

Class times and offerings are subject to change.

Fun, Fitness & Family Schedule



THE CLUB
AT SPRUCE PEAK

September 2020



THE LODGE
AT SPRUCE PEAK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9 AM AQUA FITNESS \$20 45 MINUTES MAX CAPACITY = 6 PPL			9 AM AQUA FITNESS \$20 45 MINUTES MAX CAPACITY = 6 PPL	9 AM JAVA HIKE \$20 60 MINUTES MAX CAPACITY = 6 PPL
10 AM BOOT CAMP COMPLIMENTARY 45 MINUTES MAX CAPACITY = 6 PPL	10 AM COMPLIMENTARY HIKE 45 MINUTES MAX CAPACITY = 8 PPL		10 AM COMPLIMENTARY HIKE 45 MINUTES MAX CAPACITY = 8 PPL	10 AM YOGA \$20 75 MINUTES MAX CAPACITY = 10 PPL	10 AM YOGA ON THE GREEN COMPLIMENTARY 60 MINUTES MAX CAPACITY = 10 PPL	
11 AM SPRUCE LOOP HIKE \$20/PERSON 45 MINUTES MAX CAPACITY = 8 PPL	11 AM TABATA CLUB MEMBERS ONLY MAX CAPACITY = 6 PPL	11 AM MINDFUL WALK WITH EARTHING \$20/PERSON 45 MINUTES MAX CAPACITY = 8 PPL				11 AM MINDFUL WALK WITH EARTHING \$20/PERSON 45 MINUTES MAX CAPACITY = 8 PPL
	3 PM YOGA CLUB MEMBERS ONLY MAX CAPACITY = 10 PPL				2 PM BOOT CAMP \$10 30 MINUTES MAX CAPACITY = 6 PPL	

All activities require pre-registration. Registration closes at 6pm the prior day.
 To register, call the spa at 802-760-4782 or email BTVDH-Spa@hyatt.com.

Stretch & Mindful Fitness Classes

Yoga – This class will use techniques that place the body in positions that cultivate awareness, relaxation, concentration, and meditation while harmonizing all levels of being: physical, mental, emotional, and spiritual.

Cardio Fitness & Strength Classes

Boot Camp – Build strength and cardiovascular fitness with this exciting and fun class.

Tabata – A high intensity interval training workout (HIIT) where you will execute an exercise for 20 seconds, followed by 10 seconds of rest for a total of 8 rounds. This sequence is repeated for 8 different exercises.

Hikes

Mindful Walk with Earthing – Discover the sights, sounds and smells of the forest ending in barefoot walking. This is an Easy Hike.

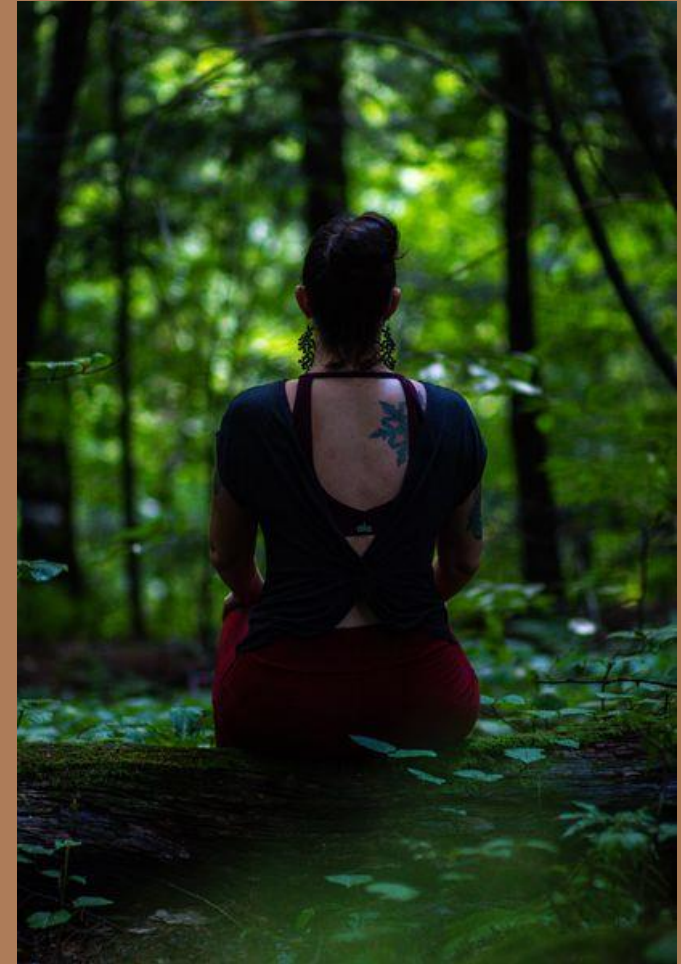
Spruce Loop and Complimentary Hike - Discover the Spruce Peak property where wide trails along the river allow for an enjoyable stroll in the woods. This is an easy hike.

Java Hike – Bring your coffee with you as you ascend to a scenic lookout. This is an Easy/Moderate Hike.

All activities require pre-registration. Registration closes @ 6pm the prior day. Call the Spa @ 802-760-4782 or email BTVDH-spa@hyatt.com to reserve your spot.



THE SPA
AT SPRUCE PEAK



Fitness Schedule
September 2020