

# September 2023

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

 **Pound** Pound fuses cardio, Pilates, isometric movements, & plyometrics with constant simulated drumming using lightly weighted drumsticks set to rock music to sculpt muscle and torch calories!  
45 minutes/\$25

## 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 /\$90 + \$25 for an e-bike upgrade.  
60 minutes/\$25

## FITNESS CENTER & POOL

### Lost Barrel Hike & Brew

12:00pm Fridays  
45 minute Hike to Lost Barrel, drinks at your leisure. Cost of one tasting flight included. Pickup from Lost Barrel can be requested through the resort's ride service/\$35 per person

### Foraging Hike

9:00am Saturday September 9<sup>th</sup>, 23<sup>rd</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

### Fall Equinox Yoga

2pm Saturday September 23<sup>rd</sup>  
Shift with the changes of the season and embrace balance in the body as well as peace & harmony in the mind with Kelly during this 60-minute Hatha Yoga flow. Hatha Yoga brings the balance of sun and moon's energies in you with the use of physical techniques to channel the vital force of energy to produce our higher consciousness to life. Afterwards enjoy a signature Autumnal cocktail or mocktail.

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