



## Cal-a-Vie Fitness & Activities Schedule Tuesday ~ November 19, 2019

Time	Fitness & Activities	Location
6:15 am	Meet for Morning Stretch	Garden Room
6:30 am	Morning Hike Morning Walk	Pavilion Lobby Pavilion Lobby
7:30 am	Breakfast	Dining Room
9:00 am	Dance Variety Spin Tread and Shed (6 Guests per class) Mat Pilates Flow Interval Weight Training Circuit Power Strength and Conditioning TRX (6 Guests per class) Letting Go Vinyasa Open Swim "Workout of the Day"	Studio 1 Studio 3 Studio 4 Studio 5 Weight Room Weight Room Weight Room Patio Chapel Upper Pool
10:00 am	Tabata and Abs Stability Balls Tread and Shed (6 Guests per class) Brazilian Booty Interval Weight Training Circuit Metabolic Magic "Kettlebells" Chakra Yoga "Realign Through Movement" Open Swim "Workout of the Day"	Studio 1 Studio 3 Studio 4 Studio 5 Weight Room Weight Room Patio Chapel Upper Pool
10:50 am	Nutrition Break	Pavilion Lobby
11:00 am	Valencia Porter: Detox Your Food & Foods for Det Bodyworks PiYo Cardio Resistance Core Galore Vinyasa Flow Yoga Waterworks Deep Water Aqua Exercise Open Swim "Workout of the Day"	Great Room Studio 1 Studio 3 Studio 4 Studio 5 Chapel Lower Pool Upper Pool Upper Pool
12:00 pm	Hands on Cooking Class with Chef & Dietician Roll Model Stretch Cardio Blast Hip and Back Opening Yoga Aqua Circuit Cardio Aqua Jogging Open Swim "Workout of the Day"	L'Orangerie Studio 1 Studio 3 Studio 4 Studio 5 Lower Pool Upper Pool Upper Pool
1:00 pm	Lunch	Dining Room Patio
2:00 pm	Gentle Yoga Ashtanga Yoga (Advanced) Interval Weight Training Circuit Spa Walk or Hike	Studio 1 Studio 5 Weight Room Pavilion Lobby
3:00 pm	Labyrinth Walk Hatha Yoga Slow Flow Yoga Marie Antoinette Tea and Tablescapes	Pavilion Lobby Studio 1 Studio 5 Antique Boutique
3:50 pm	Nutrition Break	Garden Room
4:10 pm	Chakra Yoga "Realign Through Movement" Letting Go Vinyasa Sumi Art	Studio 1 Studio 5 Forum Gallery
5:10 pm	Gentle Yoga Pranayama "Deep Breathing Meditation"	Studio 1 Studio 5
6:25 pm	Shuttle to Parish House	Front Desk/Lobby



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6:30 pm	Hors d' oeuvres & Cal-a-Vie Wine Tasting	<i>Parish House</i>
7:00 pm	Dinner	<i>L'Orangerie</i>
8:00 pm	Shuttle to Stargazing	<i>L'Orangerie</i>
8:15 pm	Stargazing	<i>Observatory</i>