

Old Edwards Fitness Classes **May 30 – June 5, 2020**

Saturday, May 30

10:15 am - Outdoor Barre
11 am - Highlands Nature Walk
1 pm - Sunset Rock Hike
2 pm - Sound Bowl Meditation

Sunday, May 31

10:30 am - Highlands Nature Walk
1 pm - Sound Bowl Meditation

Monday, June 1

9 am - Poolside Yoga
10:15 am - Sunshine Strength & Stretch
11 am - Sunset Rock Hike
12 pm - Highlands Nature Walk

Tuesday, June 2

9 am - Aqua Stretch
10:15 am - Outdoor Circuit Training
11 am - Sunset Rock Hike
1 pm - Highlands Nature Walk

Wednesday, June 3

9 am - Poolside Yoga
10:15 am - Outdoor Total Strength
11 am - Walking Meditation
12 pm - Power Hike

Thursday, June 4

9 am - Poolside Yoga
10:15 am - Outdoor Pilates
11 am - Power Hike
12 pm - Highlands Nature Walk

Friday, June 5

9 am - Aqua Stretch
10:15 am - Sunshine Strength & Stretch
11 am - Sunset Rock Hike
2 pm - Highlands Greenway Walk



ZOOM CLASSES FOR MEMBERS

Saturday, May 30

9:15 am ZOOM Yin Yoga w. Robert

Sunday, May 31

10:30 am ZOOM Yoga90 with Thomas

Monday, June 1

9:15 am - ZOOM Gentle Yoga w. Christopher

Tuesday, June 2

9:15 am - ZOOM Happy Back Yoga w. Erica

Wednesday, June 3

9:15 am - ZOOM Pilates w. Autumn

Thursday, June 4

9:15 am - ZOOM Gentle Yoga w. Christopher

Outdoor Classes | Trillium Terrace, between the Hickory Pool and Fitness Center

Poolside Classes | Hickory Pool Deck, between the Lodge Lawn and Fitness Center

Hike Departures | In front of Old Edwards Fitness Center

Crystal Bowl Meditation | Spa Courtyard, behind the Spa Boutique off Church Street

Please observe six-foot distancing while participating in activities.

Classes and instructors may vary weekly and are subject to change without notice, including due to weather.

Class Descriptions

OUTDOOR WELLNESS

Sunshine Strength & Stretch

Kyra | Dave | Erica | Autumn

Vitamin D for YOU & Me! Find strength, balance & unwind with gentle standing stretches.

Total Strength – *Dave*

A full body workout, focusing on muscle strength and endurance focusing on the use of bodyweight & dynamic isometric movements to kick start your metabolism and tone your muscles.

Aqua Yoga – *Kyra*

Classic yoga asanas are explored while waist deep in our saltwater pool whose water will provide increased resistance and buoyancy to stretch your body and release tension gently and safely.

Aqua Barre – *Kyra*

Let's get serious about water resistance! Work the muscles deeply with awareness and grace. You will love the intensity and the end results.

Circuit Training – *Dave*

This rapid-fire paced class uses continuous and explosive movements for durations of a minute or under before jumping into the next exercise.

Poolside Yoga – *Kyra | Erica*

Classic yoga asanas gently and safely stretch your body and release tension while enjoying the sun reflecting off of our saltwater pool, breathing in Highlands' fresh and invigorating, and the surrounding landscape.

Pilates – *Autumn | Kyra*

Off the mat and up on our feet for this upright take on the Joseph Pilates revolutionary work.

Sound Bowl Meditations – *Robert | Spa Courtyard*

A Class providing a Space for Deep Relaxation using Crystal Singing Bowls and other Instruments to help Ease Stress through Simple Meditative Practices.

Barre – *Noelle*

A fusion of yoga, Pilates and ballet that gives you a total body workout. Increase physical strength, tone your muscles!

Aqua Fit – *Kyra*

Aqua Fit is a challenging water workout, fit for everyone, especially those with joint ailments or injuries. This cardio and resistance training class will have you splashing your way to improved strength and overall refreshment.

WALKS & HIKES

Walking Meditation – *Kyra | Erica | Autumn*

Let us journey together walking mindfully through Highlands to Sunset Rock a beautiful natural amphitheater with a breath giving view of Highlands. Enjoy breathwork, gentle stretching and meditation in this incredible serene environment above it all.
Hike Time – 2.5 hours

Power Hike – *Kyra | Dave | Erica | Autumn*

A beautiful and challenging outdoor adventure. Lunges, squats, and more await you! At the summit a wonderful stretch awaits to calm it all down while enjoying the inspiring view. Hike Time- 2 hours

Highlands Greenway Walk – *Autumn | Kyra*

We'll make our way down Mainstreet, to the back side of our sister property 200 Main where the Highlands Plateau Greenway trails we lead us on a walk down winding stone stairs, through dense laurels, and across quaint foot bridges; stopping to sit on the wood benches provided along the side of a stream. Only minutes from downtown, you'll feel like you're a world away!
Walk Time: 90 minutes

Highlands Nature Walk* – *Autumn | Erica*

This is a 2-mile walk covering pavement, gravel, and trails. The walk is from Old Edwards Inn to the beautiful Highlands Botanical Garden. From there we will take a trail around a small lake and may also stop into the Nature Center for those that are interested.
Walk Time: 90 minutes

Satulah Mountain Hike* – *Autumn | Erica*

Dave | Kyra

The Satulah Mountain Trail is a 3-mile ascent along an old roadbed to a peak of 4543 ft. just south of Highlands. There is a 270° view to the south, east, and west. Views of the Piedmont, the Blue Valley, and Rabun Bald are excellent. Hike Time: 2 hours

Sunset Rock Hike* – *Autumn | Erica*

Kyra | Dave

Take a bird's eye view of the town from the top of Sunset Rock! This is an ideal choice for a morning or an afternoon hike in the Highlands area. A short hike leads you to a natural cliff side amphitheater where slabs of granite provide front row seats to view the town of Highlands, Brushy Face Mountain and the vista of Horse Cove.
Hike Time: 90 minutes

MEMBER ZOOM CLASSES

Yin Yoga – *Robert*

A gentle, slower paced style of Yoga that primarily focuses on the fascia & connective tissue. Each series is uniquely designed for releasing tension by incorporating breathwork and extending holds which results in an overall therapeutic effect.

Gentle Yoga – *Christopher*

A Slower Based Series of Gentle and Easy Poses to Get the Body Moving and Release Built up Tension from Our Modern Lifestyles.

Yoga 90 – *Thomas*

Work on the body's strength, flexibility and Alignment through classic postures, breathing exercises and deep relaxation.

Happy Back Yoga – *Erica*

Breathe, Relax, rejuvenate; A perfect class for anyone who has chronic back pain or an outstanding injury. Safely stretch what is tight, strengthen what is weak and allow your body to perform everyday activities with more ease, less tension and renewed breath/body awareness.

Pilates – *Autumn*

Using mindful, expansive breathing, restorative movement techniques & foundational Mat Pilates exercises we will begin to develop greater body awareness, mobility, and core strength while gently releasing those achy, stuck places in your body.