

# AUGUST 2022 ACTIVITIES

## MON

### **vinyasa yoga flow**

8am – 9am with

rachel/joanna

### **abs & glutes**

10am – 11am with sarah

### **canyon hike**

### **with trail guide**

11am – noon with sarah

## TUES

### **chakra yoga flow**

8am – 9am with sarah

### **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

### **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 sarah

### **canyon hike**

### **with trail guide**

9:00am – 10:00am with

sarah

### **float fit**

11am – 11:30am with kori

## FRI

### **vinyasa yoga flow**

8am – 9am with

rachel/joanna

### **canyon hike**

### **with trail guide**

8:30am – 9:30am

with danielle

### **full body fit**

9:30am – 10:30am

with kori/sarah

### **float fit**

11am – 11:30am with

kori/sarah

### **dive-in movie**

begins at 8pm poolside

## SAT

### **canyon hike**

8:30am – 9:30am with

danielle

### **mindful meditation**

11am – noon with marina

(not on 8/27)

### **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

(not on 8/21; 8/28)

### **restorative flow**

12:30pm – 1:30pm 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.

## MAKE-A-WISH PLAYHOUSE

This two-story custom-built playhouse was  
designed entirely by kids, for kids. 10am-3pm

—

## DIVE-IN MOVIES

August 5 – Scooby Doo Movie

August 6 – Lilo and Stitch

August 12 – Spider Man: No Way Home

August 13 – Pirates of the Caribbean

August 19 – Dune

August 20 – Moana

August 26 – Shang-Chi and the Legend of Ten  
Rings

August 27 – The Addams Family 2

—

**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.**