

## Solage News:

Private, Semi-Private and Group Personal Training sessions, Yoga, Pilates Reformer, Guided Awareness Meditation and Bike and Hikes available all week upon request.

Call Spa Solage at 707.226.0825 for reservations.



All Classes Are Complimentary, except for Pilates Reformer (\$20 per guest) and Guided Bike/Hike (\$30 per guest)

MON	21	<b>Mindful Awareness Meditation</b>	Movement Studio	w/Tim, reservations required	7:00 - 7:45 a.m.
		<b>Pilates Reformer</b> (all levels)	Movement Studio	w/Yvette, reservations required	8:00 - 8:55 a.m.
		<b>Core Flow Yoga</b> (level 2)	Movement Studio	w/Ulrika	9:30 - 10:45 a.m.
		<b>TRX</b> (all levels)	Movement Studio	w/Tim, reservations required	11:00 - 11:45 a.m.
		<b>Spinning</b> (all levels)	Movement Studio	w/Tim, reservations required	5:30 - 6:15 p.m.
TUE	22	<b>Spinning</b> (all levels)	Movement Studio	w/Tim, reservations required	7:00 - 8:00 a.m.
		<b>Aqua Yoga</b>	Bathhouse Pool	w/Hans, reservations required	8:00 - 9:00 a.m.
		<b>Pilates Mat</b> (all levels)	Movement Studio	w/Yvette, reservations required	9:15 - 10:15 a.m.
		<b>Roll with It</b>	Movement Studio	w/Liese	5:15 - 6:15 p.m.
		<b>Pilates Reformer</b> (all levels)	Movement Studio	w/Liese, reservations required	6:15 - 7:15 p.m.
WED	23	<b>Barre Fusion</b> (all levels)	Movement Studio	w/Linda, reservations required	8:00 - 9:00 a.m.
		<b>Therapeutic Yoga Hour</b> (all levels)	Movement Studio	w/Ulrika	9:30 - 10:30 a.m.
		<b>Spinning</b> (all levels)	Movement Studio	w/Tim, reservations required	11:00 - 11:45 a.m.
		<b>Mindful Awareness Meditation</b>	Movement Studio	w/Tim, reservations required	5:00 - 5:45 p.m.
THU	24	<b>Pilates Reformer</b>	Movement Studio	w/Liese, reservations required	7:00 - 7:45 a.m.
		<b>Pilates Mat</b> (all levels)	Movement Studio	w/Liese, reservations required	8:00 - 9:00 a.m.
		<b>Spinning</b> (all levels)	Movement Studio	w/Tim, reservations required	11:00 - 11:45 a.m.
FRI	25	<b>Mindful Awareness Meditation</b>	Movement Studio	w/Tim, reservations required	7:00 - 7:45 a.m.
		<b>Pilates Reformer</b> (all levels)	Movement Studio	w/Linda, reservations required	8:00 - 8:55 a.m.
		<b>TRX</b> (all levels)	Movement Studio	w/Tim, reservations required	9:30 - 10:15 a.m.
SAT	26	<b>Pilates Reformer</b>	Movement Studio	w/Yvette, reservations required	7:00 - 7:45 a.m.
		<b>Yoga Hour</b> (all levels)	Movement Studio	w/Pilar, reservations required	8:00 - 9:00 a.m.
		<b>Aqua Yoga</b>	Spa Pool	w/Hans, reservations required	8:00 - 9:00 a.m.
		<b>Masters Swim</b>	Main Pool	w/Tim	9:00 - 9:45 a.m.
		<b>Guided Bike and Hike</b>	Meet at the Spa	w/Jeff, reservations required	9:30 - 11:00 a.m.
		<b>TRX</b> (all levels)	Movement Studio	w/Tim, reservations required	10:15 - 11:00 a.m.
SUN	27	<b>Mindful Awareness Meditation</b>	Movement Studio	w/Tim, reservations required	11:30 - 12:15 p.m.
		<b>Pilates Mat</b> (all levels)	Movement Studio	w/Yvette, reservations required	8:00 - 8:45 a.m.
		<b>Mindful Awareness Meditation</b>	Movement Studio	w/Tim, reservations required	9:15 - 10:00 a.m.
		<b>Guided Bike and Hike</b>	Meet at the Spa	w/Jeff, reservations required	9:30 - 11:00 a.m.
		<b>Spinning</b>	Movement Studio	w/Tim, reservations required	10:15 - 10:50 a.m.
		<b>TRX Circuit</b>	Movement Studio	w/Tim, reservations required	10:55 - 11:25 a.m.
<b>Restorative Yoga</b>	Movement Studio	w/Angela	5:15 - 6:15 p.m.		

