

Group Wellness Class Schedule

While a guest at Ste. Anne's Spa, we encourage you to take part in our group wellness and fitness activities. To book a class, please go to our guest services area in the main lobby where they will confirm availability and add the selection into your schedule. Please note that class cancellations require 30 minutes notice or you will be charged for your missed class. July 16th, 2024 to October 14th, 2024

TIME	CLASS	DURATION	COST
8:00 AM - 9:00 AM	Sunrise Yoga [V]	60 minutes	\$20 per person
8:00 AM - 8:30 AM	Reversing The Curve [G]	30 minutes	\$20 per person
9:15 AM - 10:15 AM	Hot Stone Restorative Yoga [G]	60 minutes	\$25 per person
9:45 AM - 10:30 AM	Full Body Bootcamp [V]	45 minutes	Complimentary
10:30 AM - 11:15 AM	Sound Bath Meditation [G][P]	45 minutes	\$20 per person
10:30 AM - 12:00 PM	Yoga at The Forest Pavilion [G][P]	90 minutes	\$20 per person
10:45 AM - 11:30 AM	Guided Trail Hike [G]	45 minutes	Complimentary
11:30 AM - 12:00 PM	Yoga Nidra [G][P]	30 minutes	\$20 per person
12:15 PM - 12:45 PM	Sculpt Core & Glutes [V]	30 minutes	\$20 per person
12:45 PM - 1:30 PM	Labyrinth Meditation [G][P]	45 minutes	Complimentary
12:45 PM - 1:30 PM	Sound Bath Meditation [G][P]	45 minutes	\$20 per person
1:00 PM - 1:45 PM	Suspension Movement [V]	45 minutes	\$25 per person
1:45 PM - 2:45 PM	Hot Stone Restorative Yoga [G]	60 minutes	\$25 per person
2:00 PM - 2:45 PM	TRX Resistance Training [V]	45 minutes	\$20 per person
3:00 PM - 3:45 PM	Hatha Yoga [G]	45 minutes	\$20 per person
3:00 PM - 3:45 PM	Rolling Relief [G][P]	45 minutes	\$25 per person
4:00 PM - 4:45 PM	Chakra Activation [G][P]	45 minutes	\$20 per person
4:00 PM - 4:45 PM	Yin Yoga [G]	45 minutes	\$20 per person

- Fitness Studio
- Wellness Studio
- Outdoor Class

[P] - Safe for women in their third trimester of pregnancy

[V] - Vigorous Activity

[G] - Gentle Activity