



TIDEPOOLS

SPA & WELLNESS

No matter what your desires are, our fitness 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.

COMPLIMENTARY GROUP CLASSES

All classes are adaptable for any skill level.

MONDAYS

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.

FRIDAYS

9:00-10:00 am

Flex and Foam

Release toxins and restore elasticity to connective tissue with light movement, focused stretching and targeted foam rolling.

TUESDAYS

9:00-10:00 am

Inner Balance Yoga

A blend of Hatha Yoga and Pilates Mat that focuses on balancing all muscle groups strength and flexibility with an emphasis on challenging the core muscles with each movement.

SATURDAYS

9:00-10:00 am

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.

SUNDAYS

9:00-10:00 am

Vinyasa Flow Yoga

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

THURSDAYS

8:00-8:45 am

Body Sculpt

Focus on every joint and muscle group in this low impact, full-body strength class.

9:00-10:00 am

Ying Yang Yoga

This class blends passive (yin) and active (yang) poses. When combined they compliment each other and bring balance to mind and body.

Reservations: Registered Headlands and Tidepools Spa guests may call us at 503.483.3000 or email us at Tidepools@HeadlandsLodge.com to reserve a 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.**



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PERSONAL FITNESS

TRX SUSPENSION TRAINING

Appropriate for all fitness levels and goals, the TRX workout method challenges and engages your entire body while emphasizing balance, deep core strength and overall flexibility.

60 minutes - \$75 | Maximum 2 participants

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 helpful modifications.

60 minutes - \$75 | Maximum 2 participants

ASSISTED STRETCH

This trainer-led session includes gentle yet effective stretches to help you experience increased flexibility, greater range of motion and release of muscle tension, promoting deep relaxation and increased circulation.

30 minutes - \$40 | 60 minutes - \$65

INDIVIDUALIZED FITNESS COACHING

Our fitness trainers will create a personalized session tailored to your needs and goals. Your session may include full-body or localized strength exercises, sport-specific and cardio training, as well as full-body training.

60 minutes - \$65

FITNESS INSTRUCTORS

KYLAR

After a childhood of poor health, including extreme fatigue and inability to build muscle, Kylar began a determined journey in the pursuit of health and fitness. Now he is passionate about empowering others to reach their own optimal health. Kylar has worked with clients of every age and ability for over 13 years, and holds a degree and (NSCA) certification in personal 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.

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. 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.

DAY PASSES

A limited number of Tidepools Wellness day passes are available daily for non-guest access to the fitness center. The \$25 fee includes use of the steam room, hot tub, fitness equipment, complimentary group classes, and yoga studio.

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