

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30am Water Aerobics – Joylyn 10am – Erika’s Total Body Reset 🔥	2 12pm Wine and Cider Bike Tour 4pm Core and Arms 🔥 - Bryce	3 8:30am Yoga – Kelly 8:30am AquaFit – Ann	4 7:30am Kangoo Power DVD Workout 9am Boot Camp 🔥 - Bryce
5 Intro to HIIT & Beat the Instructor’s Workout – Complimentary 11:30am Wine and Cider Bike Tour	6 8:30am Water Aerobics – Joylyn 9am Power Mat Pilates-Jilori 10am – Erika’s Total Body Reset 🔥	7 8:30am Water Yoga – Monica 10:00am Vinyasa Yoga – Monica 4pm Boot Camp 🔥 - Bryce	8 8:30am Water Aerobics – Joylyn 10am – Erika’s Total Body Reset 🔥 11:30am Wine and Cider Bike Tour	9 8:30am Water Yoga – Monica 12pm Wine and Cider Bike Tour 4pm Core and Arms 🔥 - Bryce	10 8:30am Yoga – Kelly 8:30am AquaFit – Ann	11 7:30am Kangoo Power DVD Workout 9am Foraging Hike 9am Boot Camp 🔥 - Bryce
12 Intro to HIIT & Beat the Instructor’s Workout – Complimentary 11:30am Wine and Cider Bike Tour	13 8:30am Water Aerobics – Joylyn 9am Power Mat Pilates-Jilori	14 10am – Erika’s Total Body Reset 🔥 4pm Boot Camp 🔥 - Bryce	15 8:30am Water Aerobics – Joylyn 10am – Erika’s Total Body Reset 🔥 11:30am Wine and Cider Bike Tour	16 8:30am Water Yoga – Monica 12pm Wine and Cider Bike Tour 4pm Core and Arms 🔥 - Bryce	17 8:30am Yoga – Kelly 8:30am AquaFit – Ann	18 7:30am Kangoo Power DVD Workout 8:30am Hatha Yoga - Ginny 9am Boot Camp 🔥 - Bryce
19 Intro to HIIT & Beat the Instructor’s Workout – Complimentary 11:30am Wine and Cider Bike Tour	20 8:30am Water Aerobics – Joylyn 9am Power Mat Pilates-Jilori 10am – Erika’s Total Body Reset 🔥	21 8:30am Water Yoga – Monica 10:00am Vinyasa Yoga – Monica 4pm Boot Camp 🔥 - Bryce	22 8:30am Water Aerobics – Joylyn 10am – Erika’s Total Body Reset 🔥 11:30am Wine and Cider	23 8:30am Water Yoga – Monica 11am Gobble til you Wobble 🔥 - Erika	24 8:30am Yoga – Kelly 8:30am AquaFit – Ann	25 7:30am Kangoo Power DVD Workout 8:30am Hatha Yoga - Ginny 9am Foraging Hike 9am Boot Camp 🔥 - Bryce
26 Intro to HIIT & Beat the Instructor’s Workout – Complimentary 11:30am Wine and Cider Bike Tour	27 8:30am Water Aerobics – Joylyn 9am Power Mat Pilates-Jilori 10am – Erika’s Total Body Reset 🔥	28 8:30am Water Yoga – Monica 10:00am Vinyasa Yoga – Monica 4pm Boot Camp 🔥 - Bryce	29 8:30am Water Aerobics – Joylyn 10am – Erika’s Total Body Reset 🔥 11:30am Wine and Cider Bike Tour	30 8:30am Water Yoga – Monica 12pm Wine and Cider Bike Tour 4pm Core and Arms 🔥 - Bryce		

Class Descriptions

Please reserve classes at least 24 hours in advance at 540.326.4060.

For more information on any of these private offerings, please email recreation@salamanderresort.com or 540-326-4060
Private Group Fitness Classes Private Personal Training & more.




