



# TIDEPOOLS

## GROUP CLASS SCHEDULE

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 any skill level.

### MONDAYS

6:00-7:00 pm

#### Vinyasa Flow Yoga

A flowing sequence of yoga poses focused on muscle strength, flexibility and tension release.

### WEDNESDAYS

9:00-10:00 am

#### Yoga Foundations

Drawing on the fundamentals of Hatha yoga, this class focuses on alignment, breath and fine tuning the mechanics and flow of poses.

3:00-4:00 pm

#### Body Sculpt

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

### THURSDAYS

9:00-10:00 am

#### Mindful Flow Yoga

A gentle flowing class rooted in Hatha yoga that includes deep stretching, balancing postures and breath awareness.

10:30-11:30 am

#### Flex and Foam

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

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

### FRIDAYS

10:30-11:30 am

#### Flex and Foam

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

4:00-5:00 pm

#### Strength and Stretch

Reconnect with your body during this mindful session of gentle exercise focused on strength, flexibility and deep breathing.

6:00-7:00 pm

#### Restorative Yoga

Settle in the weekend with a slow and mindful practice designed to release tension, quiet the mind and promote deep relaxation.

### SATURDAYS

9:30-10:30 am

#### Vinyasa Flow Yoga

A flowing sequence of yoga poses focused on muscle strength, flexibility and tension release.

4:00-5:00 pm

#### Coastal Reset

Join us for 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.

### SUNDAYS

9:00-10:30 am

#### Yin Yang Yoga

An extended class designed to bring balance through a blend of passive (Yin) and active (Yang) poses. This class includes 15 minutes of guided meditation at the conclusion of session.

**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.

\*Please note our class schedules are seasonal and change regularly.



# TIDEPOOLS

PERSONAL WELLNESS & WELLNESS INSTRUCTORS

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## PERSONAL WELLNESS

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

### PERSONAL TRAINING

Our fitness trainers will create an individualized session tailored to your needs and goals. Your session may include full-body or localized strength exercises, sport-specific and cardio training, full-body assisted stretch, as well as nutrition counseling.

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

### PRIVATE YOGA

Whether you are starting at the beginning or taking an existing practice to the next level, a personalized yoga session will provide you with new skills, including proper alignment and body mechanics and helpful modifications. You'll leave armed with tools you can use on and off the mat.

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.

### 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.

### TALITHA

Talitha is a yoga instructor with multiple certifications, a NASM certified personal trainer, Corrective Exercise Specialist and a Licensed Massage Practitioner. She began her teaching practice in 2006 at Kripalu, the largest yoga and health center in the United States, and was given the opportunity to practice and study with inspirational mentors and teachers in that time, including Shiva Rea, Amy Weintraub and Yoganand Michael Carroll.

Her classes involve an interweaving of breath with movement and mindfulness. Each class incorporates carefully sequenced posture flows, restorative yoga postures and an integrated yoga nidra experience.

### NATASHA

Natasha, an exuberant and inspiring certified personal trainer, believes that a healthy fitness plan always incorporates physical, mental, emotional and spiritual health. Her classes combine strength building and bursts of intensity, along with mindful movement. Natasha's motto, "take care of our bodies so they take care of us," weaves through every session she teaches.

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