



# wellness activity program

We believe that wellness begins with connection — with ourselves, our community and the environment around us. We also believe it is best approached from a holistic perspective. Our unique program combines our healing waters with a range of movement and mindfulness practices to create the ultimate wellness experience.

| Time    | Monday               | Tuesday | Wednesday            | Thursday | Friday               | Saturday          | Sunday            |
|---------|----------------------|---------|----------------------|----------|----------------------|-------------------|-------------------|
| 7.30am  | Warm Water exercise* |         | Warm Water exercise* |          | Warm Water exercise* |                   |                   |
| 10.00am |                      |         |                      |          |                      |                   | Yoga              |
| 11.30am |                      |         |                      |          |                      | Body Clay         | Body Clay         |
|         |                      |         |                      |          |                      | Mat Pilates       | Aerial Yoga       |
| 12.30pm |                      |         |                      |          |                      | Hot Springs yoga* | Hot Springs yoga* |
|         |                      |         |                      |          |                      | Fire and Ice      | Fire and Ice      |
| 1.30pm  |                      |         |                      |          |                      | Body Clay         | Body Clay         |
| 5.30pm  |                      |         | Reformer Pilates**   |          |                      |                   |                   |

\* Complimentary with Bath House bathing

\*\* Class only (bathing not included)