



TIDEPOOLS

GROUP CLASSES

This schedule applies through April 2018*

WEDNESDAYS

3:00-4:00 pm

Body Sculpt with Kylar

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

THURSDAYS

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

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.

4:30-5:15 pm

Coastal Reset with Kylar

Ease into the weekend with a leisurely and meditative guided beach walk that includes gentle movement and passive stretching. Ideal for those in need of a mental and physical recharge.

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

Sand Sweat with Kylar

This all-encompassing, fun and challenging outdoor class takes advantage of our natural surroundings. Expect lots of movement interspersed with low impact cardio bursts, adaptable to all levels.

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.