! You will be able to create a small displayable sign with your newly acquired talent!

### 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.

### 9:00 AM - AQUA YOGA

(45 min, Aqua Garden)  
This is a gentle water exercise class. It uses the basic movements of yoga and adapts them to water. This is a low impact class, and is especially useful for individuals with joint problems.

### 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 - 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 - KENPO CARDIO

(45 min, Rowing Room)  
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.

### 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 - PILATES MAT

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

### 11:00 AM - 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 - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Come see why everyone loves tacos! Monday's demonstration will feature Mexico City Fish Tacos with Charred Pineapple Salsa. This recipe is gluten-free and dairy-free.

### 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 - BOLLYWOOD BOOGIE

(45 min, Rowing Room)  
Bollywood dance comes from the dance style performed in the films made in the Indian film industry. This will be a high energy class where you will learn the intricacies of Indian movement.

### 11:00 AM - POWER WALK

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

### 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 \$30 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 - 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 - TRX: EXPRESS STRETCH**

(25 min, CardioWeight Studio)

Learn different ways to stretch your entire body using the TRX system.

**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 - GUIDED LABYRINTH WALK**

(45 min, Meet in Garden Hall)

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

**1:00 PM - 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.

**1:00 PM - 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.

**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 - SPLASH DANCE**

(30 min, Aqua Garden)

No experience or high heels needed in this fun Hydro rider 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 - HATCHET THROWING**

(50 min, Hatchet Range)

Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

**2:00 PM - WATERCOLOR SUNSET**

(120 min, Art Studio)

Create a colorful, whimsical painting of a sunset over a mountainscape using a combination of techniques and watercolor resist.

**3:00 PM - COOKING DEMONSTRATION**

(50 min, Chef's Kitchen)

Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Monday's demonstration will feature Smokey Pan-Seared Shrimp with Crunchy Spring Salad of Radish, Celery, & Asparagus with Blue Cheese. This recipe is gluten-free.

**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)

Learning to line dance has never been more fun!

**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 - HATCHET THROWING**

(50 min, Hatchet Range)

Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

**3:00 PM - 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 \$30 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.

**4:00 PM - HATCHET THROWING**

(50 min, Hatchet Range)

Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

**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 - LET'S DOT (\$)**

(120 min, Art Studio)

Learn how to make beautiful, intricate dot mandalas on a charming wooden pebble for yourself or a loved one. Mandalas represent balance, harmony, and unity and the universe. The circular designs symbolize the idea that life is never-ending and everything is connected. Participants will learn dotting techniques, explore color, and create their own custom dot mandala design. Cost is \$15 per person.

**8:30 PM - FULL MOON FOREST BATHING**

(120 min, Meet in Garden Hall)

Join The Lodge at Woodloch's Certified Forest Bathing experts for a slow and contemplative moonlit walk that will focus on keeping the body and mind in the present while teaching techniques for deep breathing, mind-body awareness as well as taking note of the little miracles of the forest at night. Shinrin-Yoku, otherwise known as Forest Bathing was coined in Japan and growing research shows that there is a marked decrease in stress-related hormones, a decrease in heart rates and lower blood pressure among other monumental wellness benefits. Come and enjoy the healing powers of the nature that surrounds us while appreciating the Full Flower Moon.



OPEN ACTIVITIES

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

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

**ARCHERY**

Archery Range, 1pm - 5pm

**BIKING**

Lily Pad, 9am - 5pm

**BIRDING**

Lily Pad, 9am - 5pm

**DISC GOLF**

Lily Pad, 9am - 5pm

**GARDEN TOUR**

Blackmore Farm, 12pm - 2pm

**GEOCACHING**

Lily Pad, 9am - 5pm

**KAYAKING**

Dock, 9am - 5pm

**STAND-UP PADDLEBOARDING**

Dock, 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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**6:30 AM - FITNESS WALK**

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

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

(45 min, 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 - 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 - 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 - 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.

