



August 2010 Fitness Schedule

All classes are scheduled for one hour unless otherwise noted. Space is limited. Classes and activities are subject to change. The use of the gym and movement studio is for guest and members above the age of 18.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aug 2.	3	4	5	6	7	8
<p>Anusara Yoga (level 2) Movement Studio w/Ulrika 9:15 a.m.</p> <p>Pilates Reformer (level 2) Movement Studio <i>*reservations required</i> w/Julie 10:30-11:20 a.m.</p> <p>Pilates Reformer (all levels) Movement Studio <i>*reservations required</i> w/Julie 11:30 a.m.-12:20 p.m.</p>	<p>"Spin then Yoga" (all levels) Movement Studio w/Calie Spin 9:30-10:10 a.m. Yoga 10:15-10:55 a.m.</p> <p>Master Swim Main pool w/ Katie 4:30 pm</p>	<p>Sport Conditioning Movement studio w/ Donovan 10:00-10:50 p.m.</p> <p>Pilates Reformer Movement Studio (level 2) <i>*reservations required</i> w/Julie 11:00 a.m.</p>	<p>Pilates Reformer (all levels) Movement Studio <i>*reservations required</i> w/Donavan 8:00 a.m.</p> <p>Yoga for Healthy Backs (all levels) Movement Studio w/Ann 11:00 a.m.</p> <p>"Spin then Yoga" (all levels) Movement Studio w/Calie 6:00-7:20 p.m.</p>	<p>Spinning Movement Studio w/Donavan 6:30-7:15 a.m.</p> <p>6-Pack Abs Movement Studio w/Donavan 7:15-7:30 a.m.</p> <p>Detox Yoga (level 2) Movement Studio w/Ulrika 9:45-11:00 a.m.</p> <p>Pilates Reformer Movement Studio <i>*reservations required</i> w/Donavan 11:30 a.m.</p> <p>Stargazing On Spectra lawn w/ Mike and Andy 9:00-11:30 p.m.</p>	<p>Sunrise Yoga (all levels) Movement Studio w/Brooke 7:30 - 8:30 a.m.</p> <p>Spinning Movement Studio w/Donavan 8:45 -9:25 a.m.</p> <p>Spinning Movement Studio w/ Donavan 9:25-10:05 a.m.</p> <p>Master Swim Main pool w/ Katie 9:30 am</p> <p>Kundalini Yoga (all levels) Movement Studio w/Julie 11:00 a.m.</p> <p>Pilates Reformer (all levels) Movement Studio <i>*reservations required</i> w/Donavan 12:15 p.m.</p>	<p>Bike & Hike w/ Ben meet at main reception <i>*reservations required</i> 8:30-10:00 a.m.</p> <p>Gentle Flow Yoga (all levels) Movement Studio w/Julie 9:45-11:00 a.m.</p> <p>Kids Yoga (ages 4 and up) Movement studio w/ Tamara 11:15-noon</p>

