

WILLOWBROOK SPA

AT THE LAKE HOUSE



June Wellness Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00am Morning Yoga</p> <hr/> <p>8:30am Spin Class with Spoke Cycle</p> <hr/> <p>10:30am Children's Yoga 6YO-9YO</p> <hr/> <p>11:00am Children's Yoga 10YO-12YO</p> <hr/> <p>12:00pm Restorative Yoga</p>	<p>8:00am Morning Yoga</p> <hr/> <p>9:00am Morning Meditation</p> <hr/> <p>9:30am Morning Stretch</p>	<p>10:30am Total Body Conditioning</p> <hr/> <p>11:30am Yoga, Stretch + Revitalize</p> <hr/> <p>12:00pm Iron Yoga Detox</p>	<p>9:00am Morning Meditation</p> <hr/> <p>9:30am Morning Stretch</p>	<p>8:00am Morning Yoga</p> <hr/> <p>9:00am Morning Meditation</p> <hr/> <p>9:30am Morning Stretch</p>	<p>8:00am Morning Yoga</p> <hr/> <p>9:00am Morning Meditation</p> <hr/> <p>9:30am Morning Stretch</p>	<p>8:00am Morning Yoga</p> <hr/> <p>8:30am Spin Class with Spoke Cycle</p> <hr/> <p>9:00am Morning Meditation</p> <hr/> <p>9:30am Morning Stretch</p> <hr/> <p>10:30am Total Body Conditioning</p> <hr/> <p>10:30am Children's Yoga 6YO-9YO</p> <hr/> <p>11:00am Children's Yoga 10YO-12YO</p> <hr/> <p>11:30am Yoga, Stretch + Revitalize</p> <hr/> <p>12:00pm Iron Yoga Detox</p> <hr/> <p>12:30pm Body Blast</p> <hr/> <p>1:00pm PIYO</p>

Morning Yoga*

Join us for this open level morning yoga class focused on alignment and breathwork.

Instructor: Suzanne Frazer
Class Length: 50 minutes
\$10 for Lake House Guests || \$20 for Locals

Morning Meditation

This guided meditation is a great way to ease into the day through breathwork and gentle supported poses.

Instructor: Suzanne Frazer
Class Length: 25 minutes
Complimentary for Lake House guests || \$10 for Locals

Morning Stretch

Start your day with a gentle awakening of the mind, body and spirit in this morning stretch class. Our experienced Wellness Instructor will take guests through a guided stretch focusing on gentle awakening poses, alignment and breathwork.

Instructor: Suzanne Frazer
Class Length: 25 minutes
Complimentary for Lake House guests || \$10 for Locals

Iron Yoga Detox*

Iron Yoga Detox is an athletic style full body and core workout utilizing body weight, light dumbbells, and power yoga poses.

Instructor: Lisa Rosenberger
Class Length: 50 minutes (TUES)/25 minutes (SAT)
\$10 for Lake House Guests || \$20 for Locals

Yoga, Stretch + Revitalize

Gentle peaceful relaxing style yoga incorporating stretching, mindfulness, and breathing with beautiful aroma of essential oils and instructor assisted stretching.

Instructor: Lisa Rosenberger
Class Length: 25 minutes
Complimentary for Lake House Guests || \$10 for Locals

Restorative Yoga

A selection of gentle, supported poses paired with breathwork will carry your body through the rest of your day.

Instructor: Suzanne Frazer
Class Length: 50 minutes
Complimentary for Lake House guests || \$20 for Locals

Total Body Conditioning

A full upper and lower body strength training and core conditioning class. Sculpt, tone, and strengthen your entire body!

Instructor: Lisa Rosenberger
Class Length: 50 minutes
Complimentary for Lake House Guests || \$20 for Locals

Body Blast*

Total body workout that will get your heart pumping, energy flowing, and blast away fat! A combination of cardiovascular movements and sculpting exercises using bands, weights, Pilates rings and more!

Instructor: Lisa Rosenberger
Class Length: 25 minutes
\$10 for Lake House Guests || \$20 for Locals

PIYO*

PIYO combines body sculpting, core-firming benefits of Pilates with the strength, flexibility, and detoxification advantages of yoga. PIYO delivers a fat-burning, low-impact workout that leaves your body looking long, lean, and defined.

Instructor: Lisa Rosenberger
Class Length: 50 minutes
\$10 for Lake House Guests || \$20 for Locals

Spin Class with Spoke Cycle*

Looking for a musically driven, fully choreographed ride that will make you forget you're working out? Beat-based riding is a full-body workout comprised of cardio, hand weights, and core work set to the tempo of the music that's transformative and addicting. With this 25-minute class, you'll leave with a clear mind and a good workout, all while having a fun time.

Interested in private fitness or
mind, body & soul sessions?

Contact our Activities Manager:
experiences@lakehousecdga.com

All classes are held on
The Lake House property.

Please check with the front desk
to confirm location.

*Advanced registration required.
Please call for day of registration.

Scan to view the monthly
activity and event calendar.



585.394.7800

800.228.2801

770 S Main St

Canandaigua NY, 14424