



TIDEPOOLS

WELLNESS CLASS DESCRIPTIONS

All classes are adaptable for skill-level. Feel free to talk to the instructor prior to the class to find a way to adjust the class for you.

FLEX AND FOAM

Ease into a comprehensive flexibility session with light movement, focused stretching for each muscle group, and targeted foam rolling

FULL BODY HIIT

Keep your heart rate up with our high energy, high intensity interval class that hits all muscle groups

BODY SCULPT

Our low impact, full body strength class that will focus on every joint and muscle group.

CORE AND MORE

This class will focus on your true core, providing the tools to improve balance, core stability and joint strength

VINYASA FLOW YOGA

A flowing sequence of yoga poses, adaptable to all levels

Please call us at 503.483.3000 or email us at Tidepools@HeadlandsLodge.com to reserve your spot in the class. Walk-ins are welcome but we can not guarantee your spot unless reserved prior to class.

Please note our class schedules are seasonal and change regularly.