



# FEBRUARY - RESORT & HEALTHY LIVING ACTIVITIES

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## POOL ACTIVITIES

<b>PILLAR &amp; POST</b>		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-8:00pm Aqua Paddles	10:00am-11:00am Aqua Pilates	7:00pm-8:00pm Cardio, Stretch & Tone			
<b>QUEENS LANDING</b>				10:00am-11:00am Aqua Run	11:15am-11:45am Land Core Balance & Stretch Gym	10:00AM-11:00am Aqua Run	11:15am-11:45am Land Core Balance & Stretch Gym

## LAND ACTIVITIES

<b>PILLAR &amp; POST</b>	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
<b>PRINCE OF WALES</b>		8:00am -8:45am Hatha Yoga	4:30pm -5:30pm Candle Light Yoga	9:00am -10:00 am Detox Flow Yoga				
<b>QUEENS LANDING</b>		5:00-5:30 Circuit Training	5:30 - 6:00 Spinning	6:10am-7:00am Spinning	5:15pm-5:45 Circuit Training	5:45pm-6:15pm Spinning	6:10am-7:00am Spinning	

## CULINARY AND SEASONAL ACTIVITIES

<b>PILLAR &amp; POST</b>						Welcome Reception 3:00pm- 4:00pm		
<b>PRINCE OF WALES</b>	Buck a Shuck Oysters and Live Music					Live music in the Churchill Lounge 8:00pm	Sommelier tasting 5:00.5:45	Live music in the Churchill Lounge 8:00pm
<b>QUEENS LANDING</b>								Live music in Bacchus 5:00pm -8:00pm

# 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.

**Our outdoor ice rink is open at Fort George.  
Check the front desk for times and schedules!!  
You can rent skates on site.**

## 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 I-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

February 29<sup>th</sup> at 7:00pm

Drawing Room, Prince of Wales.

**"Standard Deviation"** by Katherine Heiny

### Valentine Cookies

#### Pillar and Post Lobby

**4:00pm – 5:00pm**

Join us as we decorate yummy sugar cookies to give to that special someone at Valentines.