

# WILLOWBROOK SPA

AT THE LAKE HOUSE



## January 2023 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
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				11:30am Yoga, Stretch + Revitalize
		12:00pm Iron Yoga Detox				12:00pm Iron Yoga Detox
2:00pm Tea + Apothecary				3:00pm Whiskey + Wood Burning		

\* Total Body Conditioning, Yoga, Stretch & Revitalize and Iron Yoga Detox will not take place on January 7<sup>th</sup> and 28<sup>th</sup>.

## Wellness Classes

*Wellness classes are complimentary for guests of The Lake House. Classes are open to locals with prices listed below each class.*

### **Morning Yoga**

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

Instructor: Suzanne Frazer  
Class Length: 50 minutes  
\$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  
\$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  
\$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  
\$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  
\$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  
\$20 for Locals

**Wellness classes are complimentary for guests of The Lake House.**

## Creative Classes

### **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.

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

Contact our Activities Manager:  
[jrhone@lakehousecdga.com](mailto:jrhone@lakehousecdga.com)

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All classes are held on the 3<sup>rd</sup> floor of the North Cottage at The Lake House.

Advanced registration required to avoid disappointment.

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Scan to view the monthly activity and event calendar.



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