

**WYNDHURST CLUB OFFERINGS – MAY 2024**

<p align="center"><b>Monday</b></p> <p>8am-8:45am Morning Meditation          9am-9:45am Functional Strength          10am-10:45am Open Studio Time          11am-11:45am Spin &amp; Sculpt          1pm-1:45pm Kickboxing          2pm-4pm Open Studio Time          3:30-4:15 Chicken Keeping*</p>	<p align="center"><b>Thursday</b></p> <p>8am-8:45am Morning Stretch          9am-9:45am Open Studio Time          10am-10:45am Aqua Barre          12pm-12:45pm Donkey Discovery* (\$35)          1pm-2:45pm Open Studio Time          3pm-3:45pm Pilates Mat          5pm-5:45pm Yoga Flow</p>
<p align="center"><b>Tuesday</b></p> <p>7:30am-9am Open Studio Time          10am-10:45am Aqua Cardio          12pm-12:45pm Farm &amp; Barn Tour*          2pm-2:45pm Pilates Mat          3pm-3:45pm Open Studio Time          4pm-4:45pm Chair Yoga          6pm-6:45pm Stretch &amp; Mobility (no class 5/14 &amp; 5/28)</p>	<p align="center"><b>Friday</b></p> <p>7:30am-8:45am Open Studio Time          9am-9:45am Aqua Barre          10am-10:45am Functional Strength          11am-11:45am Spin &amp; Sculpt          12pm-2pm Open Studio Time          5pm-4:45pm Happy Hips</p>
<p align="center"><b>Wednesday</b></p> <p>7:30am-9am Open Studio Time          9am-9:45am Aqua Cardio          10am-10:45am Functional Strength          11am-11:45am Spin &amp; Sculpt          12pm-2pm Open Studio Time          4pm-4:45pm Pilates Mat</p>	<p align="center"><b>Saturday</b></p> <p>8am-9:45am Open Studio Time          10am-10:45am Yoga Walk &amp; Flow          12pm-12:45pm Barre Blend          1pm-3pm Open Studio Time</p> <hr/> <p align="center"><b>Sunday</b></p> <p>10am-10:45am Hatchet Throwing * (\$35)          2pm-4pm Pool Party Time Slot          (open swim is still available during this time slot)</p>

New – Open Studio Times: Time that members can use the Studio space for workouts, meditation & stretching.

\*New\* March Miraval Programming available for Wyndhurst Club Membership. We will offer a variety of complimentary and paid programming. Paid programming will be indicated by (\$) next to the offering. You may reserve your spot for programming by calling 413-551-6512. There is a 24 hour cancellation policy for all programming, complimentary or paid. A \$20 fee will be applied for any cancellations after the 24 hour period and for no show participants. These programs are offered for adult members only.

# Class Descriptions

**Aqua Cardio** - This powerful and fun class burns calories and builds muscle, strength, coordination, and flexibility in the Wyndhurst Club pool. Please wear a swimsuit. You will get wet.

**Aqua Barre** - This fun, total-body workout brings a popular class poolside and incorporates movements from dance and Pilates, utilizing the sides of the pool as a ballet barre. We focus on mindful postural alignment and balance, all while strengthening the body without impact. Please wear swimsuit, you will get wet.

**Barre Blend**- Learn how to transition traditional ballet Barre, ballet terminology, and movements into a more athletic-style workout using small pulses and high repetitions with a focus on alignment and core engagement.

**Chair Yoga** - Get up off the floor and onto a chair to learn standing and balancing poses and take yoga breaks throughout the workday without moving too far from your desk.

**Chicken Keeping\*** - This class covers the life cycle and needs of a chicken. Learn how to raise, handle, and care for a backyard flock and set up a small coop to give hens safe access to a pasture. This fun and hands-on opportunity encourages you to collect eggs in the coop and bond with a hen.

**Donkey Discovery\*** (\$35) - A mindful pace: Throughout history, artists, writers and spiritual teachers have chosen donkeys as companions for their introspective journeys. You, too, can partner with a donkey in a mindful discovery. Together we move in “donkey time” as observers and explorers and learn from these gentle teachers of patience, humility, and wisdom.

**Farm & Barn Tour\*** - Tour the Meadow View farm and gardens and spend time with the more-than-human world. Experience an up-close and personal introduction to our plants and animals, including our bees, horses, and hens that provide our restaurants with fresh eggs.

**Functional Strength** - Explore the adage that a healthy body equals a healthy mind in this full-body strength workout designed for all levels. Focus on the muscles and movements required for daily activities with general strength training exercises.

**Happy Hips** - Using self-myofascial release techniques, along with hip joint opening exercises and a series of yoga-based hip stretches, we will improve the flexibility and mobility of your hips and help you walk away from this class with happy hips.

**Hatchet Throwing\*** (\$35)- Discover a new way to see why we miss the target with our intentions sometimes. Throw a real hatchet and learn to combine breath, focus, and purpose to hit the mark in one smooth motion. ADULT OFFERING FOR MAY.

**Kickboxing** - Kickboxing incorporates kicking and punching for a dynamic, challenging experience. Keep your body guessing as you use your personal power in every kick and punch style throughout our rounds.

**Morning Stretch** - Start your day with a head-to-toe stretch class designed to prepare you for a full day of activities.

**Open Studio Time**- Time for shared general studio use.

**Pilates Mat** - Engage every muscle in the body as you perform the 12 basic Pilates exercises. This class develops core strength and lengthens the spine for muscle definition and better posture.

**Spin & Sculpt** - This indoor cycling class incorporates weights, bands, and movements to challenge your upper extremities and keep your legs moving for a full-body workout.

**Yoga Flow** - Learn to rest deep in your yoga postures in this practice known as active relaxation.

**Yoga Walk & Flow** – Join us on this vigorous walk through property, stopping along the way to get into a yoga flow and connect your mind and body with nature.