

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. December 2nd, 2024 to May 5th, 2025

TIME	CLASS	DURATION	COST
8:00 AM - 8:45 AM	Rolling Relief [G][P] Ease soreness, boost flexibility, and relax with a take-home massage ball.	45 minutes	\$25 per person
8:00 AM - 9:00 AM	Sunrise Yoga [V] Energize with yoga, twists, and intention-setting clarity.	60 minutes	\$20 per person
9:00 AM - 9:45 AM	Suspension Movement [V] Build strength, flexibility, and coordination with joint-friendly suspension training.	45 minutes	\$20 per person
9:15 AM - 10:15 AM	Hot Stone Restorative Yoga [G] Restorative yoga with heated stones for ultimate relaxation.	60 minutes	\$25 per person
10:00 AM - 11:00 AM	Nordic Pole Walk [V] Enjoy a full-body pole walk, boosting strength, posture, and balance year-round.	60 minutes	Complimentary
10:30 AM - 11:15 AM	Sound Bath Meditation [G][P] Experience sound meditation with bowls and bells, blending vibration and awareness.	45 minutes	\$20 per person
10:30 AM - 11:15 AM	Journal Meditation [G][P] Explore your inner voice with guided outdoor journaling at Ste. Anne's	45 minutes	\$25 per person
11:15 AM - 11:45 AM	Stretch & Mobility [V] Boost mobility with gentle stretches and fascia release using massage balls.	30 minutes	Complimentary
11:30 AM - 12:00 PM	Reversing the Curve [G][P] Improve posture and open your body with this restorative stretch class.	30 minutes	\$20 per person
11:30 AM - 12:00 PM	Fire Meditation [G][P] Activate your inner fire with outdoor meditation for the Manipura chakra.	30 minutes	Complimentary
12:30 PM - 1:15 PM	Sculpt Core & Glutes [V] Strengthen your core and glutes with a 30-minute sculpting circuit.	45 minutes	\$20 per person
12:45 PM - 1:30 PM	Outdoor Walking Meditation [G][P] Find peace and clarity with a guided walking meditation in our garden.	45 minutes	Complimentary
12:45 PM - 1:30 PM	Sound Bath Meditation [G][P] Experience sound meditation with bowls and bells, blending vibration and awareness.	45 minutes	\$20 per person
1:30 PM - 2:15 PM	Functional Fitness [G][P] Build strength and stability with full-body resistance training for all levels.	45 minutes	\$20 per person
1:45 PM - 2:45 PM	Hot Stone Restorative Yoga [G] Restorative yoga with heated stones for ultimate relaxation.	60 minutes	\$25 per person
2:30 PM - 3:15 PM	TRX Resistance Training [V] Enhance strength, balance, and flexibility with TRX suspension training.	45 minutes	\$20 per person
3:00 PM - 3:45 PM	Hatha Yoga [G] Relax and restore with gentle yoga, perfect for beginners and slow flow.	45 minutes	\$20 per person
3:00 PM - 3:30 PM	Fire Meditation [G][P] Activate your inner fire with outdoor meditation for the Manipura chakra.	30 minutes	Complimentary
4:00 PM - 4:45 PM	Chakra Journey [G][P] Balance and unblock your Chakras with a guided meditation and poses.	45 minutes	Complimentary
4:00 PM - 4:45 PM	Unwind Yoga [G][P] Release tension and relax deeply with soothing restorative yoga.	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



For more information & full class descriptions