**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, Oak 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.

**10:00 AM - HIPPIE YOGA**

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

**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 - 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 - 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 - 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.

### 1:00 PM - FOREST BATHING

(110 min, Meet in Garden Hall)

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

### 1:00 PM - 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".

### 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 - 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.

### 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 - SOLAR PLEXUS (MANIPURA) SOUND BATH

(45 min, Willow Studio)

Ignite your inner power! The solar plexus is the center of our confidence and connection with our true self. Also known as "Manipura", meaning "city of jewels", this chakra represents a world inside of you waiting to be awakened. Crystal bowl vibrations and chanting help to bring this chakra into balance.

### 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 - 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 - 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.

### 3:00 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)

The word "mantra" stems from the root words "manas" meaning "mind/to think", and "tra" meaning "vehicle". Mantras are used to transport our mind beyond our thoughts and manifest specific attributes into our consciousness. Mantras can be sung, chanted, whispered, or internally spoken. Find your mantra and method in this class!

### 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.

### 3:30 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 \$30 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 - HATHA ENERGY MEDICINE YOGA

(45 min, Linden Studio)

Awaken your subtle energy with simple hatha yoga poses that balance and heal the physical, emotional and spiritual body. You'll leave this class feeling your best with increased vitality, unraveled block energy and a boost to your immune system.

### 4:00 PM - YOGA + POETRY

(45 min, Willow Studio)

Tune into your creative self during this interactive class. Experience the wisdom of authors including Rumi and Kahlil Gibran as we take gentle, introspective poses. Discover how to draw inspiration from deep within yourself, and how to put it down on paper. No writing experience needed.

### 4:00 PM - FLY CASTING

(50 min, Meet in Garden Hall)

Join our Outdoor Experiences guides for an introduction in fly-casting. This class will be outside on one of our lawn areas, an overview of the rod, reel and basics of proper technique will be covered.

### 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 - KOMBUCHA REDISCOVERED

(50 min, Chakra Lounge)

Intrigued at the idea of kombucha, but not quite sure where to start? In this introductory class, we will dive into the origin of kombucha and the myriad of health benefits it offers, including gut health and probiotics.

### 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!

### 6:00 PM - CHEF'S TABLE DINNER (\$)

(150 min, Chef's Kitchen)

Spend dedicated time with Chef Josh Tomson in the Chef's Kitchen as he serves a prix fixe four-course tasting menu with seasonal ingredients. Dinner starts with a toast of sparkly and each course is carefully paired with wines from our Sommelier. The cozy setting offers friendly conversation and the Chef will present each seasonal-inspired course and describe the process and reasoning behind the dish. There is a slight up-charge of \$85 per person which includes the wine pairing, four-course tasting menu, and a sweet treat on departure. Limited seating so please plan ahead! Please signup for this activity with our Hostess.

### 8:00 PM - ACRYLICS ON CANVAS

(120 min, Art Studio)

Create a beautiful enchanted painting of a twilight moon nestled amongst cherry blossom tree branches and a starry sky.

### 8:00 PM - THE LIGHT OF LIFE

(50 min, Garden View Room)

Join us for an in-depth look at LED Light Therapy - we will be discussing the science behind this modern marvel, as well as the many health benefits. Short light therapy demonstrations will be given!





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

**GARDEN TOUR**  
Blackmore Farm, 12pm - 2pm

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

**KAYAKING**  
Dock, 9am - 5pm

**STAND-UP PADDLEBOARDING**  
Dock, 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.*

**6:30 AM - POWER WALK**  
(45 min, Meet in Garden Hall)  
Enjoy a vigorous 3 mile power walk on our scenic nature trail, which winds through the woods around The Lodge at Woodloch.

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

**8:00 AM - 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 - 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 - YOGA FOR A HEALTHY BACK**  
(45 min, Linden Studio)  
Improve overall back health by strengthening core muscles, increasing flexibility, and enhancing breathing capacity and awareness.