Please enjoy the following complimentary amenities:

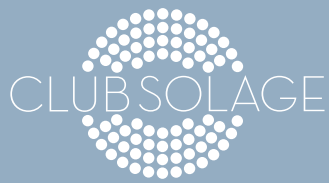
- Two cruiser bikes at each studio
- Mercedes Benz Program
- Fitness classes
- Access to our state-of-the art gym
- Wireless internet
- Parking
- Bocce
- Concierge Services
- Solage Resort beverages daily

### Hours of Operation

Solbar: 7a.m. - 9p.m. Spa Solage: 8a.m. - 8p.m.  
Gym: 5a.m. - 8p.m. Locker Rooms: 5a.m. - 8p.m.  
Bathhouse: 8a.m. - 8p.m. Main Pools: 5a.m. - 10p.m.  
Bathhouse food and beverage service 10:30a.m. - 7p.m.

For All Reservations Contact.

855.942.7442



# Fitness Classes

*All classes are scheduled for one hour unless otherwise noted. Space is limited. Classes and activities are subject to change. The Gym and Movement Studio are reserved for the exclusive use of resort guests and Club Solage members 18 years and older.*



## Spinning

Try out our state-of-the-art spin bikes. An intense cardio session for anyone looking for an energetic workout. Please bring your own water bottle and arrive five minutes before class starts for prep time.

## Yoga Hour

Flow through a conscious series of invigorating yoga poses designed to cleanse the body from the inside out. We'll warm up the room and move with the breath. A fluid, fun, and most definitely detoxifying class.

## Core Flow Yoga

Move through various poses while actively transitioning to gentle stretches that open up tight areas in the body. Finish with deep relaxation poses and breathing to calm the mind.

## Roll With It

Release your tense or overused muscles while increasing muscle performance and flexibility with this variety of easy self-care techniques using a foam roller.

## TRX

The TRX Suspension Trainer uses your own body weight and gravity to deliver a challenging, results-driven total body workout in a short amount of time. Please wear tennis shoes for this class.

## Personal Training

Our certified fitness professionals will take your training beyond weight machines for a motivating workout worth repeating. **60 minutes - \$120**

## Private Pilates Reformer

Discover a potent combination of strength, flexibility and core work using this highly effective piece of equipment under the expert guidance of our highly trained instructors. Appropriate for all fitness levels. **60 minutes - \$125**

## Master Swim

This conditioning workout emphasizes stroke mechanics, training techniques and goal setting. Created to be both challenging and fun, regardless of skill level. Participant's ability to swim at least one lap continuously is suggested.

## Aqua Yoga

This gentle class held in our geothermal mineral pools helps increase overall flexibility and induces profound relaxation. Combines gentle movement, yoga stretches and breathing to open and release the entire body.

## Barre Fusion

A ballet barre conditioning class blending pilates, ballet, yoga and cardio toning exercises that firm and tighten the entire body. All fitness levels are welcome.

## Total Body Workout

A cardio warm up with coordination and balance work incorporated followed by core conditioning with an emphasis on muscular endurance.

## Mindful Awareness Meditation

Tools and techniques to help you slow down and tap into a powerful source of creativity and energy. Greater awareness leads to more peace, connectedness and ultimately to a sense of increased well-being.

## Private Yoga

Whether new to yoga or an experienced practitioner, our seasoned instructors can help you take your yoga practice to a new level. **60 minutes - \$125/ 90 minutes - \$185**

## Private Bike and Hike

Experience the picturesque trails of the Napa Valley Wine Country as you bike and hike at your own pace with a personal guide. This excursion can be for up to 2 people at no additional price. **90 minutes - \$120/ 120 minutes - \$160**

For Personal Training & Fitness:

*Helen Brown*  
Director of Spa 707.226.0821  
hbrown@solagehotels.com

For Club Solage:

*Helen Brown*  
Director of Spa 707.226.0821  
hbrown@solagehotels.com