

May 2017 Fitness Class Schedule



SUNDAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 9am Fitness Walk*
10am Deep Stretch Yoga
12pm Nature Hike (Reg/Adv)
2pm Vinyasa Flow Yoga
3:30pm Barre
5pm Zumba

2 7am Hit the Trails
8am Sunrise Stretch Yoga
10am Vinyasa Flow Yoga
11am Fitness Walk*
12:30pm Nature Hike (Reg/Adv)
5pm Pound

3 8:30am Pound
9am Water Boot Camp
10:30am Yoga Move!
1pm Vinyasa Flow Yoga
3:30pm Deep Stretch Yoga
5pm Circuit Training w/TRX

4 7am Hit the Trails
8am Sunrise Stretch Yoga
10am Stress Burner Yoga
11am Foundation Training
5pm Boot Camp
7:30pm Sunset Bike Ride

5 8:30am Fitness Walk*
9:30am Zumba
1pm Boot Camp
2:30pm Nature Hike (Reg/Adv)
3:30pm Stress Burner Yoga
5pm Foundation Training

6 9am Zumba
10:30am Stress Burner Yoga
12pm Nature Hike (Reg/Adv)
3:30pm HIIT
5pm Kangoo Boot Camp
7:30pm Sunset Bike Ride

7 9am Fitness Walk*
10:30am Nature Hike (Reg/Adv)
11:30am Gentle Yoga
1pm Hatha Yoga
3:30pm HIIT
5pm Boot Camp

8 9am Fitness Walk*
10am Stress Burner Yoga
11am Foundation Training
2pm Vinyasa Flow Yoga
3:30pm Deep Stretch Yoga
5pm Zumba

9 8am Sunrise Stretch Yoga
9:30am Stress Burner Yoga
12pm Fitness Walk*
2pm Happy Hour Yoga
3:30pm Groove
5pm Pound

10 8:30am Pound
10am Fitness Walk*
12pm Nature Hike (Reg/Adv)
2pm Happy Hour Yoga
3:30pm Core Yoga
5pm Circuit Training w/TRX

11 8am Sunrise Stretch Yoga
10am Stress Burner Yoga
11am Foundation Training
3:30pm HIIT
5pm Boot Camp
7:45pm Sunset Bike Ride

12 8am Sunrise Stretch Yoga
9:30am Zumba
12:30pm Fitness Walk*
1:30pm Nature Hike (Reg/Adv)
3:30pm Stress Burner Yoga
5pm Foundation Training

13 9am Outdoor Yoga
10:30am Core Yoga
11am Fitness Walk*
12pm Nature Hike (Reg/Adv)
2pm Yoga & Tea Workshop
5:30pm Ballroom Dance Class

14 9am Outdoor Yoga
10:30am Pound
11:30am Groove
1pm Nature Hike (Reg/Adv)
3:30pm HIIT
5pm Boot Camp

15 9am Fitness Walk*
10am Stress Burner Yoga
11am Foundation Training
1pm Nature Hike (Reg/Adv)
3:30pm Barre
5pm Zumba

16 8am Sunrise Stretch Yoga
9:30am Stress Burner Yoga
12pm Fitness Walk*
2pm Happy Hour Yoga
3:30pm Groove
5pm Pound

17 8:30am Pound
9am Water Boot Camp
10:30am Yoga Move!
2pm Happy Hour Yoga
3:30pm Core Yoga
5pm Circuit Training w/TRX

18 8am Sunrise Stretch Yoga
10am Stress Burner Yoga
11am Foundation Training
3:30pm HIIT
5pm Boot Camp
7:45pm Sunset Bike Ride

19 8am Sunrise Stretch Yoga
9:30am Zumba
11am Core Yoga
1:30pm Nature Hike (Reg/Adv)
3:30pm Stress Burner Yoga
5pm Foundation Training

20 9am Zumba
10:30am Beginner Yoga
12pm Barre
2pm Rock Your Chakras
Yoga Workshop!
5pm Kangoo Boot Camp
7:45pm Sunset Bike Ride

21 8am Water Yoga Workshop
10:30am Gentle Yoga
12pm Restorative Yoga
2pm Barre
3:30pm HIIT
5pm Boot Camp

22 9am Fitness Walk*
10am Stress Burner Yoga
11am Foundation Training
1pm Nature Hike (Reg/Adv)
3:30pm Barre
5pm Zumba

