

WILLOWBROOK SPA

AT THE LAKE HOUSE



September 2022 Wellness Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am Morning Yoga	8:00am Morning Yoga			8:00am Morning Yoga	8:00am Morning Yoga	8:00am Morning Yoga
9:00am Morning Meditation	9:00am Morning Meditation		9:00am Morning Meditation	9:00am Morning Meditation	9:00am Morning Meditation	9:00am Morning Meditation
9:30am Morning Stretch	9:30am Morning Stretch		9:30am Morning Stretch	9:30am Morning Stretch	9:30am Morning Stretch	9:30am Morning Stretch
		10:30am Total Body Conditioning				10:30am Total Body Conditioning
		11:30am Yoga, Stretch + Revitalize				11:00am Class and a Glass
		12:00pm Iron Yoga Detox				11:30am Yoga, Stretch + Revitalize
						12:00pm Iron Yoga Detox
2:00pm Tea + Apothecary				3:00pm Whiskey + Wood Burning		12:30pm Body Blast
						1:00pm PIYO

Morning Yoga

Join us for this open level morning yoga class focused on alignment and breathwork.

Instructor: Suzanne Frazer

Class Length: 50 minutes

\$10 for Lake House Guests || \$20 for Locals

Morning Meditation

This guided meditation is a great way to ease into the day through breathwork and gentle supported poses.

Instructor: Suzanne Frazer

Class Length: 25 minutes

Complimentary for Lake House guests || \$10 for Locals

Morning Stretch

Start your day with a gentle awakening of the mind, body and spirit in this morning stretch class. Our experienced Wellness Instructor will take guests through a guided stretch focusing on gentle awakening poses, alignment and breathwork.

Instructor: Suzanne Frazer

Class Length: 25 minutes

Complimentary for Lake House guests || \$10 for Locals

Iron Yoga Detox

Iron Yoga Detox is an athletic style full body and core workout utilizing body weight, light dumbbells, and power yoga poses.

Instructor: Lisa Rosenberger

Class Length: 50 minutes (TUES)/25 minutes (SAT)

\$10 for Lake House Guests || \$20 for Locals

Yoga, Stretch + Revitalize

Gentle peaceful relaxing style yoga incorporating stretching, mindfulness, and breathing with beautiful aroma of essential oils and instructor assisted stretching.

Instructor: Lisa Rosenberger

Class Length: 25 minutes

Complimentary for Lake House Guests || \$10 for Locals

Total Body Conditioning

A full upper and lower body strength training and core conditioning class. Sculpt, tone, and strengthen your entire body!

Instructor: Lisa Rosenberger

Class Length: 50 minutes

Complimentary for Lake House Guests || \$20 for Locals

Body Blast

Total body workout that will get your heart pumping, energy flowing, and blast away fat! A combination of cardiovascular movements and sculpting exercises using bands, weights, Pilates rings and more!

Instructor: Lisa Rosenberger

Class Length: 25 minutes

\$10 for Lake House Guests || \$20 for Locals

PIYO

PIYO combines body sculpting, core-firming benefits of Pilates with the strength, flexibility, and detoxification advantages of yoga. PIYO delivers a fat-burning, low-impact workout that leaves your body looking long, lean, and defined.

Instructor: Lisa Rosenberger

Class Length: 50 minutes

\$10 for Lake House Guests || \$20 for Locals

Tea + Apothecary | \$60/person

Enjoy an oil blending class while sipping on refreshing teas and indulging in some light snacks. Guests will receive a take home custom hand blended scrub.

Whiskey + Wood Burning | \$60/person

Enjoy a flight of house selected whiskeys while creating wood burning art.

*Guests must be 21+ to participate.

Class and a Glass | \$60/person

Enjoy a two glasses of sparkling wine while being led in creating your own piece of art.

*Guests must be 21+ to participate.

Interested in private fitness or mind, body & soul sessions?

Contact our Activities Manager:
experiences@lakehousecdga.com

All classes are held on the 2nd floor of the North Cottage at The Lake House.

Please check with the front desk to confirm location.

Advanced registration required. Please call for day of registration.

Scan to view the monthly activity and event calendar.



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