# NOVEMBER 2017 - RESORT & HEALTHY LIVING ACTIVITIES

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<tr>
<th>Day</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td><strong>POOL ACTIVITIES</strong></td>
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<tr>
<td><strong>PILLAR &amp; POST</strong></td>
<td>8:00am-9:00am Aqua Paddles</td>
<td>8:00am-9:00am Aqua Paddles</td>
<td>10:00am-11:00am Aqua Pilates</td>
<td>8:00am-9:00am Noodles are Fun</td>
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<tr>
<td><strong>PRINCE OF WALES</strong></td>
<td>9:00am-10:00am Aqua Paddles</td>
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<td>7:00am-8:00am Aqua Paddles</td>
<td>10:45-11:30am Aqua Run</td>
<td>10:45-11:30am Aqua Run</td>
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<td><strong>LAND ACTIVITIES</strong></td>
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<tr>
<td><strong>PILLAR &amp; POST</strong></td>
<td>9:00am-10:00am Vinyasa Yoga</td>
<td>8:45am-9:45am Tone &amp; Stretch</td>
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<td>7:00pm - 8:00pm Hatha Yoga</td>
<td>10:00am - 10:45am Yoga</td>
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<td><strong>PRINCE OF WALES</strong></td>
<td>8:00am - 8:45am Hatha Yoga</td>
<td>4:30pm - 5:30pm Candle Light Yoga</td>
<td>9:00am - 10:00am Detox Flow Yoga</td>
<td>11:30am - 12:30pm Spinning</td>
<td>11:30am - 12:30pm Core Balance &amp; Stretch</td>
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<td><strong>QUEENS LANDING</strong></td>
<td>5:00-5:30 Circuit Training</td>
<td>5:30-6:00 Spinning</td>
<td>5:15pm-5:45 Circuit Training</td>
<td>6:10am-7:00am Spinning</td>
<td>7:30am-8:15am Spinning</td>
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<td><strong>CULINARY AND SEASONAL ACTIVITIES</strong></td>
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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.

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!

CULINARY

Wine Tasting - Prince of Wales
Join our Sommelier at the Prince of Wales for a look at the various characteristics and wine varietals 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
November 28th, 2017 at 7:00pm
Prince of Wales: Drawing Room
“The Last Neanderthal”
By Claire Cameron

Petite Graham Candy Houses
Pillar and Post : Simcoe Room
Join us on November 23 at 6:00 pm
Come enjoy wine and cheese as we make snowy candy houses perfect to display for the holiday season.
Cost is $30. All materials supplied.
Call Cheri at *7422 RSVP by Nov 17, 2017.

Save the Date
December 1st, 2017
Christmas Cookie Decorating
Lobby of the Pillar and Post
4:00pm

“December 14, 2017
Christmas Center Pieces Class
6:00 pm Simcoe Room Pillar and Post

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