9	10	11	12	13	14	15
<p>Anusara Yoga (level 2) Movement Studio w/Ulrika 9:15 a.m.</p> <p>Pilates Reformer (level 2) Movement Studio <i>*reservations required</i> w/Julie 10:30-11:20 a.m.</p> <p>Pilates Reformer (all levels) Movement Studio <i>*reservations required</i> w/Julie 11:30 a.m.-12:20 p.m.</p>	<p>"Spin then Yoga" (all levels) Movement Studio w/Calie Spin 9:30-10:10 a.m. Yoga 10:15-10:55 a.m.</p> <p>Master Swim Main pool w/ Katie 4:30 pm</p>	<p>Sport Conditioning Movement studio w/ Donovan 10:00-10:50 p.m.</p> <p>Pilates Reformer Movement Studio (level 2) <i>*reservations required</i> w/Julie 11:00 a.m.</p>	<p>Pilates Reformer (all levels) Movement Studio <i>*reservations required</i> w/Julie 8:00 a.m.</p> <p>Yoga for Healthy Backs (all levels) Movement Studio w/Ann 11:00 a.m.</p> <p>"Spin then Yoga" (all levels) Movement Studio w/Calie 6:00-7:20 p.m.</p>	<p>Spinning Movement Studio w/Donavan 6:30-7:15 a.m.</p> <p>6-Pack Abs Movement Studio w/Donavan 7:15-7:30 a.m.</p> <p>Detox Yoga (level 2) Movement Studio w/Ulrika 9:45-11:00 a.m.</p> <p>Pilates Reformer Movement Studio <i>*reservations required</i> w/Donavan 11:30 a.m.</p> <p>Summertime S'mores Solstice Courtyard 8:00-9:30 p.m. w/ Donovan</p>	<p>Sunrise Yoga (all levels) Movement Studio w/Elizabeth 7:30 - 8:30 a.m.</p> <p>Spinning Movement Studio w/Donavan 8:45 -9:25 a.m.</p> <p>Spinning Movement Studio w/ Donovan 9:25-10:05 a.m.</p> <p>Master Swim Main pool w/ Katie 9:30 am</p> <p>Kundalini Yoga (all levels) Movement Studio w/Julie 11:00 a.m.</p> <p>Pilates Reformer (all levels) Movement Studio <i>*reservations required</i> w/Donavan 12:15 p.m.</p>	<p>Bike & Hike w/ Ben meet at main reception <i>*reservations required</i> 8:30-10:00 a.m.</p> <p>Mat Pilates (all levels) Movement studio w/ Bobby 8:30-9:30 a.m.</p> <p>Gentle Flow Yoga (all levels) Movement Studio w/Julie 9:45-11:00 a.m.</p> <p>Kids Yoga (ages 4 and up) Family Pool lawn w/ Tamara 11:15-noon</p>
16	17	18	19	20	21	22
<p>Anusara Yoga (level 2) Movement Studio w/Ulrika 9:15 a.m.</p> <p>Pilates Reformer (level 2) Movement Studio <i>*reservations required</i> w/Julie 10:30-11:20 a.m.</p> <p>Pilates Reformer (all levels) Movement Studio <i>*reservations required</i> w/Julie 11:30 a.m.-12:20 p.m.</p>	<p>"Spin then Yoga" (all levels) Movement Studio w/Calie Spin 9:30-10:10 a.m. Yoga 10:15-10:55 a.m.</p> <p>Master Swim Main pool w/ Katie 4:30 pm</p>	<p>Sport Conditioning Movement studio w/ Donovan 10:00-10:50 p.m.</p> <p>Pilates Reformer Movement Studio (level 2) <i>*reservations required</i> w/Julie 11:00 a.m.</p>	<p>Pilates Reformer (all levels) Movement Studio <i>*reservations required</i> w/Donavan 8:00 a.m.</p> <p>Yoga for Healthy Backs (all levels) Movement Studio w/Ann 11:00 a.m.</p> <p>"Spin then Yoga" (all levels) Movement Studio w/Calie 6:00-7:20 p.m.</p>	<p>Spinning Movement Studio w/Donavan 6:30-7:15 a.m.</p> <p>6-Pack Abs Movement Studio w/Donavan 7:15-7:30 a.m.</p> <p>Detox Yoga (level 2) Movement Studio w/Ulrika 9:45-11:00 a.m.</p> <p>Pilates Reformer Movement Studio <i>*reservations required</i> w/Donavan 11:30 a.m.</p>	<p>Sunrise Yoga (all levels) Movement Studio w/Brooke 7:30 - 8:30 a.m.</p> <p>Spinning Movement Studio w/Donavan 8:45 -9:25 a.m.</p> <p>Spinning Movement Studio w/ Donovan 9:25-10:05 a.m.</p> <p>Master Swim Main pool w/ Katie 9:30 am</p> <p>Kundalini Yoga (all levels) Movement Studio w/Julie 11:00 a.m.</p> <p>Pilates Reformer (all levels) Movement Studio <i>*reservations required</i> w/Donavan</p>	<p>Bike & Hike w/ Ben meet at main reception <i>*reservations required</i> 8:30-10:00 a.m.</p> <p>Mat Pilates (all levels) Movement studio w/ Bobby 8:30-9:30 a.m.</p> <p>Gentle Flow Yoga (all levels) Movement Studio w/Julie 9:45-11:00 a.m.</p>