23 8am Sunrise Stretch Yoga
9:30am Stress Burner Yoga
12pm Fitness Walk*
2pm Happy Hour Yoga
3:30pm Groove
5pm Pound

24 8:30am Pound
9am Water Boot Camp
10:30am Yoga Move!
2pm Happy Hour Yoga
3:30pm Core Yoga
5pm Boot Camp

25 8am Sunrise Stretch Yoga
10am Stress Burner Yoga
11am Foundation Training
3:30pm HIIT
5pm Boot Camp
8pm Sunset Bike Ride

26 8am Sunrise Stretch Yoga
9:30am Zumba
11am Vinyasa Flow Yoga
1:30pm Nature Hike (Reg/Adv)
3:30pm Boot Camp
5pm HIIT

27 9am Zumba
10:30am Beginner Yoga
12pm Yin Yoga Workshop
3:30pm HIIT
5pm Kangoo Boot Camp
8pm Sunset Bike Ride

28 9am Outdoor Yoga
10:30am Pound
11:30am Groove
1pm Nature Hike (Reg/Adv)
3:30pm HIIT
5pm Boot Camp

29 7am Hit the Trails
9am Fitness Walk*
11am Deep Stretch Yoga
1pm Nature Hike (Reg/Adv)
5pm Zumba
8pm Sunset Bike Ride

30 8am Sunrise Stretch Yoga
9:30am Stress Burner Yoga
12pm Fitness Walk*
2pm Happy Hour Yoga
3:30pm Groove
5pm Pound

31 8:30am Pound
9am Water Boot Camp
10:30am Yoga Move!
2pm Happy Hour Yoga
3:30pm Core Yoga
5pm Circuit Training w/TRX

Classes noted with a "*" are complimentary
Class descriptions on back with pricing

Ask about private fitness classes
& personal training



Fitness Center

Hours of Operation*

Sunday–Thursday | 6am–8pm

Friday & Saturday | 6am–9pm

**subject to change*

Indoor Pool

open during regular hours of operation

Adult Lap Swim | open until 9am



Rock Your Chakras Yoga Workshop! May 20, 2017 · 2pm

Who says Yoga can't Rock?! Come have a blast, stretching and building muscle in this Vinyasa Yoga workshop, set to a soundtrack of upbeat, Hard Rock Hits! Vinyasa Yoga is a powerful, aerobic form of Yoga that uses flowing movements and a few challenging poses to push your boundaries. Rock music goes perfectly with Vinyasa to help you power through some of the tough poses, and to have fun while you're doing it! Come work up a sweat while you move to the music, and end with a complimentary beer for participants over 21 years of age...you'll have earned it! All levels are welcome. Live acoustic guitar and singing included during Savasana. This class is 75 minutes. \$40 per person. *Open to the public.

Water Yoga Workshop May 21, 2017 8am · 90-minutes · \$45 per person

Fuel your body with heat as we move with both Hatha and Kundalini style yoga using noodles and weights, resistance and buoyancy in the spa pool. After class, enjoy the outdoor whirlpool, add lavender oil on the temples and indulge with a delicious smoothie. *Open to the public.

Yin Yoga Workshop May 27, 2017 · 12pm · 90-minutes · \$45 per person

Nourish the mind and connective tissues during an afternoon of Yin Yoga with Jacklynn. We'll explore long supported holds which target ligaments, bones, and joints. This slow practice is suitable for beginners and all levels with props that enable muscular release and relaxation. This practice will bring a more conscientious attention to breath and sensations in the body. We conclude with essential oils and a smoothie. *Open to the public.

Ballroom Dance Class May 13, 2017 · 5:30pm–6:30pm

Dance the night away with your special someone as you learn various styles of Ballroom Dancing from a ballroom expert. Learn all the right steps and spend the evening having a ball! *Open to the public. \$30 per couple.

Yoga & Tea Workshop May 13th, 2017 · 2pm · \$45 per person

Getaway for the day for a mother and daughter day out! Enjoy a 90-minute yoga class followed by afternoon tea with delicious pastries. *Open to the public.

Barre

This class uses the ballet barre to perform body-sculpting isometric exercises. Your muscles are worked to the point of fatigue then immediately stretched to elongate and tone the entire body without adding bulk. This class is 60 minutes. \$20 per person.

Beginner Yoga

A low demanding yoga class for beginners composed of a series of easily adjustable poses and more verbal instruction. The main focus of the class being on connecting breath and a slow flow into each pose.

We will use each muscle group for both a positive exercise and foundation into your yoga practice. This class is 60 minutes. \$20 per person.

