SPRING/SUMMER FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
9:00	Water Yoga	Water Yoga	Water Yoga		Water Yoga		
AFTERNOON							
3:00						Water Yoga	WaterYoga
4:00	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga

Fitness classes listed in the above schedule are held in our Spa Fitness Studio. Water Yoga classes are held in our Watsu Pool (weather permitting). Athletic footwear required in the workout room and for most classes.

* In lieu of Body Sculpting, there is a NIA workshop from 9-11am on the second Tuesday of each month. All workshops and specialty hikes are listed below and carry a fee of $45.00. ** $9 fee applies for spin classes.

FALL/WINTER FITNESS WORKSHOPS

Ai Chi/Water Yoga	Thursdays	9/6, 10/4, 11/1, 12/6	11am-12:30pm
Find Your Venus	Sunday	9/30	2pm-4pm
Four Paths of Yoga	Sundays	9/23, 10/21, 11/18, 12/30	2pm-4pm
Gentle Yoga	Sundays Thursdays	9/9, 10/14, 11/11, 12/9 9/13, 10/11, 11/8, 12/13	11am-1pm 11am-1pm
NIA	Tuesdays Sundays	9/11, 10/9, 11/13, 12/11 10/7, 11/18, 12/2	9:30am-11am 11am-12:30pm
Pilates	Sundays	9/9, 10/14, 11/11, 12/9	1pm-3pm
Qigong	Sundays	9/23, 11/25, 12/30	11am-1pm
Spirit of Aloha	Sunday	10/28	11am-1pm
TRX Susp. Training	Wednesdays	10/3, 10/17, 10/31, 11/14, 11/28, 12/12	11am-12:30pm
Yoga Sound Healing	Thursdays	9/6, 10/11, 11/8, 12/27	2pm-4pm
Water Yoga	Thursdays	9/20, 10/18, 11/15, 12/20	11am-12:15pm
Zumba	Thursdays Fridays	9/27, 10/25, 11/29 12/28	11am-12:30pm 11am-12:30pm

Nutritional Series	Tuesdays	9/4, 9/18, 9/25, 10/16, 10/23	10am-1130am
Food Allergies/Gluten Free Diet			9/4
Phytochemicals, Probiotics and Prebiotics			9/18
Achieving and Maintaining a Healthy Body Weight			9/25
Eating Disorders			10/16
Exploring the Myths and Realities of Nutrition			10/23

WORKSHOP DESCRIPTIONS

Ai Chi / Water Yoga
Enjoy the combination of Ai Chi (water adapted Tai Chi) and Water Yoga in our thermal mineral pool

Four Paths of Yoga
Explore the Four Paths of Yoga: Service, Devotion, Discipline and Wisdom. Beginners and Intermediate levels will enjoy this workshop

Gentle Yoga
Two hours of yoga, meditation and deep relaxation

NIA
A non-impact aerobics class that blends martial arts, dance and the healing arts

Pilates
Connect deeply into your core muscles, utilizing more of your core in each Pilates exercise for a more efficient and effective workout

Qigong
Also known as Taoist Yoga, Qigong accesses healing energy from our bodies and from nature. Coordinating movement, mental focus and breath, this workshop improves mental clarity, creativity and intuition

NEW-TRX Suspension Training
This semi-private workshop will introduce you to a whole new style of weight and endurance training. It is all core, all the time. In this 1.5 hour workshop you will learn the apparatus and do two types of class styles, Body Blast and Circuit. TRX Suspension Training increases endurance and flexibility, increases bone density, improves posture and strengthens the core. The training can be modified to each individual needs so all are welcome

Water Yoga
Receive the relaxation and increased flexibility benefits of Water Yoga in this special workshop taking place in one of our thermal mineral pools

Zumba
An easy to follow joyful dance class. Dance to salsa, reggateon, cumbia, hip hop and belly dance. No previous dance experience necessary

HIKE AND BIKE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-10:00	Morning Bike Tour	Morning Bike Tour	Morning Bike Tour	Morning Bike Tour	Morning Bike Tour	Morning Bike Tour	
8:00-10:00	Quarry Hill Botanical Garden	Views & Vistas	Overlook Trail	Views & Vistas	Overlook Trail	Views & Vistas	Overlook Trail

HIKING

Complimentary guided hikes are available for hotel guests. Hikes are available every day of the week with varying degrees of difficulty. *Please reserve your space by calling Spa Reservations at (877) 289-7354 or by contacting the Hotel Concierge. Reservations are required, availability is limited. *See the table above for details.*

Hikes include transportation to and from locations for first 6 guests. Meet in Hotel Lobby 10 minutes prior to departure. Please note that the minimum age for hiking guests is 10 years of age.

BIKING

Morning Bike Tour (11 mile round trip) **See the table above for details.*
Tour the back roads of the beautiful Sonoma Valley. Vineyards surround you as you ride through the oldest operating vineyard in California. Enjoy a short break as well as a lovely view of the valley. *Please book your bike tour by calling Spa Reservations at (877) 289-7354 or by contacting the Hotel Concierge. Fees apply.* Bikes are equipped with packs and water. Helmets are provided and required. Two person minimum or Bike Tour is subject to cancellation. Please note that the minimum age for biking guests is 16 years of age.

SPECIALTY HIKES

***Farmer's Market Friday Hike with Cheese Tasting**
***Hike to Giant Redwood Tree with Olive Oil Tasting**
***Historical Plaza Walk and Shop Sonoma**
**Specialty hikes are seasonal and fees apply. Please call Spa reservations for dates and times. Private Custom Hikes are available by request.*

ACTIVITIES GUIDE

FALL
WINTER
2012-2013

THE Fairmont
SONOMA MISSION INN & SPA

SANTÉ WINEMAKER DINNER SERIES

Chef Andrew Cain in good company with many of the Valley's finest wineries invite you to a meritage of winemaker dinners in our signature dining room, Santé.

Jordan Winery
Thurs. Nov 15, 2012

Envolve Winery,
Thurs. Feb 28, 2013

Landmark Vineyards,
Thurs. April 18, 2013

Flanagan Wines,
Thurs. June 13, 2013

Reception 6:30pm, dinner at 7:00pm.
Prices vary
Limited seats available
Reservations (707) 939.2415

Concierge Desk Hours:
8:00am – 8:30pm daily

Fairmont Hotels & Resorts Reservations:
Toll Free: 1-800-441-1414
fairmont.com

Resort Phone Number: (707) 938.9000
Resort Fax: (707) 938.4250
Spa Reservations: (877) 289.7354