

FITNESS

The overall benefit of being active and fit is an improved quality of life. Exercise is the prescription for longevity. Enhance your wellness and your well-being by participating in a fitness service today!

FITNESS ASSESSMENT: *Personal Training Services*

NOTE: A Personal Training Service counts as one treatment, not a class, in all packages. Services are designed for one guest only.

Fitness Assessment (50 minutes) \$75

A fitness assessment provides a baseline measurement of your body composition, cardiovascular endurance, muscle endurance, muscle strength and flexibility. Consider measuring your current level of fitness today.

The Take Home Session (50 minutes) \$75

Design a fitness plan with your Personal Trainer that will achieve your goals, meet your needs and fit into your schedule.

One on One Workout (50 minutes) \$75

Your Personal Trainer will guide you through a customized workout of your choice. Try a private session today.

GROUP FITNESS CLASSES

Morning Walk, Meditation and FIT TIPS are complimentary. Reservations are required for all fitness offerings. Each fitness class accommodates all fitness levels. Weather permitting, they may be conducted outside.

Belly Dancing (50 minutes) \$18

Shake, shimmy your way to fitness in this exotic blend of "East meets West."

Candlelight Yoga (50 minutes) \$18

Hatha Yoga, performed by candlelight, is designed to help you unwind, relax and restore!

Cardio Boot Camp (50 minutes) \$18

A perfect balance of strength and cardio training that will make you move and provide an entire body workout. All fitness levels, from beginner to advanced, are encouraged to attend.

CardioSculpt (50 minutes) \$18

Blast your metabolism and have fun in this high energy class that combines aerobic and strength training components.

Creative Conditioning (50 minutes) \$18

This class is a total body workout that combines a variety of training modalities to strengthen and sculpt muscles.

FIT TIPS (20 minutes) Complimentary

Questions are answered by a Fitness Instructor to facilitate your fitness success. Meets in the Fitness Center.

Get on the Ball (50 minutes) \$18

A fun and creative combination of balance, resistance and strength training that conditions your body from head to toe!

Hatha Yoga (50 minutes) \$18

A mixed level class consisting of a sequence of postures to reconnect mind, body and breath.

Limber & Tone (50 minutes) \$18

This class will firm, tone and tighten. It concludes with an enjoyable, relaxing stretch.

Makin' Waves (50 minutes) \$18

Looking for the best of both worlds? This invigorating water workout combines cardio with resistance.

Meditation (20 minutes) Complimentary

Breathe. Release. Let go. Reflect. Relax. Just be . . .

NOTE: Starts promptly at 9am. Late arrivals cannot be accommodated.

Morning Walk (50 minutes) Complimentary, weather permitting

Get up and start the day with a brisk 2.5 mile walk guided by a Fitness Instructor. Meets in the Inn Lobby.

Pilates Mat (50 minutes) \$18

A complete mind-body workout to enhance core strength and improve flexibility through gentle yet focused exercise.

Pilates with Props (50 minutes) \$18

A mat pilates class designed to enhance your strength utilizing a variety of exercise props.

Progressive Relaxation (50 minutes) \$18

Engage in a journey that teaches you how to reduce stress, relieve muscle tension and calm your mind.

Rhythms (50 minutes) \$18

A dance-inspired routine that's fun, imaginative and will motivate you to move! Each instructor brings a unique style into the studio.

Svaroopa Yoga (50 minutes) \$18

A supported style of yoga that uses props, angles and alignments to release deep spinal tension. A mat is used to lie on and a chair is used to angle your legs and feet. Deep relaxation will be achieved.

Yoga/Pilates Fusion (50 minute sessions) \$18

Incorporating the principals of traditional Pilates and Yoga movements, this class will focus on improving strength, body tone and flexibility. This is a gentle, yet effective exercise class for all fitness levels.

Seasonal (Saturday) Devil's Hopyard Hike (Plan 3 hours) \$40

Leaves at 9am and returns by noon. Enjoy New England at its best from May to November, weather permitting. Our 2-hour hike is more challenging than a nature walk yet easier than rock climbing. Trek through a spectacular Hemlock forest with scenic views of the Eight Mile River. Wear your hiking shoes and bring your camera. We provide water, fruit and energy bars. **NOTE:** This aggressive hike is contraindicated for guests with health limitations.

Tennis Court Rental (60 minute sessions) \$25 per hour/per court

Har-tru court rental from Memorial Day Weekend to Columbus Day Weekend, weather permitting. Proper tennis attire required.