



# TIDEPOOLS

## GROUP CLASSES

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This schedule applies through March 2018\*

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### 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.

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**Reservations:** Please call us at 503.483.3000 or email us at [Tidepools@HeadlandsLodge.com](mailto: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.

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Please note our class schedules are seasonal and change regularly.