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

**9:00 AM - 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

**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 - AQUA YOGA**  
(45 min, Aqua Garden)  
This is a gentle water exercise class. It uses the basic movements of yoga and adapts them to water. This is a low impact class, and is especially useful for individuals with joint problems.

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

**10:30 AM - PEN & INK DRAWING**  
(60 min, Art Studio)  
Learn how to create an ink illustration using traditional quill pens and ink. Discover user friendly techniques for tone and texture including subtle color washes to create a take home piece of art. Beginners Welcome.

**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 Hudson Valley Steelhead with Stinging Nettle Pesto and Asparagus Chantrelles Cous Cous.

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

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

**11:00 AM - 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 - 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.





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 - MID-DAY POWER NAP (45 min, Willow 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.

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.

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

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

2:00 PM - GROOVE AND MOVE (45 min, Oak Studio) Feel absolutely groovy as you dance your little heart out using very simple moves that everyone can do. This class is for EVERY BODY!

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! (90 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 - HATCHET THROWING (50 min, Hatchet Range) Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

2:00 PM - 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.

3:00 PM - COUNTRY FUSION (45 min, Oak Studio) Learning to line dance has never been more fun!

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 Hudson Valley Steelhead with Stinging Nettle Pesto and Asparagus Chanterelles Cous Cous.

3:00 PM - HATCHET THROWING (50 min, Hatchet Range) Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

4:00 PM - 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 - BOG TALK (50 min, Lily Pad) Surrounding our glacial lake is an ecosystem teeming with life. Join our guides as they break down and identify the different forms of life the bog has to offer. Edibles, medicinals, and endangered species of plants are just a small part of the bog that is ever changing and fascinating.

4:00 PM - HATCHET THROWING (50 min, Hatchet Range) Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

4:00 PM - WILD MEDICINAL TEA (60 min, Owl's Nest) Have you ever tried tea made from Birch bark and Pine needles? Why not spice up your sweet tea with Sweet Fern Tea? Join Heather, our Certified Herbalist, in sampling an herbal tea using wild plants harvested from the forests and meadows of Woodloch. Learn the myriad of uses for these plants and how to harvest and prepare them yourself.

4:00 PM - 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.

5:00 PM - GONG CHI: THE SOUND OF SILENCE (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

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

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

### ARCHERY

Archery Range, 1pm - 5pm

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### GARDEN TOUR

Blackmore Farm, 12pm - 2pm

### GEOCACHING

Lily Pad, 9am - 5pm

### KAYAKING

Dock, 9am - 5pm

### STAND-UP PADDLEBOARDING

Dock, 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.

### 6:30 AM - FITNESS WALK

(60 min, Meet in Garden Hall)

Greet the day with an invigorating 3 mile walk at beautiful Woodloch Springs Country Club. With incomparable vistas, the paved course contains gradual and steep terrain. Sturdy walking shoes/sneakers required.

### 8:00 AM - 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.

### 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.

### 9:30 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 - 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 - 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.

### 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.

### 11:00 AM - WATERCOLOR FLOWER STUDY

(120 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 in painting what we see.

### 11:00 AM - HOLISTIC HEALING WITH FOOD

(50 min, Garden View Room)

Understanding the benefits of eating key foods that will help you naturally boost immunity, detox, and cleanse. Learn about our food system so you can make the most informed choices while you are exposed to a world of processed, chemical-laden food. Private consultations are also available through the 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)

Learning to line dance has never been more fun!

### 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.



## SCHEDULED ACTIVITIES, CONT.

**12:00 PM - 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.

**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 - SPINNING**

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

**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 - 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.

**1:00 PM - CULINARY NUTRITION**

(50 min, Garden View Room)  
Join Talia, Holistic Nutritionist, for a fun and informative class in which she will discuss the health benefits of ancient practices, such as soaking nuts and seeds to make your own dairy-free milks. Talia will introduce easy recipes for homemade almond milk, coconut milk, and cashew cheese.

