



TIDEPOOLS

GROUP CLASSES & WELLNESS CENTER

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

Please note our class schedules are seasonal and change regularly.

Tuesdays from 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.

Wednesdays from 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.

Thursdays from 9:00-10:00 am | Strength and Stretch Flow

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

Fridays from 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.

Saturdays from 9:00-10:00 am | Vinyasa Flow Yoga

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

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DAY PASSES

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

Day Pass - \$30 | Two-day Pass - \$55 (non-transferable)

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. Each class incorporates carefully sequenced posture flows, restorative yoga postures and an integrated yoga nidra experience.

RESERVATIONS: Registered Headlands and Tidepools Spa guests may call us at 503.483.3000 or email 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.

HOURS: The fitness area is open daily from 5:00 am-11:00 pm. *Please note that the fitness area and yoga studio are reserved for adult use only. Our salt water filtered outdoor hot tub is open daily from 7:30 am-11:00 pm. *Children under 16 are welcome daily with adult supervision until 7:00 pm.