


# 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. Please wait for your instructor in the Fitness & Wellness waiting room. You can find its location on the map, situated between the Dining Room and Guest Services.

Time	Class	Duration	Cost
8:00 AM - 8:45 AM	<b>Sunrise Yoga [V]</b> <i>Energizing morning yoga flow to awaken the body and calm the mind.</i>	45 minutes	\$20 per person
9:00 AM - 9:45 AM	<b>Suspension Movement [V]</b> <i>Stretch, strengthen, lengthen and increase mobility while using an aerial yoga swing.</i>	45 minutes	\$20 per person
9:00 AM - 10:00 AM	<b>Hot Stone Restorative Yoga [G]</b> <i>Restorative Yoga with heated stones for ultimate relaxation.</i>	60 minutes	\$25 per person
10:00 AM - 11:00 AM	<b>Nordic Pole Walk [M]</b> <i>Discover and explore our natural surroundings during a guided walk.</i>	60 minutes	Complimentary
10:15 AM - 11:00 AM	<b>Sound Bath Meditation [G][P]</b> <i>Experience an immersion of calming sounds created by instruments.</i>	45 minutes	\$20 per person
10:15 AM - 11:00 AM	<b>Gentle Yoga [M]</b> ☀️ <i>October to May</i> <i>Slow, gentle yoga accessible to all levels.</i>	45 minutes	\$20 per person
10:15 AM - 12:00 PM	<b>Yoga at the Forest Pavilion [M]</b> ☀️ <i>May to October</i> <i>Enjoy a hike to and from our forest pavilion for an outdoor yoga class.</i>	105 minutes	\$20 per person
11:15 AM - 12:00 PM	<b>Fire Meditation [G][P]</b> ☀️ <i>October to May</i> <i>Enjoy a guided meditation at our outdoor fire pit.</i> <i>Please note: during inclement weather, classes may be moved indoors.</i>	45 minutes	Complimentary
11:15 AM - 11:45 AM	<b>Stretch &amp; Mobility [M]</b> <i>Boost your mobility with gentle stretches and facial release techniques.</i>	30 minutes	Complimentary
12:15 PM - 1:00 PM	<b>Reversing the Curve [G][P]</b> <i>Improve spinal mobility, release tension in the neck, shoulders and upper back in this class.</i>	45 minutes	\$20 per person
1:00 PM - 1:45 PM	<b>Strength &amp; Conditioning [V]</b> <i>A full-body workout that targets major muscle groups.</i>	45 minutes	\$20 per person
1:15 PM - 2:00 PM	<b>Workshop</b> <i>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.</i>	45 minutes	\$25 per person
1:15 PM - 2:00 PM	<b>Guided Hike [V]</b> <i>Enjoy a peaceful hike while exploring the tranquil grounds of Ste. Anne's.</i>	45 minutes	Complimentary
2:00 PM - 2:45 PM	<b>TRX Resistance Training [V]</b> <i>Enhance strength, balance and flexibility with TRX suspension training.</i>	45 minutes	\$20 per person
2:15 PM - 3:15 PM	<b>Hot Stone Restorative Yoga [G]</b> <i>Restorative Yoga with heated stones for ultimate relaxation.</i>	60 minutes	\$25 per person
3:30 PM - 4:15 PM	<b>Sound Bath Meditation [G][P]</b> <i>Experience an immersion of calming sounds created by instruments.</i>	45 minutes	\$20 per person
3:30 PM - 4:15 PM	<b>Yin Restorative Yoga [G]</b> <i>Longer holds supported with props to help calm the nervous system while gently stretching the body.</i>	45 minutes	\$20 per person
4:30 PM - 5:00 PM	<b>Yoga Nidra [G][P]</b> <i>This guided meditation provides deep rest for the body and nervous system.</i>	30 minutes	\$20 per person

## Locations

-  Wellness Studio
-  Fitness Studio
-  Outdoor Class

## Categories

- [P]** Safe for women in their third trimester of pregnancy
- [M]** Moderate Activity
- [V]** Vigorous Activity
- [G]** Gentle Activity
- ☀️ Spring / Summer only  
May to October
- ❄️ Fall / Winter only  
October to May

For more information & full class descriptions, visit our Wellness Class page on our website.

