

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. October 15th, 2024 to May 5th, 2025

TIME	CLASS	DURATION	COST
8:00 AM – 8:45 AM	Rolling Relief [G][P]	45 minutes	\$25 per person
8:00 AM – 9:00 AM	Sunrise Yoga [V]	60 minutes	\$20 per person
9:00 AM – 9:45 AM	Functional Fitness [G][P]	45 minutes	\$20 per person
9:15 AM – 10:15 AM	Hot Stone Restorative Yoga [G]	60 minutes	\$25 per person
10:00 AM – 11:00 AM	Nordic Pole Walk [V]	60 minutes	Complimentary
10:30 AM – 11:15 AM	Sound Bath Meditation [G][P]	45 minutes	\$20 per person
10:30 AM - 11:15 AM	Journal Meditation [G][P]	45 minutes	\$25 per person
11:15 AM – 11:45 AM	Sculpt Core & Glutes [V]	30 minutes	\$20 per person
11:30 AM – 12:00 PM	Reversing the Curve [G][P]	30 minutes	\$20 per person
11:30 AM - 12:00 PM	Fire Meditation [G][P]	30 minutes	Complimentary
12:30 PM - 1:15 PM	Stretch & Mobility [V]	45 minutes	\$20 per person
12:45 PM – 1:30 PM	Journal Meditation [G][P]	45 minutes	\$25 per person
12:45 PM – 1:30 PM	Sound Bath Meditation [G][P]	45 minutes	\$20 per person
1:30 PM – 2:15 PM	Suspension Movement [V]	45 minutes	\$20 per person
1:45 PM – 2:45 PM	Hot Stone Restorative Yoga [G]	60 minutes	\$25 per person
2:30 PM – 3:15 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 - 3:30 PM	Fire Meditation [G][P]	30 minutes	Complimentary
4:00 PM – 4:45 PM	Chakra Activation [G][P]	45 minutes	Complimentary
4:00 PM – 4:45 PM	Gentle Yin Yoga [G][P]	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