

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 –

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.



OUTFITTERS
GEAR & ADVENTURES

WINTER ACTIVITY SCHEDULE
NOVEMBER 13TH - MARCH 11TH



	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		
8:00 AM						Yoga for the Slopes 60 min \$30	Vinyasa 75 min \$30		
9:00 AM	Restorative Flow 60 min \$30				Vinyasa 75 min \$30				
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					Yoga 75 min \$30	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						
12:00 PM		Yoga 75 min \$30			Barre for the Core 30 min \$20	Conditioning 50 min \$30	Smugglers Notch Snowshoe 2.5 hrs. \$60	Conditioning 50 min \$30	
12:30 PM	Introduction X-Country Ski 2.5 hrs. \$60	Bingham Snowshoe 2.5 hrs. \$60		Introduction X-Country Ski 2.5 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	Restorative Flow 60 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		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			