



FITNESS CLASS SCHEDULE

SEPTEMBER CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:15am: Yoga on the Beach 10:00am: Scenic Nature Walk at Top of the Rock 1:30pm: Scenic Nature Walk at Top of the Rock	2 No Classes	3 8:15am: Yoga on the Beach 10:00am: Dance Fitness 11:00am: Barre Fitness 1:30pm: Scenic Nature Walk at Top of the Rock	4 8:15am: Yoga on the Beach 10:00am: Scenic Nature Walk at Top of the Rock 1:30pm: Scenic Nature Walk at Top of the Rock	5 8:15am: Yoga on the Beach 10:00am: Dance Fitness 11:00am: Cardio, Core & Tone 1:30pm: Scenic Nature Walk at Top of the Rock	6 8:15am: Yoga on the Beach 10:00am: HIIT 10:30am: Buti® Bands 1:30pm: Scenic Nature Walk at Top of the Rock	7 8:00am: Barre Fitness 9:00am: Restorative Yoga Flow
8 No Classes	9 No Classes	10 No Classes	11 No Classes	12 No Classes	13 8:00am: Barre Fitness 9:00am: Restorative Yoga Flow	14 8:00am: Barre Fitness 9:00am: Restorative Yoga Flow
15 No Classes	16 No Classes	17 8:15am: Yoga on the Beach 10:00am: Dance Fitness 11:00am: Barre Fitness 1:30pm: Scenic Nature Walk at Top of the Rock	18 8:15am: Yoga on the Beach 10:00am: Scenic Nature Walk at Top of the Rock 1:30pm: Scenic Nature Walk at Top of the Rock	19 8:15am: Yoga on the Beach 10:00am: Dance Fitness 11:00am: Cardio, Core & Tone 1:30pm: Scenic Nature Walk at Top of the Rock	20 8:15am: Yoga on the Beach 10:00am: HIIT 10:30am: Buti® Bands 1:30pm: Scenic Nature Walk at Top of the Rock	21 8:15am: Yoga on the Beach 9:45am: Scenic Nature Walk at Top of the Rock 1:30pm: Scenic Nature Walk at Top of the Rock
22 No Classes	23 No Classes	24 8:15am: Yoga on the Beach 10:00am: Dance Fitness 11:00am: Barre Fitness 1:30pm: Scenic Nature Walk at Top of the Rock	25 8:15am: Yoga on the Beach 10:00am: Scenic Nature Walk at Top of the Rock 1:30pm: Scenic Nature Walk at Top of the Rock	26 8:15am: Yoga on the Beach 10:00am: Dance Fitness 11:00am: Cardio, Core & Tone 1:30pm: Scenic Nature Walk at Top of the Rock	27 8:15am: Yoga on the Beach 10:00am: HIIT 10:30am: Buti® Bands 1:30pm: Scenic Nature Walk at Top of the Rock	28 8:15am: Yoga on the Beach 9:45am: Scenic Nature Walk at Top of the Rock 1:30pm: Scenic Nature Walk at Top of the Rock
29 No Classes	30 No Classes					

Wellness Classes

Join us for workouts that will help you relax, reenergize and get fit. *Wellness Classes are complimentary for Big Cedar Lodge guests only. Wilderness Club, The Cliffs, Paradise Point and all other guests may enjoy our Wellness Classes for \$10 per person. Meet in the Ozark Room. First come, first served. Based on availability. Must be at least 18 years old to participate.*

HIIT (High Intensity Interval Training): A 30-minute circuit based class utilizing timed exercises to get the most results in the shortest amount of time.

Ab Lab: Amp up your core strength, balance and posture, in a focused 15-minute workout.

Buti® Bands: A HIIT-based resistance training workout targeted to lift and shape your booty while toning and strengthening the hips.



Yoga on the Beach: Enjoy a relaxing 50-minute yoga session on the Big Cedar Beach. \$10 per person. Beach towels will be provided. Meet at the Big Cedar Beach in front of Bent Hook Marina. **Reservations required.**



Scenic Nature Walk at Top of the Rock: Join us for a leisurely two-and-a-half mile guided adventure along the Lost Canyon Cave and Nature Trail. This scenic walk will relax your mind and body as you enjoy extraordinary views of Table Rock Lake, stunning waterfalls and rock formations, and the breathtaking Lost Canyon Cave featuring a cascading four-story waterfall. \$30 per person. Walk will be offered weather permitting. Must be at least 16 years old to participate. Lasts approximately one hour and forty-five minutes. Meet at the Top of the Rock Welcome Center. **Reservations required.**

Contact Vacation Planning at ext. 4002 or visit the Guest Services desk to make reservations for any of our Fitness Classes. In case of inclement weather, outdoor classes may move indoors.