



- WELLNESS PROGRAMS -

Complimentary for Resort Guests and Club Members
Space is Limited to 15 Spots for Each Program
For Reservations Call 541-526-6872

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FULL BODY STRENGTH TRAINING 9:30am-10:30am	PILATES 9:00am-10:00am STRETCH AND RESTORE 4:00pm-5:00pm	FULL BODY STRENGTH TRAINING 9:30am-10:30am	YOGA 9:00am-10:00am BREATHE & FLOW YOGA 4:00pm-5:00pm	FULL BODY STRENGTH TRAINING 9:30am-10:30am	MEDITATION 8:30am-9:30am <i>Spirit Rock</i> YOGA 10:00am-11:00am

Each program requires a minimum of five reservations and good weather; any program cancellations will be communicated as far in advance as possible.