



TIDEPOOLS

CLASS SCHEDULE & WELLNESS OFFERINGS

No matter what your desires are, our wellness experts are happy to discuss your personal goals and collaborate with you to develop the perfect plan for today's workout along with this year's health aspirations. From demonstrating and suggesting equipment or exercises to providing individualized personal training sessions, our experts can do it all.

GROUP CLASSES

All classes are adaptable for skill level.

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

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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.

PERSONAL WELLNESS

Each session can be tailored to any fitness level or wellness goal.

TRAINING SESSIONS

Your personalized training sessions may have a variety of focuses. Sessions can be customized and may include full-body or localized strength training, sport-specific and cardio training and full-body assisted stretch, as well as nutrition or life coaching.

45 minutes - \$50 | 60 minutes - \$65

WELLNESS INSTRUCTORS

Meet your Tidepools Wellness Instructors.

KYLAR

After a childhood of poor health, including extreme fatigue and an inability to build muscle, Kylar began a personal and determined journey in the pursuit of health and fitness. Now he is passionate about inspiring and empowering others to reach their own optimal health and fitness.

Regularly teaches: Body Sculpt, Flex and Foam, Full-Body HIIT and personalized fitness training

DAWN

Dawn took her first yoga class 13 years ago. She immediately fell in love with how just a few poses could make you feel so amazing. Dawn's inspiring Vinyasa yoga class is a flowing sequence of yoga poses synchronized with breath, adaptable for all levels.

Regularly teaches: Vinyasa Flow Yoga

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.