**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 - AFTERNOON STRETCH**

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

**2:00 PM - ARMS, CHEST, AND BACK**

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

**2:00 PM - 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 Hydrorider Aquatic Pole Dancing Class. Build strength and stamina while learning simple dance moves to music that will make you giggle. Yes, we actually use poles in the water.

**2:00 PM - MEDITATION 101**

(45 min, Willow Studio)  
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 - TENKARA**

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

**2:00 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.

**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.

**3:30 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 \$30 per person.

**3:30 PM - PRIMITIVE FIRE MAKING**

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

**4:00 PM - 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 - POWER WALK**

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

**4:00 PM - TRX: EXPRESS STRETCH**

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

**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 TABLE DINNER (\$)**

(150 min, Chef's Kitchen)  
Spend dedicated time with Chef Josh Tomson in the Chef's Kitchen as he serves a prix fixe four-course tasting menu with seasonal ingredients. Dinner starts with a toast of sparkly and each course is carefully paired with wines from our Sommelier. The cozy setting offers friendly conversation and the Chef will present each seasonal-inspired course and describe the process and reasoning behind the dish. There is a slight up-charge of \$85 per person which includes the wine pairing, four-course tasting menu, and a sweet treat on departure. Limited seating so please plan ahead! Please signup for this activity with our Hostess.

**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.





## 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

**GARDEN TOUR**

Blackmore Farm, 12pm - 2pm

**GEOCACHING**

Lily Pad, 9am - 5pm

**KAYAKING**

Dock, 9am - 5pm

**STAND-UP PADDLEBOARDING**

Dock, 9am - 5pm

**IMBIBE & VIBE**

FireCircle Patio, 7pm - 10pm  
Join us for live music around the FireCircle after dinner (weather permitting). Cocktail service will be available.

## 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.*

**6:30 AM - 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.

**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)  
The word "mantra" stems from the root words "manas" meaning "mind/to think", and "tra" meaning "vehicle". Mantras are used to transport our mind beyond our thoughts and manifest specific attributes into our consciousness. Mantras can be sung, chanted, whispered, or internally spoken. Find your mantra and method in this class!

**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 workout 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.

**9:00 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

**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 bodyweight 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 - 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.

**11:00 AM - POWER WALK**

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

**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.



## 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 - GONG CHI: THE SOUND OF SILENCE**

(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 - DETOXIFICATION & THE BENEFITS OF CLEANSING**

(50 min, Garden View Room)

This presentation will discuss the benefits of eating key foods that naturally help you detox and cleanse. The change of season traditionally is a good time to address these concerns in order to prepare the body and strengthen immunity! Private consultations are also available through the Spa Concierge.

**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 - FOREST BATHING**

(110 min, Meet in Garden Hall)

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

**2:00 PM - HATCHET THROWING**

(50 min, Hatchet Range)

Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

**2:00 PM - 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 - 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.

**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 - HATCHET THROWING**

(50 min, Hatchet Range)

Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

**3:00 PM - YIN AND FOAM ROLLER**

(45 min, Linden Studio)

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

**3:00 PM - 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 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 - WINE AND HERBS (\$)**

(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. Spend some time in our TREE House Herb Garden and then 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 \$30 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 - 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.

**4:00 PM - HATCHET THROWING**

(50 min, Hatchet Range)

Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

**4:00 PM - FLY CASTING**

(50 min, Meet in Garden Hall)

Join our Outdoor Experiences guides for an introduction in fly-casting. This class will be outside on one of our lawn areas, an overview of the rod, reel and basics of proper technique will be covered.

**4:00 PM - SHOCKWAVE**

(45 min, Rowing Room)

Dubbed "the most efficient total body workout in the world." ShockWave is extreme crossstraining 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 - KOMBUCHA REDISCOVERED**

(50 min, Chakra Lounge)

Intrigued at the idea of kombucha, but not quite sure where to start? In this introductory class, we will dive into the origin of kombucha and the myriad of health benefits it offers, including gut health and probiotics.

