

WELLNESS CALENDAR JANUARY 2022

MONDAY

10 - 11AM

Yoga Flow with Staff Teacher

Start your week with an energizing, all-levels flow for vitality.

All levels are welcome. No experience needed to attend.

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

TUESDAY

10 - 11AM

Fitness on the Mat with Danny Binstock

Begin your day with a refreshing full-body workout. Learn how to move the power of your own body's weight, to increase muscle mass, and fortify your flexibility and balance.

All levels are welcome. No experience needed to attend.

**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.

All levels are welcome. No experience needed to attend.

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

THURSDAY

9 - 10AM

Functional Fitness with Danny Binstock

With dynamic flows designed to build strength and work with your whole body, you will learn how to incorporate movement from Pilates, boxing, and more into your workout.

All levels are welcome. No experience needed to attend.

**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 levels welcome. No experience needed to attend.

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

SATURDAY

9 - 10AM

Rise & Shine Yoga with Ellen Barrett

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.

All levels welcome. No experience needed to attend.

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

10:15 - 11AM

Mindfulness Meditation with Sandrine Harris

This class is a wonderful invitation to slow down, tune into how you're doing, and learn practices that you can carry into your daily life. With a range of approaches offered in each class, you'll find moments of quiet presence, relaxation, renewed energy, and appreciation for the moment.

All levels are welcome. No experience needed to attend.

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

SUNDAY

9:30 - 10:30AM

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.

All levels are welcome. No experience needed to attend.

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

**NEW YEAR'S DAY -
JAN. 1ST, 2022**

Flow into this New Year!

with Sandrine
9 - 10:30AM

Begin 2022 with a peaceful and powerful flow of movement and meditation. Set your intention with calm clarity and invigorating moves to brighten your energy.

All levels are welcome. No experience needed to attend.

**FREE FOR MEMBERS
\$30 FOR GUESTS**



PRIVATE SESSIONS

Looking for some "me" time to nurture your wellbeing as we begin 2022?

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

Let us take care of you

PRIVATE CLASSES

Would you like a private experience for some individualized attention or to celebrate a special occasion with your loved ones?

- YOGA
- MEDITATION + MEDITATION COACHING
- KINESOMA DANCE EXPERIENCE

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.

MASKS & TEMPERATURE CHECKS ARE REQUIRED FOR ALL INDOOR ACTIVITIES AT TROUTBECK