

## June 19th—September 4th

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM	Java Hike (50 min   \$30)						Woods Workout 1 hr   \$50
9:00 AM	Ice Bath (1 hr   \$50)	(9:30am) Poolside Yoga (1 hr   \$30)	Ice Bath (45 min   \$40)		Ice Bath (45 min   \$40)		Ice Bath (1 hr   \$50)
10:00 AM	Spruce Loop Hike (50 min   \$30)	Spruce Loop Hike (50 min   \$30)	COMPLIMENTARY Spruce Loop Hike (50 min)	Spruce Loop Hike (50 min   \$30)	COMPLIMENTARY Spruce Loop Hike (50 min)	Spruce Loop Hike (50 min   \$30)	Spruce Loop Hike (50 min   \$30)
		(10:45am) Yoga (75 min   \$30)					(10:30am) Yoga (75 min   \$30)
11:00 AM	Yoga (75 min   \$30)		Outdoor Yoga (75 min   \$30)			Yoga (75 min   \$30)	Ice Bath (1 hr   \$50)
	Ice Bath (1 hr   \$50)						
12:00 PM	Mountain Games (30 min   \$20)	Build a Buddy (45 min   \$40)	Novice Free Climbing (45 min   \$20)	Boardwalk Hike (1.5 hr   \$40)	Nature Arts & Crafts (45 min   \$30)	Sterling Swim (5 hrs   \$80)	Sterling Swim (5 hrs   \$80)
							Fitness & Conditioning (50 min   \$30)
1:00 PM	Nature Arts & Crafts (45 min   \$30)	COMPLIMENTARY Pool Games (30 min)	COMPLIMENTARY Pool Games (30 min)	COMPLIMENTARY Pool Games (30 min)	COMPLIMENTARY Pool Games (30 min)	COMPLIMENTARY Pool Games (30 min)	Woods Workout (1 hr   \$50)
		Yoga (75 min   \$30)	(1:30 pm) Yoga (75 min   \$30)		Fitness & Conditioning (1 hr   \$30)	Fitness & Conditioning (1 hr   \$30)	(1:30pm) Mountain Stretching (2.5 hr   \$40)
2:30 PM		Yoga (75 min   \$30)			Yoga (75 min   \$30)	Yoga (75 min   \$30)	
3:00 PM			Outdoor Yoga (75 min   \$30)				Yoga (75 min   \$30)
							Ice Bath (1 hr   \$50)
4:00 PM	Boardwalk Hike (1.5 hr   \$40)		Tie Dye (1 hr   \$30)		Tie Dye (1 hr   \$30)		Boardwalk Hike (1.5 hr   \$40)
5:00 PM					Unwind Stretch (1 hr   \$20)		
5:30 PM						Ice Bath (1 hr   \$50)	Ice Bath (1 hr   \$50)
						COMPLIMENTARY Property Tour (30 min)	
7:00 PM	COMPLIMENTARY Bubble Hour (1 hr)					COMPLIMENTARY Campfire Time (2 hrs) S'mores Available for Purchase	COMPLIMENTARY Campfire Time (2 hrs) S'mores Available for Purchase
9:00 PM							Night Owl Games (1 hr   \$30)

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

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

Yoga/Fitness Classes: Comfortable workout clothes.

### Where to meet?

Build-A-Buddy (Yellow) - Front Lobby

Campfire & Smores/ Tie Dye (Yellow) - Plaza

Hikes /Climbing/ Mountain Games (Yellow) - Outfitter's Office

Complementary Pool Games (Yellow) - Lodge Pool

Vigor Outdoor Sessions (Red) - The Spa

Fitness Classes (Blue) - Fitness Center

Scan the QR  
code for more  
information



### 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

## SUMMER ACTIVITY SCHEDULE

## JUNE 19TH—SEPTEMBER 4TH