**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 - THE LIGHT OF LIFE**

(50 min, Garden View Room)

Join us for an in-depth look at LED Light Therapy - we will be discussing the science behind this modern marvel, as well as the many health benefits. Short light therapy demonstrations will be given!

**8:30 PM - PAINTING ACRYLIC DOTS ON ROCKS AND PAPER**

(60 min, Fireside Room)

Painting dots on rocks (to put in your garden or use as paper weights or doorstops) and paper is a very relaxing way of tapping into your creativity. You can create complex patterns, or simple ones. Your creation unfolds one dot at a time! No experience necessary.

**8:30 PM - SWEET DREAMS**

(60 min, Chakra Lounge)

High quality sleep seems to be somewhat of a wishful thought in our modern day society, whether you have difficulty falling asleep, waking up too often, or you simply do not feel rested when you wake up in the morning. Join Talia, board certified holistic health coach, for a casual chat revolving around sleep.



## OPEN ACTIVITIES

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

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

### ARCHERY

Archery Range, 1pm - 5pm

### BIKING

Lily Pad, 9am - 5pm

### BIRDING

Lily Pad, 9am - 5pm

### DISC GOLF

Lily Pad, 9am - 5pm

### GARDEN TOUR

Blackmore Farm, 12pm - 2pm

### GEOCACHING

Lily Pad, 9am - 5pm

### KAYAKING

Dock, 9am - 5pm

### STAND-UP PADDLEBOARDING

Dock, 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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### 6:30 AM - POWER WALK

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

### 8:00 AM - STRETCH & TONE

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

### 8:00 AM - MORNING MEDITATION

(30 min, Linden Studio)  
Begin your day with a mentally clear, emotionally calm and stable state of mind.

### 8:00 AM - BASIC DECORATIVE HAND LETTERING

(120 min, Art Studio)  
Join and discover how to create basic cursive letterforms by applying calligraphy principles to decorative hand lettering using standard pencils and markers you likely already own! You will be able to create a small displayable sign with your newly acquired talent!

### 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 - 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 - BOLLYWOOD BOOGIE

(45 min, Linden Studio)  
Bollywood dance comes from the dance style performed in the films made in the Indian film industry. This will be a high energy class where you will learn the intricacies of Indian movement.

### 9:00 AM - NATURE YOGA

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

### 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 - 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 - YOGA FOUNDATIONS

(45 min, Rowing Room)  
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 - W.A.V.E.

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

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

### 11:00 AM - 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 an Apricot Upside-Down Cake with Mascarpone Mint Whipped Cream.

### 11:00 AM - 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!

### 11:00 AM - GUIDED LABYRINTH WALK

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

### 11:00 AM - 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.

### 11:00 AM - 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.

### 11:00 AM - HATHA YOGA SUN AND MOON

(45 min, Willow 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.

### 11:00 AM - LET'S DOT (\$)

(120 min, Art Studio)  
Learn how to make beautiful, intricate dot mandalas on a charming wooden pebble for yourself or a loved one. Mandalas represent balance, harmony, and unity and the universe. The circular designs symbolize the idea that life is never-ending and everything is connected. Participants will learn dotting techniques, explore color, and create their own custom dot mandala design. Cost is \$15 per person.





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.

1:00 PM - SPRING AWAKENING WALK (90 min, Meet in Garden Hall) Join our guides on an easy hike around the grounds at The Lodge at Woodloch as we peel back the blanket of our winter slumber and breathe in the new spring air. Every step you take brings new signs of life as the buds emerge, plants sprout, and animals come out of their yearly rest.

1:00 PM - 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.

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

2:00 PM - COUNTRY FUSION (45 min, Oak Studio) Learning to line dance has never been more fun!

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.