Guided Hike

3:00 pm Daily & by appointment
Moderate pace for 12 years old and older
45 minutes/*Complimentary

Resort Walk

8:30 am Daily
Take a morning stroll around the property to awaken the senses, get acquainted with the property and enjoy the beauty of Virginia's horse country. 30 minutes *Complimentary

FITNESS CLASSES

 Notes high intensity classes.
Be ready to sweat in these 45-minute burners.

Aquafit

AquaFit through every movement is met with resistance from water which builds muscle and increases flexibility.
60 minutes/\$25

Beat the Instructor. Workout Challenge


Push through a self-guided boot camp session with a workout designed by our fitness staff. At the end of the workout compare your times to the instructors to see how you compare.
Offered Daily *Complimentary

Boot Camp

Boot Camp is one of our most energetic classes available. We take the best two aspects of working out, resistance training and cardio, and infuse them into circuits for our pleasure. Put your fitness to the test with our instructor Bryce.
60 minutes/\$25

Core and Arms

The perfect blend of building a foundation through core and building the synergist muscles to become our strongest self.
60 minutes/\$25

 **Erika's Total Body Reset** Join our instructor Erika for a full body reset through resistance training and conditioning.
60 minutes/\$25

Guided Mountain Bike Ride – Hit the trails for a 45 – minute guided mountain bike ride.
45 minutes | \$35 per person

Gentle Yoga

This all-levels gentle yoga class eases into yoga postures with mindfulness and breath practices, working with the body and mind in a soft and relaxed way.
60 minutes/\$25

Hatha Yoga

Balance the sun and moon's energies in you. Use these physical techniques to channel the vital force or energy to produce our higher consciousness to life.
60 minutes/\$25

Intro to HIIT

A 15-minute intro to High Intensity Interval Training. Complimentary for resort guests.

Kangoo Power

DVD instructed cardio workout with Kangoo Boots. Length varies – complimentary for resort guests.

Power Mat Pilates

A well-paced class designed to challenge all levels. Foam rollers and resistance bands are used to increase core strength, improve balance, and sculpt muscle without adding bulk.
60 minutes/\$25

Vinyasa Yoga

This energetic yoga class incorporates strengthening, stretching and balance, focused on mindfulness of movement and understanding alignment in postures.
60 minutes/\$25

Water Aerobics

Come workout in the pool and improve your flexibility while strengthening your muscles and coordination. This class is for all levels and anyone who likes to have fun and exercise at the same time.
60 minutes/\$25

Water Yoga

Flowing with ease in our Vinyasa heated pool, this yoga experience welcomes all levels and incorporates flexibility, strength, and cardio.
60 minutes/\$25

Yoga

A flowing mind/body practice to increase strength, flexibility, and core stability. Appropriate for all levels.
60 minutes /\$25

Yin Yoga

Yin Yoga is a slow, meditative yoga practice designed to apply moderate stress to the connective tissue of the body by holding each posture (asana) longer to increase blood flow and flexibility while calming the breath and mind.
60 minutes /\$25

FITNESS CENTER & POOL

Foraging Hike

9:00am Saturday November 11th and 25th
Learn from the experts at Ashby Gap Adventures how to forage for wild edibles that form the basis of our regional cuisine in the Virginia landscape. Part classroom part hands-on field experience, learn the proper foraging techniques and different recipes to create with your findings. Sample oils, vinegars, sauces, ferments and spices and take home your bounty and use what you learned to create delicious recipes at home/\$75 per person ages 8 and up

Gobble til you Wobble

11am Thursday November 23rd
Happy Turkey Day! Enjoy this energetic, effective, and efficient workout with our instructor Erika that will burn calories, increase strength and have you covered in sweat. This combination of strength training, cardio, and core balance will have you feeling no guilt about going in for that second plate. Be careful though, you may leave this class wobbling like a turkey!
\$30 per person

Wine & Cider Bike Tour

11:30am Wednesday's and Saturday's
A 4-mile bike ride with a tasting at Boxwood Winery and Mt. Defiance Cidery. 21 and up.
90 minutes/\$125
\$25 for an e-bike upgrade.

TO BOOK FITNESS CLASSES, PLEASE
CALL OUR RECREATION LINE AT
540.326.4060