ENCHANTMENT RESORT | Weekly Activity Schedule – February 15th – March 31st

All activities meet at the Fitness Center except the Labyrinth Walk which meets at the Labyrinth.
Please note individual class fees.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Stretch $15 6:45am - 7:15am	Morning Stretch $15 6:45am - 7:15am	Morning Stretch $15 6:45am - 7:15am	Morning Stretch $15 6:45am - 7:15am	Morning Stretch $15 6:45am - 7:15am	Morning Stretch $15 6:45am - 7:15am	Morning Stretch $15 6:45am - 7:15am
Morning Celebration #1 7:30am - 7:45am	Morning Celebration #1 7:30am - 7:45am	Morning Celebration #1 7:30am - 7:45am	Morning Celebration #1 7:30am - 7:45am	Morning Celebration #1 7:30am - 7:45am	Morning Celebration #1 7:30am - 7:45am	Morning Celebration #1 7:30am - 7:45am
Morning Celebration #2 8:00am - 8:15am	Morning Celebration #2 8:00am - 8:15am	Morning Celebration #2 8:00am - 8:15am	Morning Celebration #2 8:00am - 8:15am	Morning Celebration #2 8:00am - 8:15am	Morning Celebration #2 8:00am - 8:15am	Morning Celebration #2 8:00am - 8:15am
Canyon Walk $15 8:30am – 8:55am	Canyon Walk $15 8:30am – 8:55am	Canyon Walk $15 8:30am – 8:55am	Canyon Walk $15 8:30am – 8:55am	Canyon Walk $15 8:30am – 8:55am	Canyon Walk $15 8:30am – 8:55am	Canyon Walk $15 8:30am – 8:55am
Vinyasa Yoga $15 9:15am – 10:15am	Total Body Toning $15 9:15am – 10:15am	Qi Gong $15 9:15am – 10:15am	Total Body Toning $15 9:15am – 10:15am	Pilates $15 9:15am – 10:15am	Qi Gong $15 9:15am – 10:15am	Pilates $15 9:15am – 10:15am
Foam Roller Fusion $15 10:45am – 11:45am	Vinyasa Yoga $15 10:45am – 11:45am	Vortex Lecture 10:45am – 11:45am	Yin Yoga $15 10:45am – 11:45am	All Ages Yoga $15 10:45am – 11:45am	Vortex Lecture 10:45am – 11:45am	All Ages Yoga $15 10:45am – 11:45am
Self-Care Presentation- Mindfulness Through Breath $20 3:45pm – 4:45pm	Prayer Arrows $20 3:45pm – 4:45pm	Mandalas and Zen Art $20 3:45pm – 4:45pm	Self-Care Presentation- Chakra Balancing $20 3:45pm – 4:45pm	Prayer Arrows $20 3:45pm – 4:45pm	Mandalas and Zen Art $20 3:45pm – 4:45pm	Prayer Arrows $20 3:45pm – 4:45pm
Labyrinth Walk Meditation ***Meet at the Labyrinth*** 5:15pm – 5:45pm	Labyrinth Walk Meditation ***Meet at the Labyrinth*** 5:15pm – 5:45pm	Labyrinth Walk Meditation ***Meet at the Labyrinth*** 5:15pm – 5:45pm	Labyrinth Walk Meditation ***Meet at the Labyrinth*** 5:15pm – 5:45pm	Labyrinth Walk Meditation ***Meet at the Labyrinth*** 5:15pm – 5:45pm	Labyrinth Walk Meditation ***Meet at the Labyrinth*** 5:15pm – 5:45pm	Labyrinth Walk Meditation ***Meet at the Labyrinth*** 5:15pm – 5:45pm
Candlelight Stretch $15 6:00pm- 6:30pm	Candlelight Stretch $15 6:00pm- 6:30pm	Candlelight Stretch $15 6:00pm- 6:30pm	Candlelight Stretch $15 6:00pm- 6:30pm	Candlelight Stretch $15 6:00pm- 6:30pm	Candlelight Stretch $15 6:00pm- 6:30pm	Candlelight Stretch $15 6:00pm- 6:30pm