

All Tours, Classes, Demos, and Activities require a reservation by 6pm the prior day. Activities cancelled within 24 hours of their schedule time are subject to a 50% fee.

Call the Spa at 802-760-4061 or email [btvdh-spa@hyatt.com](mailto:btvdh-spa@hyatt.com) for reservations.

## GUIDED HIKES

Let us guide you around the Spruce Peak woods on a mostly wide gravel trail where you may cross bridges, get a glimpse of the golf course as well as some amazing views of Mount Mansfield and the Worcester Range mountains.

Be prepared to add or shed layers.

**Spruce Loop Hike:** Take a tour of our community. This 1–2 mile tour begins near The Spa and spans around the Spruce Peak Community.

No experience necessary.

**Scavenger Hunt Tour:** Search the forest for these naturally or not so naturally occurring items with the assistance of your guide.

For ages 8 and under. Parents must accompany their children.

## OUTDOOR FITNESS CLASSES

**Pop Cycling:** Enjoy indoor cycling again outdoors while listening to some of your favorite tunes! Class to be held on the pool deck.

Weather appropriate attire recommended. Meet on the pool deck.

**Aqua Fitness:** Get fit in the water with this cardio sculpting class.

Meet at the bottom of the stairs near the pool host stand.

**Fun Run:** Join other runners for a guided 2-3 mile run. Surfaces to include road and gravel pathways.

Meet on the plaza outside The Spa entrance.

## OTHER ACTIVITIES:

**Map & Compass:** Using a map and compass, learn how to pinpoint your location, and gain an understanding of the 4 cardinal directions, identify surrounding land features and more.

For ages 7+. Meet on the plaza outside The Spa entrance.

## SPRINGTIME ACTIVITIES

**Wellness Wednesdays:** One Yoga class is designed to re-invigorate the body thru classical yoga postures suitable for all levels. Postures are combined with conscious breathing to facilitate a quiet, undisturbed mind. A 5-10 minute relaxation followed by a short meditation to ensure we experience yoga at all levels of our being; body, mind & spirit.

Wednesdays at 6:00pm.

**Serenity Saturdays Yoga Class:** One Yoga class is designed to re-invigorate the body thru classical yoga postures suitable for all levels. Postures are combined with conscious breathing to facilitate a quiet, undisturbed mind. A 5-10 minute relaxation followed by a short meditation to ensure we experience yoga at all levels of our being; body, mind & spirit.

Saturdays at 10:00am

**Serenity Saturdays Meditation Drawing:** Anyone can become an artist by following a few instructions and letting your mind and your pen flow without judgement. Class starts with 5-minute meditation to relax our minds and ends in a 2-minute gratitude meditation.

April 17, May 1, and May 22 at 12:00 Noon.

**Friday Cocktails and Crafts:** Try your hand at a new craft or art project with a guided session - complete with full bar for added fun.

Fridays at 6:00pm. Crafts range from \$10-50, food and drink at additional cost.

May 7 - Cactus Watercolor Painting \$30/guest

May 14 - Paint & Sip Mount Mansfield at Sunset \$30/guest

May 21 & 28 - Felted Bears \$25/guest