

# JUNE 2022 ACTIVITIES

## MON

**vinyasa yoga flow**  
8am – 9am with rachel

**abs & glutes**  
10am – 11am with sarah

**canyon hike  
with trail guide**  
11am – noon with sarah

**archery**  
2pm – 4pm

## TUES

**yin yoga**  
8am – 9am with sarah/joanna

**pilates body sculpt**  
11am – noon with heather

**archery**  
2pm – 4pm

**canyon hike  
with trail guide**  
5pm – 6pm with joanna  
*(no class on 6/14)*

**twilight yoga**  
6pm – 7pm with joanna  
*(no class on 6/14)*

## WED

**full body fit**  
8am – 9am with kori

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

**sculpt**  
12:30pm – 1:30pm with joanna/heather

**archery**  
2pm – 4pm

## THURS

**chakra yoga flow**  
8am – 9am with sarah

**float fit**  
11am – 11:30am with kori

**canyon hike  
with trail guide**  
12pm – 1pm with heather

**archery**  
2pm – 4pm

## FRI

**vinyasa yoga flow**  
8am – 9am with rachel

**canyon hike  
with trail guide**  
9:30am – 10:30am with julia

**full body fit**  
9:30am – 10:30am with kori

**float fit**  
11am – 11:30am with kori

**archery**  
2pm – 4pm

**dive-in movie**  
begins at 8pm poolside

## SAT

**float fit**  
11am – 11:30am with kori  
*(only on 6/18 and 6/25)*

**mindful meditation**  
11am – noon with marina  
*(no class on 6/4)*

**archery**  
2pm – 4pm

**dive-in movie**  
begins at 8pm poolside

## SUN

**canyon hike  
with trail guide**  
9:30am – 10:30am with julia

**mindful meditation**  
10am – 11am with marina

**archery**  
2pm – 4pm

**restorative flow**  
2pm – 3pm with taylor

## 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

### Schedule

June 3 – Space Jam  
June 4 – Soul  
June 10 – Lady and the Tramp  
June 11 – Luca  
June 17 – Clifford the Big Red Dog  
June 18 – The Spongebob Movie  
June 24 – Sing 2  
June 25 – Scoob!

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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.