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 an Apricot Upside-Down Cake with Mascarpone Mint Whipped Cream.

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 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.

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

3:30 PM - 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 \$30 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.

4:00 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 - 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.

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.

8:30PM - REDUCING STRESS WITH THE ZENTANGLE® DRAWING METHOD: WHITE PEN ON BLACK TILES (\$) (60 min, Fireside Room) The Zentangle Drawing Method is a structured drawing technique that is fun and simple—as well as a great stress reducer! It doesn't require artistic experience, so it is accessible to all. The technique looks complicated, but once you learn the steps to draw the "tangles" on paper tiles, you can create beautiful drawings. In this class, you will create a dramatic drawing using a white pen on a black tile. The technique was developed by artists Maria Thomas and Rick Roberts, www.zentangle.com. Cost is \$10 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

### KAYAKING

Dock, 9am - 5pm

### STAND-UP PADDLEBOARDING

Dock, 9am - 5pm

### IMBIBE & VIBE

FireCircle Patio, 7pm - 10pm  
Join us for live music around the FireCircle after dinner (weather permitting). Cocktail service will be available.

## 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.*

### 6:30 AM - FITNESS WALK

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

### 8:00 AM - 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 - 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 - 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*

### 9:00 AM - TRX: TABATA

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

### 9:00 AM - 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 - SOUND IMMERSION

(45 min, Willow 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.

### 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 - BLOCK PARTY

(45 min, Rowing Room)  
Yoga blocks bring the floor closer. Learn different ways to use the yoga block to make you feel more successful in any style of yoga.

### 10:00 AM - A HIKE ACROSS PENNSYLVANIA

(60 min, Owl's Nest)  
Ever wonder what it might be like to strap on a backpack and hike for days or weeks on end? Heather, our Certified Herbalist, along with her dog, Amos, did just that! Join her for a slideshow presentation about her hike on Pennsylvania's very own long trail: The Mid State Trail. Heather hiked for five weeks straight, totaling up 331 miles. Along the way she studied the plants of Pennsylvania, using many for food and medicine. Her journey was remote and rugged but full of sweeping vistas, valuable plants, and beauty around every turn.

### 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 - 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 - 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 - 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!

### 11:00 AM - COOKING DEMONSTRATION

(50 min, Chef's Kitchen)  
Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Sunday's demonstration will feature Pan-Crisp Salmon with Spring Beet Pan Sauce. Come give beets a chance with this quick & fresh preparation.



## 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 - PRANA, CHI, KI, FRICTION**

(45 min, Willow Studio)

A playful blend of Eastern energy exercises to stimulate Prana, Chi and Ki borrowing from a blend of Yoga, Chi Gung and Oki-Do traditions. Experience the healing aspects of warmth stimulated by natural phenomenon.

**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, Rowing Room)

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

**12:15 PM - HARVEST LUNCH AT BLACKMORE FARM (\$)**

(90 min, Blackmore Farm)

Join Farmers Derrick and Sam for an unforgettable rustic lunch experience! Derrick and Sam will select the harvest focus for the lunch each week and then harvest, prepare, and discuss the meal right on the deck of the Garden Shed in the middle of Blackmore Garden. There is an up-charge for the intimate lunch experience of \$35 per person. \*Blackmore Farm is a 5-10 minute walk from The Lodge at Woodloch main building. Please sign-up for this activity with our Hostess.

*\*Due to satellite kitchen use and the uniquely creative & themed nature of our Harvest Lunches and Garden Dinners, allergy and dietary restriction accommodations may not be possible. Please speak with a Hostess prior to making a reservation if you have an allergy or dietary restriction.*

**1:00 PM - BOTANICAL HIKE**

(120 min, Meet in Garden Hall)

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

**1:00 PM - AFTERNOON STRETCH**

(25 min, Oak Studio)

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

**1:00 PM - SONG OF YOGA**

(45 min, Willow Studio)

The ancient practice of Yoga is more than is popularized. There is verse, philosophy and science that allow each aspirant to find a path best suited for their own nature. The Song of the Bhagavad Gita, the cream of the Upanishads, offers a path towards a balanced life and we will explore it's relationship in Yoga postures.

