



TIDEPOOLS

SPA & WELLNESS

Join your instructor in our wellness studio or in the fitness center for a session customized to your needs and ability. Mats, props, and equipment are provided.

PRIVATE FITNESS SESSIONS

SUMMER OFFERINGS

Available in 60 minute sessions.

Body Sculpt

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

Flex and Foam

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

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.

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 | \$85 for up to two participants

\$20 for each additional participant

To schedule, please call us at 503.483.3000 or email Tidepools@HeadlandsLodge.com