



FITNESS CLASS SCHEDULE

JANUARY & FEBRUARY CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Classes	No Classes	9:00am: Dance Fitness 10:00am: Barre Fitness 11:00am: Restorative Yoga Flow 1:30pm: Scenic Nature Walk at Top of the Rock	9:00am: HIIT 9:30am: Ab Lab 10:00am: Arms, Abs & Booty Circuit 11:00am: Yoga Deep Stretch 1:30pm: Scenic Nature Walk at Top of the Rock	9:00am: Dance Fitness 10:00am: Booty Bands, Core & Tone 11:00am: Yoga 1:30pm: Scenic Nature Walk at Top of the Rock	9:00am: HIIT 9:30am: Ab Lab 10:00am: Barre Fitness 11:00am: Restorative Yoga Flow 1:30pm: Scenic Nature Walk at Top of the Rock	9:00am: Yoga Deep Stretch 1:30pm: Scenic Nature Walk at Top of the Rock* <i>*Please Note: There will not be a Scenic Nature Walk offered on January 11th.</i>

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 20-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.

Booty Bands, Core & Tone: A whole body all in one resistance training workout with challenging upper and lower body movements targeted to lift, shape, and tone your booty and strengthen your core.



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. *\$25 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.