**2:00 PM - HATCHET THROWING**

(50 min, Hatchet Range)

Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

**2:00 PM - 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 - YOGA BASICS**

(45 min, Willow Studio)

Hatha and Raja Yoga meet in discussion and practice in this class that is designed for every-body. The sciences and related philosophies will be condensed in a concise and lighthearted class that will guide the aspirant to think and not think.

**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 - THE LIFT YOU NEED**

(45 min, Rowing Room)

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

**2:00 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.

**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 - POWER WALK**

(45 min, Meet in Garden Hall)

Enjoy a vigorous 3 mile power walk on our scenic nature trail, which winds through the woods around The Lodge at Woodloch.

**3:00 PM - MANTRA, MUDRA, MANDALA MAGIK**

(45 min, Willow Studio)

Sacred vocal utterances, physical symbols, seals and gestures, and sophisticated images stimulate the intention of single minded focus in the the aspirants third eye. Intuition is stimulated by these ancient tools to create peace of mind and a greater state of well being.

**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 - HATCHET THROWING**

(50 min, Hatchet Range)

Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

**3:00 PM - COOKING DEMONSTRATION**

(50 min, Chef's Kitchen)

Learn new cooking techniques, healthy and surprising immune boosting ingredients and elegant presentations. Sunday's demonstration will feature gluten & dairy-free Rice Pudding with In-Season Fruit Compote. This dessert can be for everyone!

**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 - TENKARA**

(50 min, Lily Pad)

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

**4:00 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, w actually use poles in the water.

**4:00 PM - SEASONAL FORAGING: SPRING EDIBLE & MEDICINAL PLANTS**

(60 min, Owl's Nest)

Ever wonder what plants you could eat in the wild? Did you know that those weeds you pull from your garden could make a delicious salad? Interested in healthy eating and natural medicine? Join Heather, our Certified Herbalist, in discovering what edible and medicinal plants you may have growing near you. Class will consist of a slideshow of easy-to-find, simple-to-use, and delicious plants that can be found from woodlands to backyard to urban sidewalk. Bring your foraging questions!

**4:00 PM - HATCHET THROWING**

(50 min, Hatchet Range)

Want a woody challenge? Sign-up for our newest activity and showcase your skills of precision and focus. Our guides will be on hand to provide instruction and guidance. Let's get throwing! Requires closed toed shoes.

**5:00 PM - KOMBUCHA REDISCOVERED**

(50 min, Chakra Lounge)

Intrigued at the idea of kombucha, but not quite sure where to start? In this introductory class, we will dive into the origin of kombucha and the myriad of health benefits it offers, including gut health and probiotics.

**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 balancing poses 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 - THE LIGHT OF LIFE**

(50 min, Chakra Lounge)

Join us for an in-depth look at LED Light Therapy - we will be discussing the science behind this modern marvel, as well as the many health benefits. Short light therapy demonstrations will be given!

**8:00 PM - ZODIAC CONSTELLATION SIGN**

(120 min, Art Studio)

