WELL SPA

fitness schedule

(O) outdoor (S) studio (P) pool (G) gym

Please register in advance for all classes at spa reception desk.
Classes meet in location on schedule. *Additonal fee required

November 2026

monday	tuesday	wednesday	thursday	friday	saturday	sunday
8:00-8:50 am Gentle Yoga (S) Sue	**8:00-8:50 am** *Cardio Tennis @ Lake Geneva Tennis	**6:30-7:30 am** Yoga Strength (S) Jessie W.	**8:00-8:50 am** Gentle Yoga (S) Shari	**8:00-8:50 am** *Cardio Tennis @ Lake Geneva Tennis	**9:00-9:50 am** Strengthen and Tone (S) Samantha	**10:00-10:50 am** Vinyasa Flow Yoga (S) Shari
9:00-9:50 am Pilates Sculpt (S) Barb	**8:00-8:50 am** Gentle Yoga (S) Shari	**8:00-8:50 am** Spin Cycle (S) Samantha	**9:00-9:50 am** Functional Fitness (S) Linda	**8:00-8:50 am** Spin/Cycle (S) Samantha	**10:00-10:50 am** Vinyasa Flow Yoga (S) Samantha	
9:00-9:50am Aqua Fitness (P) Diana	**9:00-9:50 am** Core Yoga (S) Barb	**9:00-9:50 am** Strengthen and Tone (S) Samantha	**9:00-10:00 am** Aqua Zumba (P) Jessie A.	**9:00-9:50 am** Vinyasa Flow Yoga (S) Shari		
	9:00-10:00 am Aqua Fitness (P) Robbin	**9:00-10:00 am** Aqua Fitness (P) Robbin		**9:00-10:00 am** Aqua Fitness (P) Robbin		
			4:00-5:00 pm Low Impact Aerobics (S) Samantha			
			5:00-6:00 pm Yin Yoga (S) Samantha			

FITNESS CLASS DESCRIPTIONS

2026

All classes are open to resort guests and spa members.
Every session is led by a certified instructor.

YOGA & MIND-BODY

Breath-led practices that build strength, flexibility and calm.

Vinyasa Flow Yoga

Looking for a traditional practice that moves with the breath? This class flows through a series of yoga poses, with attention given to breath work, flexibility, strength and balance throughout. The practice can be modified to accommodate beginner and advanced students alike.

Gentle Yoga

New to yoga, or simply looking for a slower, softer practice? Gentle Yoga moves at an unhurried pace, with poses held a little longer and transitions kept simple. The emphasis is on steady breathing and comfortable range of motion rather than pushing your limits. Props and modifications are offered throughout, making this an ideal starting point for beginners or anyone seeking a calmer practice.

Pilates

Looking for something a bit different from yoga? Pilates concentrates on strengthening the body with an emphasis on core strength, improving general fitness and overall well-being. Like yoga, it develops posture, balance and flexibility. Pilates Mat is a full-body workout performed on the floor, using gravity and your own resistance to create long, lean muscles.

Pilates Sculpt

Ready to take your Pilates practice to the next level? Pilates Sculpt is a full-body workout that combines Pilates-inspired movements with strength and sculpting exercises. Using weights, balls, and your own body weight, you'll build strength, improve balance and flexibility, and tone your entire body. Expect controlled movements, a strong core focus, and a fun, energizing workout suitable for all fitness levels.

MOBILITY & RECOVERY

An unhurried session set aside to unwind and release tension.

Restorative Yoga

Do you need to slow down and release the tension you have been carrying? A gentle, slow-paced practice designed to relieve stress and quiet the mind. Supported poses are held for longer periods while guided breathing techniques help the body settle, releasing tension stored in the shoulders, hips and back. No previous yoga experience is necessary — this is simply an opportunity to rest, breathe deeply and leave feeling lighter.

Yin Yoga

Ready to slow down and truly let go? A calming form of yoga which focuses on deep stretching. We hold the gentle poses for at least three minutes which allows the stretch to move into the fascia in our bodies. We activate the parasympathetic nervous system and reduce mental anxiety. This class accommodates all ages and fitness levels.

STRENGTH & CONDITIONING

Resistance-based training that builds lean strength and endurance.

Strengthen & Tone

Ready to build strength across every major muscle group? Using a combination of heavy and light free weights, the class opens with an upper-body routine before moving to the mat for a series of core and leg exercises. Together they strengthen and tone all of the major muscle groups. Every exercise can be modified to accommodate all fitness levels, from beginner to advanced.

Yoga Strength

Want the mindfulness of yoga paired with the benefits of resistance training? This class opens with fifteen minutes of classic yoga to warm the body and establish the breath, followed by thirty minutes of focused strength work. A final fifteen minutes of traditional yoga closes the session, lengthening the muscles and returning the body to a place of calm. The result is a complete, balanced workout that builds strength without sacrificing flexibility or mindfulness.

CARDIO & AQUA

Energetic, music-driven training on the bike and in the water.

Spin

Are you ready to rev things up? An indoor cycling class that works through a range of speeds to simulate riding a bike outdoors. Resistance is added to the spin bikes for a standing or seated climb, then released for a sprint. This class is very much what you make of it — equally suited to the beginner and the advanced rider.

Low Impact Aerobics

Looking for a workout that is easy on your joints? We will elevate the heart rate through low impact movement. Being mindful and protective of body joints, we will have fun with movement routines. The class includes a warm up and cool down and is appropriate for all ages and fitness levels.

Aqua Fitness

Looking for a fitness pool party? A water fitness class incorporating both cardiovascular and full-body conditioning using the resistance of the water, pool noodles and water weights. A key benefit of water training is the reduction in impact and stress on the joints.

Class schedule and availability vary by season. Please contact the front desk to reserve your space.