



# TIDEPOOLS

## WELLNESS CLASS SCHEDULE

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This schedule applies through March 2018\*

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### WEDNESDAYS

3:00-4:00pm

*Flex and Foam with Kylar*

### THURSDAYS

10:00-11:00am

*Core and More with Kylar*

3:00-4:00pm

*Body Sculpt with Kylar*

### FRIDAYS

10:00-11:00am

*Flex and Foam with Kylar*

3:00-4:00pm

*Full body HIIT with Kylar*

### SATURDAYS

8:30-9:30am

*Vinyasa Flow Yoga with Dawn*

3:00-4:00pm

*Body Sculpt with Kylar*

### SUNDAYS

9:30-10:30am

*Vinyasa Flow Yoga with Dawn*

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Please call us at 503.483.3000 or email us at [adventure@headlandslodge.com](mailto:adventure@headlandslodge.com) to reserve your spot in the class. Walk-ins are welcome but we can not guarantee your spot unless reserved prior to class.

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\*Please note our class schedules are seasonal and change regularly.