

WELLNESS CALENDAR JULY 2021

MONDAY

10 - 11AM

Yoga Flow with Staff Teacher

Start your week with an energizing, all-levels flow for vitality. This class is an invitation to invigorate your practice and fortify your body-mind connection.

**All are welcome and no prior experience with yoga is needed to attend*

**FREE FOR MEMBERS
\$25 FOR GUESTS**

TUESDAY

8 - 9AM

Sweat with Bobby Catapano

Join our in-house personal trainer for an hour of interval training combining full-body strengthening with high intensity cardio bursts designed to burn fat, improve your endurance and boost your mood! This class is open to all levels of fitness and modifications are always offered so that you explore at your own pace.

**In the warmer months, this class will be held outside in our open-air Pole Barn!*

**FREE FOR MEMBERS
\$25 FOR GUESTS**

WEDNESDAY

10 - 11AM

Midweek Reset Yoga with Staff Teacher

Join us for a mid-week practice to bolster resilience and renew your energy. This is a chair-optional class for all levels.

**All are welcome and no prior experience with yoga is needed to attend*

**FREE FOR MEMBERS
\$25 FOR GUESTS**

THURSDAY

10 - 11AM

Daoist Exercise Class with Chris Kiely

Seeing the body as earth and the mind as sky, the Daoist system of holistic fitness makes a microcosm of the internal environment. This sets the stage for a careful process of personal cultivation, following the cycles and rhythms of the natural world. Using an artful combination of movement and stillness, this class explores the fundamental features of this ancient and rich practice.

**No previous experience with taichi, qigong or meditation is necessary. Sessions are held in the fresh air space of our Pole Barn, as weather permits. Please wear comfortable clothing to move in and fitness shoes.*

**FREE FOR MEMBERS
\$25 FOR GUESTS**

FRIDAY

10 - 11AM

Pilates Mat with Ellen Barrett

This mat class utilizes controlled movements, minimal repetitions, and intelligent sequencing to tone your whole body. This method promotes balance by equally emphasizing strength and flexibility.

**All fitness levels are welcome. The class is done barefoot.*

**FREE FOR MEMBERS
\$25 FOR GUESTS**

SATURDAY

9 - 10AM

Rise & Shine Yoga with Ellen Barrett

All levels. Starting off gently in a seated position, get grounded and connect to your breath. Then explore a standing vinyasa series to invigorate from head to toe.

**FREE FOR MEMBERS
\$25 FOR GUESTS**

10:15 - 11AM

Mindfulness Meditation with Sandrine Harris

Ease into your Saturday with practices to focus your attention, bring stress relief, and calm your body. All are welcome and no experience is needed to attend.

**FREE FOR MEMBERS
\$25 FOR GUESTS**

SUNDAY

10 - 11AM

Restorative Yoga with Staff Teacher

Come and restore through a gentle and nurturing practice to bring ease to your mind and comfort to your body. This all-levels class is a warm invitation to take care of yourself and grow your practice of rest.

**All are welcome and no prior experience with yoga is needed to attend*

**FREE FOR MEMBERS
\$25 FOR GUESTS**

PRIVATE SESSIONS

Would you like more “me” time?

We offer several types of private sessions at our Long Barn:

- MASSAGE THERAPY
- ACUPUNCTURE
- FACIAL ACUPUNCTURE + GUA SHA
- SOMATIC EXPERIENCING®

Let us take care of you.

PRIVATE CLASSES FOR INDIVIDUALS OR SMALL GROUPS

Are you seeking an experience to celebrate a birthday, special event, or get some individualized attention for your practice?

We offer private experiences at our Tall Barn studio space and tailor them to your interests.

- YOGA
- MEDITATION + MEDITATION COACHING
- KINESOMA DANCE EXPERIENCE

**Masks & temperature checks are required for all indoor activities at Troutbeck*

For more information on private sessions and classes, and to book your experience, please contact:

thebarns@troutbeck.com

ALL CLASS REGISTRATIONS AND PRIVATE SESSION BOOKINGS CARRY A 48HR CANCELLATION POLICY.

ALL WEEKLY CLASSES ARE FREE FOR TROUTBECK MEMBERS



**THE
BARNs
AT
TROUTBECK**