



- WELLNESS PROGRAMS -

Complimentary for Resort Guests and Club Members
Space is Limited to 15 Spots for Each Program at The Studio

For Reservations Call or Text (541) 203-6213
No reservations needed for Yoga Studio classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FULL BODY STRENGTH TRAINING 9:30 - 10:30 am	PILATES 9 - 10:00am STRETCH & RESTORE 4 - 5 pm	FULL BODY STRENGTH TRAINING 9:30 - 10:30 am CORE @4 4 - 5 pm	YOGA 9 - 10:00 am BREATHE & FLOW 4 - 5 pm	FULL BODY STRENGTH TRAINING 9:30 - 10:30 am	YOGA 9 - 10:00 am

*Each program requires a minimum of five reservations;
any program cancellations will be communicated as far in advance as possible.*