

# Daily Wellness Activities

## FOR ALL AGES

10 AM & 2 PM  
GUIDED  
VITALITY PLUNGE  
at the beach

11 AM - 7 PM  
BEACHSIDE MUD  
at the beach

4 PM  
GRATITUDE CEREMONY  
meet at the beach  
walk to Gratitude Point

## FOR ALL GUESTS 18+

1 PM, 3 PM, 5 PM, 6 PM  
SAUNA  
AROMATHERAPY  
at the sauna

DYNAMIS  
FITNESS CLASSES

(additional charge)  
Sign up here:

5:30 PM - 8 PM  
SOAK & FLOAT  
at Oasis pool deck



Bathhouse Hours 9 AM - 10 PM  
Panoramic Cedar Sauna • Bathhall  
Kneipp & Reflexology Walk

## \*EXCLUSIVE TO OVERNIGHT GUESTS 18+

8 AM  
AQUA YOGA\*  
meet at Fitness Center

9:15 AM  
AQUA SOUND BATH\*  
meet at Fitness Center

\*advance sign up  
required. Sign up here:



MON, WED, SAT  
3 PM  
RESTFUL RECHARGE\*  
Fitness Center

TUES, THURS, SUN  
3 PM  
RESTORATIVE YOGA\*  
Fitness Center

FRIDAY  
3 PM  
FRIDAY YOGA FLOW\*  
Fitness Center

# October Live Entertainment

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 5 - 7 PM Marc Christian - Cello	2	3 5 - 7 PM Mikie Dellinger - Chill House DJ	4	5
6 5 - 7 PM Tim Apple - Acoustic Guitar + Vocals	7	8 5 - 7 PM Denis Kavemeier Latin Guitar	9	10 5 - 7 PM Mikie Dellinger - Chill House DJ	11	12
13 5 - 7 PM Tim Apple - Acoustic Guitar + Vocals	14	15 5 - 7 PM Denis Kavemeier Latin Guitar	16	17 5 - 7 PM Mikie Dellinger - Chill House DJ	18	19
20 5 - 7 PM Jack French Guitar + Vocals	21	22 5 - 7 PM Mikie Dellinger - Chill House DJ	23	24 5 - 7 PM Jack French Guitar + Vocals	25	26
27 5 - 7 PM Tim Apple - Acoustic Guitar + Vocals	28	29 5 - 7 PM Denis Kavemeier Latin Guitar	30	31 5 - 7 PM Denis Kavemeier Latin Guitar		