

**What items do I need to wear to these activities?**

Outdoor activities: Wear waterproof shoes that you don't mind getting dirty, and layers. \*Snowshoes provided.

Yoga/Barre: Comfortable workout clothes.

Recovery & Ice Bath: Comfortable workout clothes for the first portion of the class and a bathing suit for the ice bath.

**Where to meet?**

Snowshoes Tours - The Cottage

X-Country Skiing - The Cottage

Scavenger Hunt - The Cottage

Build a Buddy – Lobby

Fitness Classes (Blue) - Fitness Center

Vigor Outdoors Classes - Spa Reception

**Only want to rent snowshoes or x-country skis?**

Snowshoes - \$30 per guest.

Skis - \$40 per guest.

Pick up between the hours of 9am and 3pm from the Cottage, located by the golf course.

**Cancellation Policy**

Activities cancelled within 24 hours of their scheduled time are subject to a 50% fee.

All activities will occur in most weather conditions unless deemed unsafe or unsuitable by the guide.

Reservations required for all activities by 7pm the prior day. Call 802-760-4061 or email [btvdh-spo@hyatt.com](mailto:btvdh-spo@hyatt.com).



**OUTFITTERS**  
GEAR & ADVENTURES

**WINTER ACTIVITY SCHEDULE**  
**MARCH 12TH - APRIL 9TH**



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
7:30 AM	Recovery and Ice Bath 50 min   \$50					Recovery and Ice Bath 50 min   \$50	Recovery and Ice Bath 50 min   \$50		
9:30 AM	Woods Workout 75 min   \$50					Woods Workout 75 min   \$50	Woods Workout 75 min   \$50		
10:00 AM	Spruce Loop Snowshoe 50 min   \$30	Spruce Loop Snowshoe 50 min   \$30	COMPLIMENTARY Spruce Loop Snowshoe 50 min	Spruce Loop Snowshoe 50 min   \$30	COMPLIMENTARY Spruce Loop Snowshoe 50 min	Spruce Loop Snowshoe 50 min   \$30	Spruce Loop Snowshoe 50 min   \$30		
10:30 PM						Bingham Snowshoe 2.5 hrs.   \$60	Yoga 75 min   \$30	Mountain View Snowshoe 2.5 hrs.   \$60	Yoga 75 min   \$30
11:00 AM	Snow Golf 1.5 hrs.   \$50	Yoga 75 min   \$30		Yoga 75 min   \$30	Kick Boxing 50 min   \$30	Yoga 75 min   \$30			
12:00 PM		Yoga 75 min   \$30				Conditioning 50 min   \$30	Smugglers Notch Snowshoe 2.5 hrs.   \$60	Conditioning 50 min   \$30	
12:30 PM	Introduction X-Country Ski 1.5 hrs.   \$60	Bingham Snowshoe 2.5 hrs.   \$60		Introduction X-Country Ski 1.5 hrs.   \$60	Snow Golf 1.5 hrs.   \$50	Guided X-Country Ski Tour 50 min   \$40			
1:00 PM	Snow Games 30 min   \$20		Conditioning 50 min   \$30		Yoga 75 min   \$30				
1:30 PM							Yoga Foundations 60 min   \$30		
2:00 PM			Build a Buddy 45 min   \$40				Scavenger Hunt 50 min   \$30		
02:30 PM						Snow Games 30 min   \$20	Yoga 75 min   \$30	Wim Hof Breathing 60 min   \$50	
3:00 PM	Après Ski Stretch 60 min   \$30	Yoga 75 min   \$30	Yoga 75 min   \$30		Build a Buddy 45 min   \$40		Après Ski Stretch 60 min   \$30		
04:00 PM	Twilight Snowshoe 50 min   \$30	Twilight Snowshoe 50 min   \$30	Twilight Snowshoe 50 min   \$30	Twilight Snowshoe 50 min   \$30	Twilight Snowshoe 50 min   \$30	Twilight Snowshoe 50 min   \$30	Twilight Snowshoe 50 min   \$30		
04:30 PM							Twilight X-Country Ski 50 min   \$40		
05:00 PM						Build a Buddy 45 min   \$40			