



# JULY & AUGUST 2017 - RESORT & HEALTHY LIVING ACTIVITIES

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## POOL ACTIVITIES

PILLAR & POST		8:00am-9:00am Aqua Paddles	8:00am-9:00am Therapeutic Aqua	8:00am-9:00am Cardio, Stretch & Tone	10:00am-11:00am Aqua Pilates	8:00am-9:00am Noodles are Fun	
		9:00am-10:00am Aqua Paddles	9:00am-10:00am Therapeutic Aqua	9:00am-10:00am Cardio, Stretch & Tone		9:00am-10:00am Noodles are Fun	
		7:00pm-8:30pm Aqua Paddles	10:00am-11:00am Aqua Pilates	7:00pm -8:30pm Cardio, Stretch & Tone			
PRINCE OF WALES			10:30-11:30am Aqua Run		10:30-11:30am Aqua Run		

## LAND ACTIVITIES

PILLAR & POST	9:00am-10:00am Vinyasa Yoga		8:45am-9:45am Tone & Stretch		8:45am-9:45am Tone & Stretch	7:00pm - 8:00pm Hatha Yoga		10:00am -10:45am Yoga
PRINCE OF WALES		8:00am -8:45am Hatha Yoga	4:30pm - 5:30pm Candle Light Yoga	11:30am-12:30pm Core Balance & Stretch	9:00am -10:00 am Detox Flow Yoga	11:30am-12:30pm Core Balance & Stretch		
QUEENS LANDING		5:15pm-6:15pm Spinning	6:10am-7:00am Spinning	5:15pm-6:15pm Spinning	6:10am-7:00am Spinning	7:30am-8:15am Spinning		

## CULINARY AND SEASONAL ACTIVITIES

PILLAR & POST								
PRINCE OF WALES						Live music in the Churchill Lounge 8:00pm	Sommelier tasting 5:00.5:45	Live music in the Churchill Lounge 8:00pm
QUEENS LANDING				Walk Wednesday 12:00pm -12:45pm July 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> Meet in the Lobby		Party on the Patio \$1:00 Oysters (7pm-Close)		Live Music on the Patio Saturdays 7:00pm – 10:00pm

## RESORT & HEALTHY LIVING ACTIVITY DESCRIPTIONS

### WATER ACTIVITIES

#### Aqua Paddle

Weight training using aqua equipment to firm your muscles with resistance. Perfect for sensitive joints.

#### Therapeutic Aqua

Improve muscle imbalances and postural problems. Increase range and motion through gentle movements. Excellent class for fibromyalgia, osteoporosis and rheumatoid arthritis.

#### Cardio Stretch & Tone

Lower blood pressure and increase circulation through an intermediate cardiovascular class. Tone with aqua dumbbells and stretch to increase flexibility.

#### Noodles are Fun

Advance cardio class for forty minutes using noodles. Remaining 20 minutes is used to stretch muscles, joints and tendons to increase blood flow and heal aching muscles.

#### Aqua Pilates

Developed for beginners to intermediate levels, this popular Pilates swim class is a form of "mind body" exercise to help improve core muscle strength, flexibility, balance, and posture in the pool.

#### Walk Wednesday

Meet in the lobby of the Queens Landing for a quick walk to the Fort George and back. A great way to get those 10 000 steps.  
Dates :July 5,12,19 .  
Walk leaves at 12:00 noon.  
Weather permitting.

### LAND ACTIVITIES

#### Tone & Stretch

Want longer and leaner muscles? What are you waiting for! Experience a total body workout that will improve your flexibility and circulation. Stretch to release stress and tension, while keeping your muscles long and agile.

#### Candlelight Yoga

Relax and rejuvenate in this 45 min session. With candles as the backdrop. to gentle stretching, breathing exercises. Enjoy the peace and calm of the evening. Perfect way to unwind from a busy week. Gentle class for all levels

#### Vinyasa Yoga

This class is designed to strengthen the core and body to avoid injuries. Focusing on breath, core strengthening movements and balance. Moderate to intensive workout. Suitable for all levels and ages.

#### Detox Flow Yoga

This one hour session focuses on breathing, twisting and cleansing the body. It is moderate to intensive and is suitable for all levels and ages.

#### Indoor Cycle Fitness (Spinning)

Join us in our new state of the art spin studio! Our instructors will guide you on a journey to build cardiovascular fitness, strengthen muscles and endurance while having fun!

#### Hatha Yoga

The most widely practiced form of yoga in the world. Hatha Yoga uses postures (asana) and conscious breathing (Pranayama) in combination with mental focus to develop awareness, strength and flexibility, and relaxation. Through proper alignment and mindful actions of the body, Hatha Yoga brings balance, strength, and a sense of well-being to the practitioner.

#### Core, Balance and Stretching

The first half of class is a core l-training workout targeting all the core muscle groups for improved strength, tone, balance and endurance. The second half is dedicated to a stretching sequence to increase flexibility and relax tense muscles.

### CULINARY

#### Wine Tasting - Prince of Wales

Join our Sommelier at the Prince of Wales for a look at the various characteristics and wine varieties of this week's chosen region. Discussion includes a tasting of both white and red wines. Guests must be at least 19 years of age to participate.

#### Pillar and Post

Scavenger Hunt for children. Please pick up your Scavenger form at the front desk.

#### .Book Club

July 31<sup>st</sup>, 2017

Prince of Wales: Drawing Room  
"Dracula" by Bram Stoker

July 1<sup>st</sup>, 2017

Maple Leaf Cookie Decorating

Lobby of the Pillar and Post  
From 2:00pm – 3:00 pm

#### Succulent Wreath Class

July 19<sup>th</sup>, 5:00pm at Clippings

Make sure to sign up for our Succulent wreath course. It sells out quickly.

Cost is \$70.00 members \$65.00

#### Canada Day Celebrations

Come cheer this great country as we celebrate being 150 years young!

Wine and Cheese from 3:00pm- 4:00pm.

July 3: Queens Landing

July 4 : Queens Landing & Prince of Wales

**SHUTTLE SERVICE - Shuttle service is available to transport guests to all Vintage Hotel properties**