

MAY 2022 ACTIVITIES SCHEDULE

MON

vinyasa yoga flow
8am-9am
movement studio
with rachel

abs & glutes
10am - 11am
movement studio
with molly

**canyon hike
with trail guide**
11am - noon
meet at the
movement studio
with molly

TUES

yin yoga
8am-9am
movement studio
with sarah/rachel

pilates body sculpt
11am - noon
movement studio
with molly

**canyon hike
with trail guide**
5pm - 6pm
meet at the
movement studio
with joanna

twilight yoga
6pm - 7pm
movement studio
with joanna

WED

core and more
7am - 8am
movement studio
with kori

boot camp
10am - 11am
movement studio
with molly

**canyon hike
with trail guide**
11am - noon
meet at the
movement studio
with molly

sculpt
11.30am-12.30pm
movement studio
with joanna

THURS

chakra yoga flow
8am-9am
movement studio
with sarah

float fit
11am - noon
meet at the
relaxation pool
with kori

**canyon hike
with trail guide**
4pm - 5pm
meet at the
movement studio
with heather

FRI

vinyasa yoga flow
8am-9am
movement studio
with rachel

**canyon hike
with trail guide**
9:30am - 10:30am
meet at the
movement studio
with julia

full body fit
9:30am - 10:30am
movement studio
with kori

float fit
11am - 11:30am
meet at the
relaxation pool
with kori

SAT

**canyon hike
with trail guide**
8am-9am
meet at the
movement studio
with molly

boot camp
9:30am - 10:30am
movement studio
with molly

float fit
11am - 11:30am
meet at the
relaxation pool
with molly

**mindful
meditation**
11am - noon
movement studio
with marina

SUN

**canyon hike
with trail guide**
9:30am-10:30am
meet at the
movement studio
with julia

**mindful
meditation**
10am - 11am
movement studio
with marina

restorative flow
2pm - 3pm
movement studio
with taylor, rachel,
and joanna

MOTHER'S DAY

Meditation for Mothers

9:30am-10:30am

Mommy and Me Yoga

2pm-3pm | Ages 4+

ARCHERY

Daily 2pm-4pm

PEDAL ON

Take a spin on one of our bicycles or e-bikes to explore the area. See the concierge for details.

TAKE TO THE COURTS

Tennis and pickleball racquets available.

EQUESTRIAN ACTIVITIES

Riding and non-riding activities for all ages and levels of experience.