

Group Wellness Class Schedule

While a guest at Ste. Anne's Spa, we encourage you to take part in our group wellness and fitness activities. To book a class, please go to our guest services area in the main lobby where they will confirm availability and add the selection into your schedule. Please note that class cancellations require 30 minutes notice or you will be charged for your missed class. March 31st, 2025 to May 4th, 2025

TIME	CLASS	DURATION	COST
8:00 AM – 8:45 AM	Sunrise Yoga [V] Energizing morning yoga flow to awaken the body and calm the mind.	45 minutes	\$20 per person
9:00 AM – 9:45 AM	Suspension Movement [V] Stretch, strengthen, lengthen and increase mobility while using an aerial yoga swing..	45 minutes	\$20 per person
9:00 AM – 10:00 AM	Hot Stone Restorative Yoga [G] Restorative Yoga with heated stones for ultimate relaxation.	60 minutes	\$25 per person
10:00 AM – 11:00 AM	Nordic Pole Walk [V] Discover and explore our natural surroundings with a guided nordic pole walk.	60 minutes	Complimentary
10:15 AM – 11:00 AM	Sound Bath Meditation [G][P] Experience an immersion of calming sounds created by instruments like singing bowls, gongs, and chimes.	45 minutes	\$20 per person
10:15 AM - 11:00 AM	Gentle Yoga [G][P] Slow, gentle yoga accessible to all levels.	45 minutes	\$20 per person
11:15 AM - 11:45 AM	Fire Meditation [G][P] Activate your inner fire with outdoor meditation.	30 minutes	Complimentary
11:15 AM – 11:45 AM	Stretch & Mobility [V] Boost your mobility with gentle stretches and facial release techniques.	30 minutes	Complimentary
12:15 PM – 1:00PM	Reversing the Curve [G][P] Improve spinal mobility, release tension in the neck, shoulders, and upper back in this stretch class.	45 minutes	\$20 per person
1:15 PM – 2:00 PM	Guided Hike[G][P] Find peace and clarity with a guided walking meditation around Ste. Anne's property.	45 minutes	Complimentary
1:15 PM - 2:00 PM	Workshop[G][P] Focused on the strengths and passions of the individual instructor and will vary from day to day and could include Chakras, Mandalas, Journaling, Mala Making, and more.	45 minutes	\$20 per person
1:00 PM – 1:45 PM	Strength & Conditioning [G][P] A full-body workout that targets major muscle groups.	45 minutes	\$20 per person
2:15 PM –3:15 PM	Hot Stone Restorative Yoga [G] Restorative Yoga with heated stones for ultimate relaxation.	60 minutes	\$25 per person
2:00 PM – 2:45 PM	TRX Resistance Training [V] Enhance strength, balance, and flexibility with TRX suspension training.	45 minutes	\$20 per person
3:30 PM – 4:15 PM	Sound Bath Meditation [G][P] Experience an immersion of calming sounds created by instruments like singing bowls, gongs, and chimes.	45 minutes	\$20 per person
3:30 PM – 4:15 PM	Yin Restorative Yoga [G] Longer holds supported with props to help calm the nervous system while gently stretching the body.	45 minutes	\$20 per person
4:30 PM –5:00 PM	Yoga Nidra [G][P] This guided meditation provides deep rest for the body and nervous system.	30 minutes	\$20 per person

- Fitness Studio
- Wellness Studio
- Outdoor Class



For more information & full class descriptions

[P] - Safe for women in their third trimester of pregnancy

[V] - Vigorous Activity

[G] - Gentle Activity