Wellness Activities

Scan to sign up for complimentary wellness activities.

During Christmas Week, select activities are open to all ages (5+). Look for red and green text.

Movement Studio classes in comfortable clothing.

All Aqua activities, please meet at the Wellness Activity Pool in bathing suit.

THE SPRINGS RESORT

Sunday December 21st	Monday December 22nd	Tuesday December 23rd	Wednesday December 24th	Thursday December 25th	Friday December 26th	Saturday December 27th
8:00 AM - 9:00 AM Aqua Yoga	**8:00 AM - 9:00 AM** Aqua Yoga	**8:00 AM - 9:00 AM** Aqua Yoga	**8:00 AM - 9:00 AM** Aqua Yoga	**8:00 AM - 9:00 AM** Aqua Yoga	**8:00 AM - 9:00 AM** Aqua Yoga	**8:00 AM - 9:00 AM** Aqua Yoga
9:15 AM - 9:45 AM Aqua Sound Bathing	**9:15 AM - 9:45 AM** Aqua Sound Bathing	**9:15 AM - 9:45 AM** Aqua Sound Bathing	**9:15 AM - 9:45 AM** Aqua Sound Bathing	**9:15 AM - 9:45 AM** Aqua Sound Bathing	**9:15 AM - 9:45 AM** Aqua Sound Bathing	**9:15 AM - 9:45 AM** Aqua Sound Bathing
10:30 AM **Gratitude Ceremony***** **10:45 AM** Guided Mud in the Thermal Loft	**10:30 AM** **Gratitude Ceremony***** **12:00 PM** **Warrior Plunge*** **12:30 PM** Thermal Breath** **1:15 PM - 2:35 PM** Forest Hike	**10:30 AM** **Gratitude Ceremony***** **12:00 PM** **Warrior Plunge*** **12:30 PM** Thermal Breath** **1:15 PM - 2:35 PM** Aqua Soak & Stretch	**10:30 AM** **Gratitude Ceremony***** **12:00 PM** **Warrior Plunge*** **12:30 PM** Thermal Breath** **1:15 PM - 2:35 PM** Forest Bathing Hike	**10:30 AM** **Gratitude Ceremony***** **12:00 PM** **Warrior Plunge*** **12:30 PM** Thermal Breath** **1:15 PM - 2:35 PM** Forest Hike	**10:30 AM** **Gratitude Ceremony***** **10:45 AM** Guided Mud in the Thermal Loft **12:00 PM** **Warrior Plunge*** **12:30 PM** Thermal Breath** **1:00 PM - 2:00 PM** **All Ages (5+) Sauna Access** **1:15 PM** **All Ages (5+) Mother's Mud in Thermal Loft** **1:15 PM - 2:00 PM** Aqua Soak & Stretch **1:45 PM** **All Ages (5+) Aroma Sauna**	**10:30AM** **Gratitude Ceremony***** **10:45 AM** Guided Mud in the Thermal Loft **11:00 AM - 11:30 AM** Forest Hike **12:00 PM** **Warrior Plunge*** **12:30 PM** Thermal Breath** **1:00 PM - 2:00 PM** **All Ages (5+) Sauna Access** **1:15 PM** **All Ages (5+) Mother's Mud in Thermal Loft**
12:00 PM **Warrior Plunge*** **12:30 PM** Thermal Breath** **1:15 PM - 2:00 PM** Aqua Soak & Stretch **3:00 PM - 3:30 PM** Restful Recharge **3:45 PM** Guided Mud in the Thermal Loft **4:00 PM** **Intention Ritual***** **4:30 PM** Aroma Sauna	**3:00 PM - 3:30 PM** Restful Recharge **3:45 PM** Guided Mud in the Thermal Loft **4:00 PM** **Intention Ritual***** **4:30 PM - 5:30 PM** **Fun Movement and sound bath wind down** **4:30 PM** Aroma Sauna **5:00 PM** Aqua Sound Bathing	**3:00 PM - 3:30 PM** Restful Recharge **3:45 PM** Guided Mud in the Thermal Loft **4:00 PM** **Intention Ritual***** **4:30 PM - 5:30 PM** **Fun Movement and sound bath wind down** **4:30 PM** Aroma Sauna **5:00 PM** Aqua Sound Bathing **6:00 PM** Restorative Yoga	**3:00 PM - 3:30 PM** Restful Recharge **3:45 PM** Guided Mud in the Thermal Loft **4:00 PM** **Intention Ritual***** **4:30 PM** Aroma Sauna **5:00 PM** Balancing Sound Immersion	**3:00 PM - 3:30 PM** Restful Recharge **3:45 PM** Guided Mud in the Thermal Loft **4:00 PM** **Intention Ritual***** **4:30 PM** Aroma Sauna	**3:00 PM - 3:30 PM** Restful Recharge **3:45 PM** Guided Mud in the Thermal Loft **4:00 PM** **Intention Ritual***** **4:30PM** Aroma Sauna **5:00 PM - 5:30 PM** Aqua Meditation **5:30 PM - 6:30 PM** **Glow Stretch & Sound** **6:00 PM - 7:00 PM** Restorative Yoga	**3:00 PM - 3:30 PM** Restful Recharge **3:45 PM** Guided Mud in the Thermal Loft **4:00 PM** **Intention Ritual***** **4:30 PM** Aroma Sauna **5:00 PM-5:30PM** Aqua Meditation **5:45 PM-6:15PM** Aqua Sound Bath **7:00 PM** Restorative Yoga