Boot Camp

A high intensity, results-oriented, workout designed to burn calories and tone the entire body. This class is 60 minutes. \$20 per person.

Circuit Training with TRX Introduction

Circuit training is specifically designed to give you a fast paced, full body workout, while increasing your overall physical endurance. An introduction to the TRX Suspension Trainer will also be provided, which is known as the best-in-class workout system leveraging gravity and your bodyweight to perform a variety of different exercises. The TRX Suspension Trainer delivers an effective total-body workout, helps build a solid core, and increases muscular endurance. You're in control of how much you are willing to challenge yourself on each exercise by simply adjusting your body position to add or decrease resistance. This class is 45 minutes. \$20 per person.

Core Yoga

A yoga class focused on empowering the body, mind and spirit. Start achieving inner power by using safe and vigorous sequence of postures. By strengthening and toning abdominal muscles, you can considerably improve your practice. It allows you to have a powerful and safer asana practice. This class is 60 minutes. \$20 per person.

Deep Stretch Yoga

From beginner to advanced, this class goes from dynamic movement to static stretching, letting the movement create opening and lubrication in the joints and muscles, and then using that opening to stretch deeper and explore stillness. Modifications offered to all levels on how to make stretches more gentle, or more deep, depending on their needs for each stretch or yoga posture. Live music (acoustic guitar/singing) is offered at the end of this class. This class is 60 minutes. \$20 per person.

Fitness Walk

A morning or afternoon stroll around the property to awaken and revitalize your senses as you breathe in the fresh air and enjoy the beauty of Virginia's horse country. This activity is 30 minutes. Complimentary.

Flow Yoga

Energetic postures which move in an orderly rhythm of sun salutations and are designed to engage all muscle groups while increasing joint flexibility and stamina. This class is 60 minutes. \$20 per person.

Foundation Training

Cutting edge, simple, safe and transformative exercises designed to help you move the way the body was meant to move, eliminate common movement patterns hurting you, naturally heal back pain quickly, and improve endurance, stamina and strength, when incorporated in short duration workouts. This is beneficial for everyone from couch sitters to elite athletes. This class is 45 minutes. \$20 per person.

Gentle Yoga

This class explores the classic poses of hatha yoga with a gentle touch. Through asana practice and calm, steady breathing, it promotes balance, flexibility, awareness and the integration of mind, body and spirit. It is suitable for those new to yoga, are less flexible or would just prefer mindful movement at a slower, less rigorous pace. This class is 60 minutes. \$20 per person.

GROOVE

GROOVE is a revolutionary approach to fitness and dance, rated in *Shape Magazine* as one of the top 15 next big fitness trends! It uses easy, functional movements, basic athletic skills and a variety of awesome music so participants can learn fun dance moves while also dancing it their own way. Anyone can do this and leave feeling like they danced their heart out! This class is 60 minutes. \$20 per person.

Happy Hour Yoga

This is the perfect after meeting "cocktail" of shoulder openers and hip stretches. A short enough sequence that you can still have your night ahead of you, but well-rounded enough that your body feels holistically relieved after a hard day. This class is 60 minutes. \$20 per person.

Hatha Yoga

Classic hatha yoga in the Iyengar tradition. A series of standing, sitting, forward & backward extending, twisting, and inverted poses are explored. Poses are held for longer duration with focused attention on alignment and extension of muscle, bone, and connective tissue. Organ systems such as respiratory, digestive and nervous systems are stimulated, soothed, and balanced. The breath is regulated and the mind becomes quiet. Class ends with a deep, restorative relaxation pose. This class is 60 minutes. \$20 per person.

H.I.I.T.

Integrated high intensity interval training with personalized Circuit training. A certified personal trainer will help improve your performance and provide you with knowledge that you can take home and apply in daily life. This class is 60 minutes. \$20 per person.

Hit the Trails Bike Ride

This medium impact guided bike ride through Salamander's extensive wooded trail system is perfect for any beginner or intermediate level rider. This class is 60 minutes. \$45 per person.

Introduction to Meditation

Learn and experience the art and science of meditation. A variety of techniques are introduced to quiet a busy mind, release muscular and mental tensions, relieve anxieties, and induce a state of detached awareness and a deep sense of peace. This class is 60 minutes. \$20 per person.

Kangoo Boot Camp

This class begins with a Kangoo Boots orientation and making sure you are comfortable in them. It is followed by a high intensity workout that includes intervals of running and drill style strength training which transitions into conditioning exercises. This format improves muscle strength and endurance as it improves cardio-respiratory fitness. This class is 60 minutes. \$35 per person.

