



Fitness Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am	8am Hike	8am Hike	8am Hike	8am Hike	8am Hike	8am Hike	8am Hike
8am	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
9am	Water Yoga	Water Yoga	Water Yoga	Water Yoga	Water Yoga	Fitness Fusion	
3:00pm						Water Yoga	Water Yoga
4:00 - 5:00		Restorative Nidra Yoga		Restorative Nidra Yoga			Restorative Nidra Yoga

Guided Hikes

Enjoy guided scenic walks and hikes to various locations throughout the picturesque Sonoma Valley. Hikes average from two to four miles (three to six kilometers), accommodating both novice and intermediate levels.

Reservation is required.

Yoga

This class is designed to improve posture, strength and flexibility through Yoga postures, breathing practices, and relaxation and meditation techniques.

Water Yoga

The benefits of Yoga are enhanced in this class due to the warmth, buoyancy and healing properties of our thermal mineral water. Postures and stretches are easier to hold which results in greater flexibility and deeper relaxation.

Fitness Fusion

Dynamic class combining Pilates-inspired core work with resistance exercises and stretching

Restorative Yoga Nidra

A gentle yoga practice to provide a deeper relaxation, this class is designed to help the mind and body connect in the conscious state between sleeping and waking life.