

# October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Complimentary – Beat the Instructor’s Workout Complimentary – Intro to HIIT Workout 11:30am Wine and Cider Bike Tour	2 8:30am Water Aerobics – Joylyn 9am Power Mat Pilates-Jilori	3 10am – Erika’s Total Body Reset 🔥 4pm Boot Camp 🔥 - Bryce	4 8:30am Water Aerobics – Joylyn 10am – Erika’s Total Body Reset 🔥 4pm – Guided Mountain Bike Tour	5 12pm Wine and Cider Bike Tour 4pm Core and Arms 🔥 - Bryce	6 8:30am Yoga – Kelly 10am Yin Yoga – Tanya	7 7:30am Kangoo Power DVD Workout 9am Foraging Hike
8 Complimentary – Beat the Instructor’s Workout Complimentary – Intro to HIIT Workout 11:30am Wine and Cider Bike Tour	9 9am Power Mat Pilates-Jilori 10am – Erika’s Total Body Reset 🔥	10 8:30am Water Yoga – Monica 10:00am Vinyasa Yoga – Monica 4pm Boot Camp 🔥 - Bryce	11 10am – Erika’s Total Body Reset 🔥 12pm Wine and Cider Bike Tour	12 8:30am Water Yoga – Monica 12pm Wine and Cider Bike Tour 4pm Core and Arms 🔥 - Bryce	13 8:30am AquaFit – Ann 10am Yin Yoga – Tanya 12pm Hike & Brew	14 Complimentary – Beat the Instructor’s Workout Complimentary – Intro to HIIT Workout
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22 Complimentary – Beat the Instructor’s Workout Complimentary – Intro to HIIT Workout 11:30am Wine and Cider Bike Tour	23 8:30am Water Aerobics – Joylyn 9am Power Mat Pilates-Jilori 10am – Erika’s Total Body Reset 🔥	24 8:30am Water Yoga – Monica 10:00am Vinyasa Yoga – Monica 4pm Boot Camp 🔥 - Bryce	25 8:30am Water Aerobics – Joylyn 10am – Erika’s Total Body Reset 🔥 11:30am Wine and Cider Bike Tour	26 8:30am Water Yoga – Monica 12pm Wine and Cider Bike Tour 4pm Core and Arms 🔥 - Bryce	27 8:30am Yoga – Kelly	28 7:30am Kangoo Power DVD Workout 9am Boot Camp 🔥 - Bryce 7pm Reiki Infused Full Moon Yoga - Kelly
29 9am Incorporating Breath and Strength in your Yoga Practice – Cara 11:30am Wine and Cider Bike Tour	30 8:30am Water Aerobics – Joylyn 9am Power Mat Pilates-Jilori 10am – Erika’s Total Body Reset 🔥	31 8:30am Water Yoga – Monica 10:00am Vinyasa Yoga – Monica 4pm Boot Camp 🔥 - 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](mailto: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

## Wine & Cider Bike Tour

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.  
60 minutes/\$25

## FITNESS CENTER & POOL

### Reiki Infused Full Moon Yoga - Kelly

7pm Saturday October 28<sup>th</sup>  
Come enjoy the magic of Moon Salutations with Kelly Little, an experienced 500 hr. Register Yoga Teacher and Reiki Master Teacher, who will safely guide you through a spooktacular flow embracing the energies of the full moon and then melt into a peaceful sleep to the sounds of crystal sound bowls. Your 75 minute, all-levels class includes a seasonal cocktail or mocktail/\$45 per person

### Foraging Hike

9:00am Saturday October 7<sup>th</sup> & 21<sup>st</sup>  
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

### Incorporating Breath and Strength in your Yoga Practice

9am Sunday October 29<sup>th</sup>  
Did you know that there are 8 limbs of yoga? The physical practice of yoga postures that we are most familiar with is the third limb called Asana; the physical movements that help our body become calm and steady. In this workshop, we will discuss adding strength into your yoga Asana practice, as well as adding the fourth limb – pranayama or breath work into your Asana practice. Or incorporating them alone in to your daily life/\$30 per person