



Wellness Activities

Scan to sign up for complimentary wellness activities.

During New Years Eve Week, select activities are open to all ages (5+). Look for blue and gold text.
Movement Studio classes in comfortable clothing.

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



Sunday December 28 th	Monday December 29 th	Tuesday December 30 th	Wednesday December 31 st	Thursday January 1 st	Friday January 2 nd	Saturday January 3 rd
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***	10:30 AM Gratitude Ceremony***	10:30 AM Gratitude Ceremony***	10:30 AM Gratitude Ceremony***	10:30 AM Gratitude Ceremony***	10:30 AM Gratitude Ceremony***	10:30 AM Gratitude Ceremony***
10:45 AM Guided Mud in the Thermal Loft	12:00 PM Warrior Plunge*	12:00 PM Warrior Plunge*	11:30 AM - 12:00 PM All Ages (5+) Aqua Sound Bathing	11:00 AM - 11:45 AM All Ages (5+) Stretch & Sound	10:45 AM Guided Mud in the Thermal Loft	10:45 AM Guided Mud in the Thermal Loft
12:00 PM Warrior Plunge*	12:30 PM Thermal Breath**	12:30 PM Thermal Breath**	12:00 PM Warrior Plunge*	12:00 PM Warrior Plunge*	11:30 AM - 12:00 PM All Ages (5+) Aqua Sound Bathing	11:00 AM - 11:30 AM Forest Hike
12:30 PM Thermal Breath**	1:00 PM - 2:00 PM All Ages (5+) Sauna Access	1:00 PM - 2:00 PM All Ages (5+) Sauna Access	12:30 PM Thermal Breath**	12:30 PM Thermal Breath**	12:00 PM Warrior Plunge*	12:00 PM Warrior Plunge*
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 All Ages (5+) Mother's Mud in Thermal Loft	1:00 PM - 2:00 PM All Ages (5+) Sauna Access	12:30 PM Thermal Breath**	12:30 PM Thermal Breath**	12:30 PM Thermal Breath**
1:15 PM All Ages (5+) Mother's Mud in Thermal Loft	1:15 PM All Ages (5+) Mother's Mud in Thermal Loft	1:15 PM - 2:35 PM Aqua Soak & Stretch	1:15 PM All Ages (5+) Sauna Access	1:00 PM - 2:00 PM All Ages (5+) Sauna Access	1:00 PM - 2:00 PM All Ages (5+) Sauna Access	1:00 PM - 2:00 PM All Ages (5+) Sauna Access
1:15 PM - 2:00 PM Aqua Soak & Stretch	1:15 PM - 2:35 PM Forest Hike	1:15 PM - 2:35 PM Aqua Soak & Stretch	1:15 PM All Ages (5+) Sauna Access	1:15 PM All Ages (5+) Sauna Access	1:15 PM All Ages (5+) Sauna Access	1:15 PM All Ages (5+) Sauna Access
1:45 PM All Ages (5+) Aroma Sauna	1:45 PM All Ages (5+) Aroma Sauna	1:45 PM All Ages (5+) Aroma Sauna	1:45 PM All Ages (5+) Aroma Sauna	1:15 PM All Ages (5+) Mother's Mud in Thermal Loft	1:15 PM All Ages (5+) Mother's Mud in Thermal Loft	1:15 PM All Ages (5+) Mother's Mud in Thermal Loft
3:00 PM - 3:30 PM Restful Recharge	3:00 PM - 3:30 PM Restful Recharge	3:00 PM - 3:30 PM Restful Recharge	1:15 PM - 2:35 PM Forest Bathing Hike	1:15 PM All Ages (5+) Mother's Mud in Thermal Loft	1:15 PM - 2:00 PM Aqua Soak & Stretch	1:15 PM - 2:00 PM Aqua Soak & Stretch
3:45 PM Guided Mud in the Thermal Loft	3:45 PM Guided Mud in the Thermal Loft	3:45 PM Guided Mud in the Thermal Loft	1:45 PM All Ages (5+) Aroma Sauna	1:15 PM - 2:35 PM Forest Hike	1:45 PM All Ages (5+) Aroma Sauna	1:45 PM All Ages (5+) Aroma Sauna
4:00 PM Intention Ritual***	3:00 PM - 3:30 PM Restful Recharge	3:45 PM Guided Mud in the Thermal Loft	3:00 PM - 3:30 PM Restful Recharge	1:45 PM All Ages (5+) Aroma Sauna	3:00 PM - 3:30 PM Restful Recharge	3:00 PM - 3:30 PM Restful Recharge
3:45 PM Guided Mud in the Thermal Loft	3:45 PM Guided Mud in the Thermal Loft	4:00 PM Intention Ritual***	3:45 PM Guided Mud in the Thermal Loft	1:45 PM All Ages (5+) Aroma Sauna	3:45 PM Guided Mud in the Thermal Loft	3:45 PM Guided Mud in the Thermal Loft
4:00 PM Intention Ritual***	4:00 PM Intention Ritual***	4:30 PM Aroma Sauna	4:00 PM Intention Ritual***	3:00 PM - 3:30 PM Restful Recharge	4:00 PM Intention Ritual***	4:00 PM Intention Ritual***
4:30 PM Aroma Sauna	4:30 PM Aroma Sauna	4:30 PM Aroma Sauna	4:30 PM Aroma Sauna	3:45 PM Guided Mud in the Thermal Loft	4:30 PM Aroma Sauna	4:30 PM Aroma Sauna
	5:00 PM Aqua Sound Bathing	5:00 PM Aqua Sound Bathing	5:00 PM Balancing Sound Immersion	4:00 PM Intention Ritual***	5:00 PM - 5:30 PM Aqua Meditation	5:00 PM - 5:30 PM Aqua Meditation
	5:30 PM - 6:30 PM Glow Stretch & Sound in Tufa Turnout	5:30 PM - 6:30 PM Glow Stretch & Sound in Tufa Turnout	6:00 PM - 7:00 PM Thermal Turnout in Tufa Turnout	4:30 PM Aroma Sauna	5:30 PM - 6:30 PM Glow Stretch & Sound in Tufa Turnout	5:45 PM - 6:15 PM Aqua Sound Bath
	6:00 PM - 7:00 PM Restorative Yoga	6:00 PM Restorative Yoga			6:00 PM - 7:00 PM Restorative Yoga	7:00 PM Restorative Yoga