Yoga Move!

Like the long, lean body yoga develops, but wish you could burn more body fat during a session? Wish you were strong enough to hold those poses? Love innovative exercises and don't want to be bored? Then YOGA MOVE! This total body workout uses bodyweight and metabolic training through adapted yoga moves to improve flexibility, strength and fat-burning. This class is 60 minutes. \$20 per person.

Nature Hike

Join one of our enthusiastic recreation guides in our Relaxed Nature Hike Program! This is more of a subtle hike focused on just getting outside and learning about the resort, Middleburg, or what is around us. Our hike does go on our trails but is very modest in intensity meaning you won't work up too much of a sweat. 45 minutes. \$25 per person.

Advanced Nature Hike

For those who enjoy rigorous and strenuous hikes, stomp along with one of our recreation guides as we take you deep into our trails on the resort and prepare to work up a sweat! This program is designed for those who are looking to get a physically demanding hike on our property without getting lost on our trails. 45 Minutes. \$25 per person.

Outdoor Yoga

Start your day bringing together body, mind and breath under the morning sunshine and with fresh breeze on your skin. This all-levels, gentle Flow class will energize and focus you for the day ahead, while enjoying the beautiful Virginia outdoors. Live music during Savasana. This class is 60 minutes. \$20 per person.

Pound

Rockstar meets Fitness in a calorie-torching, full-body, cardio workout that uses lightly weighted "drumsticks" called Ripstix. Rated as one of *Shape Magazine's* top 15 fitness trends, POUND fuses Pilates, isometric movements, and plyometrics with constant simulated drumming to sculpt muscle and torch up to 900 calories in 45 minutes. If you're not exactly musically inclined, don't worry—the routines are simple to follow and set to calibrated songs so you can get the rhythm down easily. This class is 45 minutes. \$20 per person.

Restorative Yoga

A series of restful poses, using supportive props and slow relaxed breathing to access the parasympathetic nervous system response, and induce a state of deep relaxation. It allows the body and mind time to heal from the chronic stress and physical, mental and adrenal fatigue of everyday life. This class is 60 minutes. \$20 per person.

Stress Burner Yoga

Through yoga poses, breathing and meditation, we will learn ways to bring the mindfulness, peace, flexibility and alignment gained from yoga into our daily lives. This class is suitable for both new and experienced people who want to learn concrete ways to use yoga techniques to lower the stress "set-point." This class is 60 minutes. \$20 per person.

Sunrise Stretch Yoga

There's no better way to start the day than with some gentle stretching and meditative breathing! This class uses breath work and deep stretches to wake up and energize the body and mind in the morning, and pave the way for a centered and vibrant day. All levels welcome. Live music (acoustic guitar/singing) is offered at the end of this class. This class is 60 minutes. \$20 per person.

Sunset Bike Ride

The perfect opportunity to experience the striking sunset while enjoying the gentle air on this leisurely guided tour. This tour is 30 minutes. \$25 per person. 2 person minimum. 48 hour advanced notice.

Vinyasa Flow Yoga

Welcome to all levels, Vinyasa flow is an energetic form of Yoga that keeps you moving during practice in order to get your muscles warmed and stretch. Vinyasa places equal emphasis on stability, strength and stretch, so you walk out of class feeling balanced and energized. The added synchronization of one breath for each movement, creates a wonderful harmony and focus in body and mind. Live music (acoustic guitar/singing) is offered at the end of this class. This class is 60 minutes. \$20 per person.

Water Boot Camp

You won't find this water exercise at your grandma's retirement home...total body strength training meets interval training in the pool. From weight loss to athletes wanting to cross train this class will boost your metabolism, increase flexibility and build muscles. Who knew intervals could be so fun? This class is 60 minutes. \$20 per person.

Zumba

Zumba incorporates Latin dance styles while mixing low-intensity with high-intensity moves for an interval-style, calorie-burning dance fitness party. This class is 60 minutes. \$20 per person.

ADVANCED RESERVATIONS ARE REQUIRED FOR ALL CLASSES.

Personal Training Session

Our Personal Training Sessions are designed to provide you with an individualized workout based on your needs and goals. \$110/hr.

Private Group Fitness Class

Our Private Group Fitness Classes are perfect for any group looking for a fun way to exercise together. Choose from our many different classes available.

Prices vary per group size