

WELLNESS CALENDAR MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:30 - 10:30AM Restorative Yoga with Samantha Free</p> <p>Come and restore through a gentle and nurturing practice to bring ease to your mind and comfort to your body.</p>	<p>10 - 11AM Yoga Flow with Samantha Free</p> <p>Start your week with an energizing, all-levels flow for vitality.</p>	<p>9 - 10AM Fitness on the Mat with Danny Binstock</p> <p>Begin your day with a refreshing full-body workout. Learn how to move the power of your own body's weight, to increase muscle mass, and fortify your flexibility and balance.</p>	<p>10 - 11AM Midweek Reset Yoga with Kendra Lacroix</p> <p>Join us for a mid-week practice to bolster resilience and renew your energy.</p>	<p>9 - 10AM Functional Fitness with Danny Binstock</p> <p>With dynamic flows designed to build strength and work with your whole body, you will learn how to incorporate movement from Pilates, boxing, and more into your workout.</p>	<p>10 - 11AM Pilates Mat with Ellen Barrett</p> <p>This mat class utilizes controlled movements, minimal repetitions, and intelligent sequencing to tone your whole body. This method promotes balance by equally emphasizing strength and flexibility.</p>	<p>9 - 10AM Rise & Shine Yoga with Ellen Barrett</p> <p>Starting off gently in a seated position, get grounded and connect to your breath. Then explore a standing vinyasa series to invigorate from head to toe.</p>
<p>Guest Instructor Series</p> <p>Join for a unique offering each week from our exceptional practitioners.</p> <p>This Mother's Day Weekend, we are pleased to welcome Erika Bloom as Instructor in Residence and exclusively offer her approach to Mat Pilates that weekend.</p> <p>MAY 4, 11, 12, 18, 25</p>	<p>MAY 4 4:30 - 5:30PM Slow Flow with Samantha Free</p> <p>Join us for this all-level slow flow as a wonderful way to move into the evening.</p>	<p>MAY 11 9 - 10AM Essential Movement with Erika Bloom</p> <p>Be guided through Erika's signature whole-body, breath-led practice designed to improve posture and support digestion, mood, immunity, and restful sleep. Leave feeling rejuvenated, more alive, and more at ease within your body.</p>	<p>MAY 11 4:30 - 5:30PM Essential Movement with Erika Bloom</p> <p>Be guided through Erika's signature whole-body, breath-led practice designed to improve posture and support digestion, mood, immunity, and restful sleep. Leave feeling rejuvenated, more alive, and more at ease within your body.</p>	<p>MAY 12 9:30 - 10:30AM Essential Movement with Erika Bloom</p> <p>Be guided through Erika's signature whole-body, breath-led practice designed to improve posture and support digestion, mood, immunity, and restful sleep. Leave feeling rejuvenated, more alive, and more at ease within your body.</p>	<p>MAY 18 4:30 - 5:30PM Soundbath with Tim Love Lee</p> <p>Using techniques learned from world renowned teachers, musician-DJ Tim will guide you to a place of grounded calm and heightened sensitivity, leading to a sense of inner peace.</p>	<p>MAY 25 4:30 - 5:30PM A Journey Through the Zodiac - Ask the Astrologer Night with Kathryn Andren</p> <p>Are you on fire, down to earth, or do you go with the flow? In this fun and informative session, journey through the 12 Zodiac signs and identify the gifts of each sign.</p>

PRIVATE SESSIONS

Looking for some "me" time to nurture your wellbeing?

- MASSAGE THERAPY
- ACUPUNCTURE
- FACIAL ACUPUNCTURE + GUA SHA
- SOMATIC EXPERIENCING
- ASTROLOGY
- TENNIS LESSONS
- PERSONAL TRAINING

Let us take care of you

PRIVATE CLASSES

Would you like individualized attention for your practice? Would you like to mark a special occasion with your loved ones through a private group class?

- YOGA
- MEDITATION + MEDITATION COACHING
- KINESOMA DANCE EXPERIENCE

For more information on private sessions and classes, and to book your experience, please contact:

thebarns@troutbeck.com

Tel. (845) 789-1567

ALL CLASS REGISTRATIONS AND PRIVATE SESSION BOOKINGS CARRY A 48HR CANCELLATION POLICY.



All levels welcome in all of our classes. No experience needed to attend.

ALL CLASSES ARE COMPLIMENTARY FOR TROUTBECK MEMBERS AND HOTEL GUESTS

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AT
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