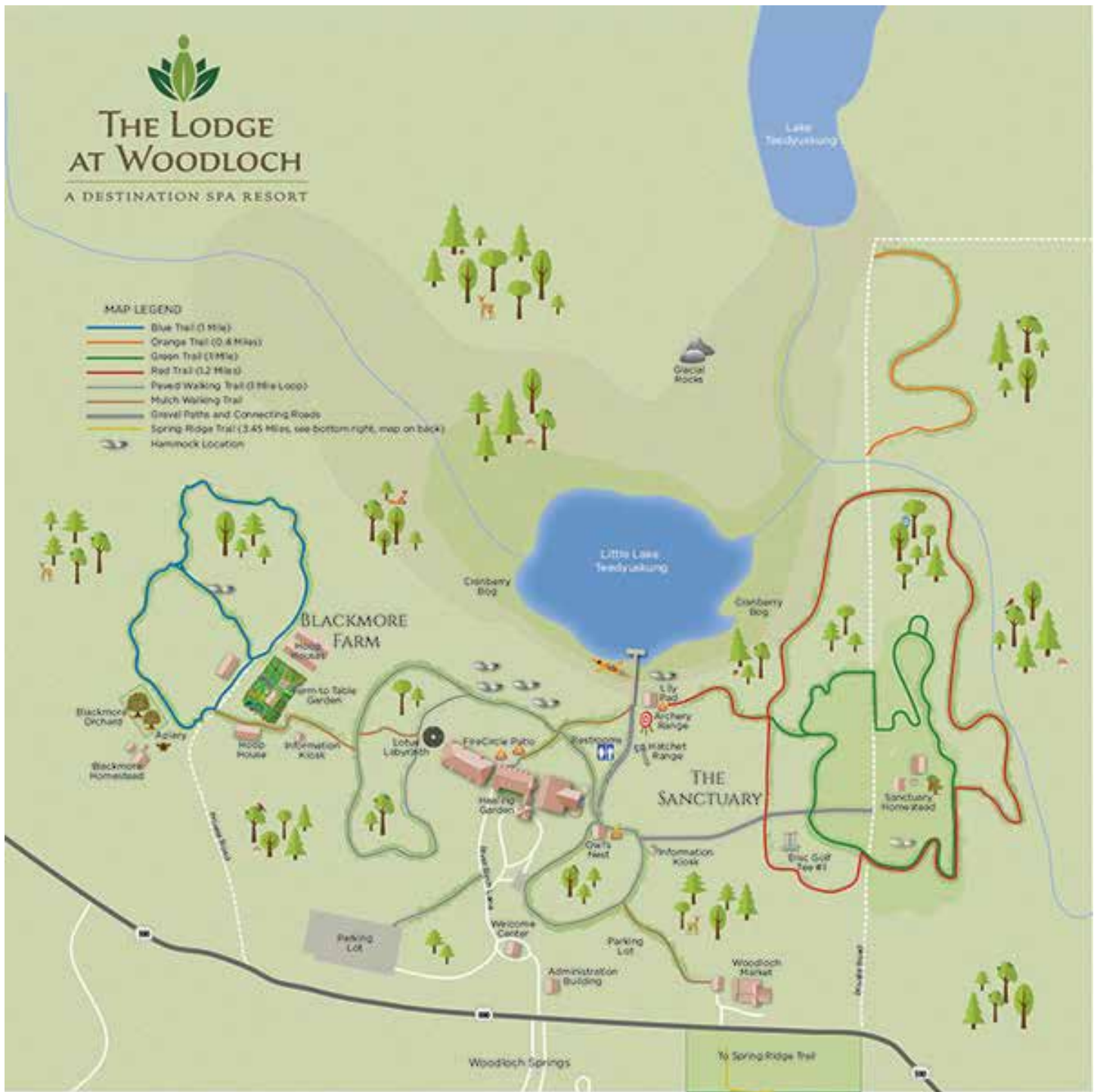
Create your own custom zodiac sign painting for yourself, a friend, or to celebrate a new birth. Paint your constellation against a galaxy of stars on canvas using a variety of painting techniques, shimmering paints, and stencils for your zodiac sign name and constellation. Get lost in the night sky and celebrate your place amongst the cosmos. Paintings are done on an 8x10 inch canvas.

**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 \$30 per person.





## Outdoor Exploration

The Lily Pad, our Outdoor Exploration Center is open from 9am - 5pm. Kayaking, Stand-up Paddleboarding, 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 kayaks, stand-up paddleboards, bikes, binoculars, GPS devices, & disc golf discs and scorecards or to answer any questions that you may have.

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