

WILLOWBROOK SPA

AT THE LAKE HOUSE



November 2022 Wellness Class Schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|---|--|
| <p>8:00am Morning Yoga</p> <hr/> <p>9:00am Morning Meditation</p> <hr/> <p>9:30am Morning Stretch</p> | <p>8:00am Morning Yoga</p> <hr/> <p>9:00am Morning Meditation</p> <hr/> <p>9:30am Morning Stretch</p> | <p>9:00am Morning Meditation</p> <hr/> <p>9:30am Morning Stretch</p> | <p>9:00am Morning Meditation</p> <hr/> <p>9:30am Morning Stretch</p> | <p>9:00am Morning Meditation</p> <hr/> <p>9:30am Morning Stretch</p> | <p>8:00am Morning Yoga</p> <hr/> <p>9:00am Morning Meditation</p> <hr/> <p>9:30am Morning Stretch</p> | <p>8:00am Morning Yoga</p> <hr/> <p>9:00am Morning Meditation</p> <hr/> <p>9:30am Morning Stretch</p> <hr/> <p>10:30am Yoga for Hips and Shoulders</p> <hr/> <p>11:00am Class and a Glass</p> <hr/> <p>11:30am Yoga, Stretch + Revitalize</p> <hr/> <p>12:00pm Iron Yoga Detox</p> |
| <hr/> <p>2:00pm Tea + Apothecary</p> | | | | <hr/> <p>3:00pm Whiskey + Wood Burning</p> | | |

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: Suzanne Frazer
Class Length: 50 minutes
\$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: Suzanne Frazer
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: Suzanne Frazer
Class Length: 50 minutes
Complimentary 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 3rd 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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