

# WELLNESS CLASS MENU

## **10AM MONDAY: SOUND IMMERSION FLOAT (LAP POOL)**

Float weightlessly in the lap pool, surrounded by soothing sound vibrations that promote relaxation, reduce stress, and enhance well-being.

## **10AM TUESDAY: ESSENTIAL OILS (SPA SUITES)**

Experience the therapeutic benefits of essential oils in the tranquil setting of the Spa Suites. Let aromatic practices enhance relaxation, clarity, and rejuvenation for your body and mind.

## **10AM WEDNESDAY: GOOD VIBRATIONS (SPA SUITES)**

Relax with sound therapy that uses resonant tones and frequencies to restore balance, reduce tension, and deepen relaxation.

## **10AM THURSDAY: ACUPUNCTURE & ENERGY WORK (SPA SUITES)**

A restorative session combining acupuncture, crystal bowls, and energy work to restore balance and support natural healing.

## **10AM FRIDAY: FUNCTIONAL FITNESS (FITNESS CENTER)**

Enhance strength, flexibility, and mobility with exercises designed to improve everyday movement and overall physical function.

## **9AM SATURDAY: YOGA (FITNESS CENTER)**

A grounding yoga practice to stretch, align, and center your body and mind for a calm, focused start to your weekend.

## **9AM SUNDAY: MOVEMENT CLASS (FITNESS CENTER)**

Move with intention in this full-body movement class designed to improve mobility, strength, and flexibility, leaving you refreshed and energized for the week ahead.

SIGN UP AT THE FRONT DESK