



TIDEPOOLS

GROUP CLASSES

This schedule applies through March 2018*

NOTE: Classes are cancelled on March 14th and 15th. We are sorry for the inconvenience. Contact an Adventure Coach to get your workout with other activities in and out of the lodge. From a kayak trip to a dune climb; we know how to get your heart rate up.

WEDNESDAYS

3:00-4:00 pm

Flex and Foam with Kylar

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

THURSDAYS

10:00-11:00 am

Core and More with Kylar

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

3:00-4:00 pm

Body Sculpt with Kylar

Our low-impact, full-body strength class focuses on every joint and muscle group.

FRIDAYS

10:00-11:00 am

Flex and Foam with Kylar

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

3:00-4:00 pm

Full-body HIIT with Kylar

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

SATURDAYS

8:30-9:30 am

Vinyasa Flow Yoga with Dawn

A flowing sequence of yoga poses, adaptable to all levels.

3:00-4:00 pm

Body Sculpt with Kylar

Our low-impact, full-body strength class focuses on every joint and muscle group.

SUNDAYS

9:30-10:30 am

Vinyasa Flow Yoga with Dawn

A flowing sequence of yoga poses, adaptable to all levels.

Reservations: 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 cannot guarantee your spot unless it is reserved prior to class.

Please note our class schedules are seasonal and change regularly.