



ENCHANTMENT Weekly Activity Schedule December 1st through February 28th

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 6:45am - 7:15am	Morning Stretch 6:45am - 7:15am	Morning Stretch 6:45am - 7:15am	Morning Stretch 6:45am - 7:15am	Morning Stretch 6:45am - 7:15am	Morning Stretch 6:45am - 7:15am	Morning Stretch 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 8:30am - 8:55am	Canyon Walk 8:30am - 8:55am	Canyon Walk 8:30am - 8:55am	Canyon Walk 8:30am - 8:55am	Canyon Walk 8:30am - 8:55am	Canyon Walk 8:30am - 8:55am	Canyon Walk 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	Pilates \$15 9:15am - 10:15am	Total Body Toning \$15 9:15am - 10:15am	Qi Gong \$15 9:15am - 10:15am	Pilates \$15 9:15am - 10:15am
Foam Roller Fusion \$15 10:30am - 11:30am	Full Spectrum Yoga \$15 10:30am - 11:30am	Vortex Lecture 10:30am - 11:30am	Yin Yoga \$15 10:30am - 11:30am	All Ages Yoga \$15 10:30am - 11:30am	Vortex Lecture 10:30am - 11:30am	All Ages Yoga \$15 10:30am - 11:30am
	Presentation-Healing the Soul, Healing the Body \$15 2:30pm - 3:30pm	Spirit Stones Rock Painting \$20 2:30pm - 3:30pm	Spirit Stones Rock Painting \$20 2:30pm - 3:30pm			Presentation-Back to Pain Free Movements \$15 2:30pm - 3:30pm
Presentation-Mindfulness Through Breath \$15 3:45pm - 4:45pm	Prayer Arrows \$20 3:45pm - 4:45pm	Mandalas and Zen Art \$20 3:45pm - 4:45pm	Presentation-Chakra Balancing \$15 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 6:00pm- 6:30pm	Candlelight Stretch 6:00pm- 6:30pm	Presentation-Intuitive Development \$15 6:00pm- 7:00pm	Candlelight Stretch 6:00pm- 6:30pm	Presentation-Universal Signs \$15 6:00pm- 7:00pm	Candlelight Stretch 6:00pm- 6:30pm	Candlelight Stretch 6:00pm- 6:30pm