					12:15 p.m.	
23	24	25	26	27	28	29
<p>Anusara Yoga (level 2) Movement Studio w/Ulrika 9:15 a.m.</p> <p>Pilates Reformer (level 2) Movement Studio <i>*reservations required</i> w/Julie 10:30-11:20 a.m.</p> <p>Pilates Reformer (all levels) Movement Studio <i>*reservations required</i> w/Julie 11:30 a.m.-12:20 p.m.</p>	<p>Spinning Movement Studio w/Donavan 9:30-10:15 a.m.</p>	<p>Sport Conditioning Movement studio w/ Donovan 10:00-10:50 p.m.</p> <p>Pilates Reformer Movement Studio (level 2) <i>*reservations required</i> w/Julie 11:00 a.m.</p>	<p>Pilates Reformer (all levels) Movement Studio <i>*reservations required</i> w/Donavan 8:00 a.m.</p> <p>Yoga for Healthy Backs (all levels) Movement Studio w/Ann 11:00 a.m.</p>	<p>Spinning Movement Studio w/Donavan 6:30-7:15 a.m.</p> <p>6-Pack Abs Movement Studio w/Donavan 7:15-7:30 a.m.</p> <p>Detox Yoga (level 2) Movement Studio w/Ulrika 9:45-11:00 a.m.</p> <p>Pilates Reformer Movement Studio <i>*reservations required</i> w/Donavan 11:30 a.m.</p>	<p>Sunrise Yoga (all levels) Movement Studio w/Brooke 7:30 - 8:30 a.m.</p> <p>Spinning Movement Studio w/Donavan 8:45 -9:25 a.m.</p> <p>Spinning Movement Studio w/ Donovan 9:25-10:05 a.m.</p> <p>Master Swim Main pool w/ Katie 9:30 am</p> <p>Kundalini Yoga (all levels) Movement Studio w/Julie 11:00 a.m.</p> <p>Pilates Reformer (all levels) Movement Studio <i>*reservations required</i> w/Donavan 12:15 p.m.</p>	<p>Bike & Hike w/ Ben meet at main reception <i>*reservations required</i> 8:30-10:00 a.m.</p> <p>Mat Pilates (all levels) Movement studio w/ Bobby 8:30-9:30 a.m.</p> <p>Gentle Flow Yoga (all levels) Movement Studio w/Calie 9:45-11:00 a.m.</p> <p>Kids Yoga (ages 4 and up) Family Pool lawn w/ Tamara 11:15-noon</p>
30	31					
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Pilates Reformer and Intro to Pilates Reformer (early registration available) Limited to six people per class Pilates reformer allows you to work in several planes of motion with a full range at each joint while maintaining core control. Contact Spa Solage at spasolage@solagecalistoga.com or 707.226.0820 anytime after 8:00 a.m. two days prior to the class date to reserve one of the six reformers. **Limited to six people per class**. A \$25.00 deposit is needed to hold your space, and will be refunded if you attend the class on time. Other restrictions apply.

Spinning

Try out our state-of-the-art spin bikes An intense cardio workout for anyone looking for an energetic workout. Please bring your own water bottle allow 5 minutes prep-time before class.

Spin then Yoga

Start with energizing spinning, and finish with a great restorative yoga session.

Yoga, Sunrise Yoga, Starlight Yoga

Move through various yoga positions to create a stronger mind and body while improving flexibility, balance, and overall strength.

Anusara Yoga

Anusara-style is a powerful, creative openhearted practice that increases stamina, strength, flexibility, endurance, and overall health.

Detox Flow Yoga

Flow through a conscious series of invigorating yoga poses designed to cleanse the body from the inside out. We'll warm up the room and move with the breath. A fluid, fun and definitely detoxifying class.

Kundalini Yoga

Kundalini Yoga is a authentic yoga system of exercise and meditation that promotes health, happiness, and spiritual awareness. It combines postures, movement, sound current , breath and meditation.

Pilates Sculpt

Combines Mat Pilates and light dumbbells for a great core and total body toning workout.

Aqua Aerobics

A 60 minute cardio-vascular workout. This class utilizes creative choreography and specified aqua tools for strengthening the whole body . All fitness levels.

Sport Conditioning

Dominate the slopes, court, or course by getting in great shape with Sport Conditioning. The class focuses on sport-specific body weight exercises that improve balance, coordination, power, and flexibility which is great for preventing “jello legs” on the slope or in any sport your participate in.

Master Lap Swimming

Masters Swim is for the novice to advanced adult swimmers who are looking for new challenges in a coached environment.

Gentle Flow Yoga

Move through various Vinyasa Yoga Poses while actively transitioning to gentle stretches that open up tight areas in the body while finishing with deep relaxation poses and breathing to calm the mind.