



Cal-a-Vie Fitness & Activities Schedule Thursday ~ September 30, 2021

Time	Fitness & Activities	Location
6:20 am	Meet for Morning Stretch	<i>Pavilion Lawn</i>
6:30 am	Morning Hike Morning Walk	<i>Pavilion Lobby Pavilion Lobby</i>
7:30 am	Breakfast	<i>Dining Room Patio</i>
9:00 am	Core Yoga 200 Step Challenge Dance Variety Piloxing Tread and Shed (<i>6 Guests per class</i>) Pilates Apparatus Essentials (<i>6 Guests per class</i>) Interval Weight Training Circuit TRX (<i>6 Guests per class</i>)	<i>Great Room Veranda Pavilion Lobby Studio 1 Studio 3 Studio 4 Studio 5 Weight Room Weight Room Patio</i>
10:00 am	Sumi Art Yoga for Release Love Letter Meditation Barre Magic Core Galore Glorious Glutes Have a Ball Interval Weight Training Circuit	<i>Forum Gallery Great Room Veranda Great Room Studio 1 Studio 3 Studio 4 Studio 5 Weight Room</i>
10:50 am	Nutrition Break	<i>Pavilion Lobby</i>
11:00 am	Create a Chakra Bracelet Yin Yang Yoga Meditation Nature Walk Piloxing Stability Balls Cardio Abs Purely Core Aqua Yoga Introduction to Pickleball	<i>Forum Gallery Great Room Veranda Pavilion Lobby Studio 1 Studio 3 Studio 4 Studio 5 Lower Pool Pickleball Court</i>
12:00 pm	Transforming Brain & Body Through Fitness & Food Matcha Tea Meditation Gentle Yoga Stretch Roll and Release Cardio Abs Guided Meditation Waterworks Introduction to Pickleball	<i>Great Room Forum Gallery Great Room Veranda Studio 1 Studio 3 Studio 4 Studio 5 Lower Pool Pickleball Court</i>
1:00 pm	Lunch	<i>Dining Room Patio</i>
2:00 pm	Heart Opening Yoga Core Galore Chakra Balancing with Essential Oils Interval Weight Training Circuit	<i>Studio 1 Studio 3 Studio 5 Weight Room</i>
3:00 pm	Marie Antoinette Tea and Tablesapes Crystal Bowl Sound Healing Heart Opening Yoga	<i>Antique Boutique Great Room Veranda Studio 1</i>
3:45 pm	Smoothie Break	<i>Garden Room</i>
4:10 pm	Restore Your Nervous System Yoga	<i>Studio 1</i>
5:10 pm	Ayurvedic Yoga	<i>Studio 1</i>
6:30 pm	Appetizer Demo with Dietitians	<i>L'Orangerie</i>
7:00 pm	Dinner	<i>L'Orangerie</i>
8:00 pm	Supercharge Your Sleep	<i>Garden Room</i>