

JULY 2022 ACTIVITIES

MON

vinyasa yoga flow
8am – 9am with rachel

abs & glutes
10am – 11am with
heather/sarah
(no class on 7/11)

canyon hike
with trail guide
11am – noon with
heather/sarah

TUES

deep stretch
8am – 9am with kori
(july 5 only)

chakra yoga flow
8am – 9am with
sarah/joanna
(no class on july 5)

pilates body sculpt
11am – noon with heather

canyon hike
with trail guide
5pm – 6pm with joanna

twilight yoga
6pm – 7pm with joanna

WED

full body fit
8am – 9am with kori/sarah
(no class on july 6)

canyon hike with trail
guide
11:30am – 12:30pm with
joanna

sculpt
12:30pm – 1:30pm with
joanna

THURS

chakra yoga flow
8am – 9am with
rachel/sarah

canyon hike
with trail guide
8:30am – 9:30am with
julia

float fit
11am – 11:30am with kori
(july 21 and 28 only)

FRI

vinyasa yoga flow
8am – 9am with rachel

canyon hike
with trail guide
8:30am – 9:30am
with danielle

full body fit
9:30am – 10:30am
with kori/sarah
(no class on 7/8)

float fit
11am – 11:30am with
kori/sarah
(no class on 7/8)

dive-in movie
begins at 8pm poolside

SAT

canyon hike
8:30am – 9:30am with
danielle

mindful meditation
11am – noon with marina

dive-in movie
begins at 8pm poolside

SUN

canyon hike
with trail guide
9:30am – 10:30am
with danielle

mindful meditation
10am – 11am with marina

restorative flow
2pm – 3pm with taylor

ARCHERY

Daily 10am, 11am, 2pm, and 3pm

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.

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DIVE-IN MOVIES

July 1 – Dream Horse
July 2 – DOG
July 8 – Eternals
July 9 – Spirit Untamed
July 15 – Cruella
July 16 – Paw Patrol
July 22 – Ghostbusters: Afterlife
July 23 – The Mitchell's vs. the Machines
July 29 – Jungle Cruise
July 30 – Rock Dog 2

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**Wellness classes are held in the movement studio.
For hikes, please meet at the movement studio
and for Float Fit, meet at the Relaxation Pool.**