<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>Soul Sculpt HOT Express (YOTL/45)</td>
<td>Soul Sculpt HOT Express (YOTL/45)</td>
<td>Soul Sculpt HOT Express (YOTL/45)</td>
<td>Soul Sculpt HOT Express (YOTL/45)</td>
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<td>Soul Sculpt HOT Express (YOTL/45)</td>
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<tr>
<td>9:00 AM</td>
<td>Aqua Interval (SC/60)</td>
<td>Life Basics (SC/60)</td>
<td>Life Basics (SC/60)</td>
<td>Life Basics (SC/60)</td>
<td>Life Basics (SC/60)</td>
<td>Life Basics (SC/60)</td>
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<tr>
<td>9:30 AM</td>
<td>Gentle Yoga (YOTL/60)</td>
<td>Gentle Yoga (YOTL/60)</td>
<td>Gentle Yoga (YOTL/60)</td>
<td>Gentle Yoga (YOTL/60)</td>
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<td>Gentle Yoga (YOTL/60)</td>
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<tr>
<td>10:00 AM</td>
<td>Vinyasa 1-2 HOT (YOTL/60)</td>
<td>Vinyasa 2 HOT (YOTL/60)</td>
<td>Vinyasa 2 HOT (YOTL/60)</td>
<td>Vinyasa 2 HOT (YOTL/60)</td>
<td>Vinyasa 2 HOT (YOTL/60)</td>
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<td>Vinyasa 2 HOT (YOTL/60)</td>
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<tr>
<td>10:30 AM</td>
<td>TRX (SC/45)</td>
<td>TRX (SC/45)</td>
<td>TRX (SC/45)</td>
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<td>TRX (SC/45)</td>
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<tr>
<td>11:30 AM</td>
<td>Soul Sculpt HOT Express (YOTL/45)</td>
<td>Soul Sculpt HOT Express (YOTL/45)</td>
<td>Soul Sculpt HOT Express (YOTL/45)</td>
<td>Soul Sculpt HOT Express (YOTL/45)</td>
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<td>Soul Sculpt HOT Express (YOTL/45)</td>
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<tr>
<td>12:30 PM</td>
<td>Vinyasa 1-2 HOT (YOTL/60)</td>
<td>Vinyasa 1-2 HOT (YOTL/60)</td>
<td>Soul Sculpt HOT Express (YOTL/45)</td>
<td>Soul Sculpt HOT Express (YOTL/45)</td>
<td>Soul Sculpt HOT Express (YOTL/45)</td>
<td>Soul Sculpt HOT Express (YOTL/45)</td>
<td>Soul Sculpt HOT Express (YOTL/45)</td>
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<td>1:00 PM</td>
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<tr>
<td>2:00 PM</td>
<td>Barre HOT (YOTL/60)</td>
<td>Barre HOT (YOTL/60)</td>
<td>Barre HOT (YOTL/60)</td>
<td>Barre HOT (YOTL/60)</td>
<td>Barre HOT (YOTL/60)</td>
<td>Barre HOT (YOTL/60)</td>
<td>Barre HOT (YOTL/60)</td>
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<td>2:30 PM</td>
<td>Body sculpt HOT Express (YOTL/45)</td>
<td>Body sculpt HOT Express (YOTL/45)</td>
<td>Body sculpt HOT Express (YOTL/45)</td>
<td>Body sculpt HOT Express (YOTL/45)</td>
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<td>3:00 PM</td>
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**Notes:**
- Drop in Fee - $20. Multi-Class packages available. Call (920) 453-2817 to register.
- Weekly Drop-In Fitness Class Calendar - October 2019

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**YOTL - Yoga on the Lake - The Shops at Woodlake 725B Woodlake Road**
- Drop in Fee - $20. Multi-Class packages available. Call (920) 453-2817 to register.

**SC - Sports Core - The Shops at Woodlake 765 Woodlake Road**
- Drop in Fee - $20. Multi-Ride packages available. Call (920) 208-4949 to register in advance.

**Complimentary transportation is available throughout the resort via Destination Kohler. Simply ask any staff member to call the shuttle for you at any time. Holiday class times may differ from schedule.**
### Private Fitness Programming

**Golf Fitness Program**

### Yoga options include:
- Golf Strength, Flexibility & Balance
- Golf Meditation, Visualization & Breathwork, Golf Pre-game Warm-Up, Focus & Relax, and Golf Injury, Prevention & Body Maintenance. Starts at $100 per hour. Contact Yoga on the Lake for more information at (920) 453-2817.

### Fitness options include:
- Pilates on the Green and Pilates for a Healthy Back. Starts at $80 per hour. Contact Sports Core at (920) 457-4444.

Individual and group private training sessions available. Call the Fitness Training Center at Sports Core for updated prices and packages at (920) 226-0136.

### Personal Training

#### Trap and 5-Stand Clay Shooting Courses

Sharpen your shooting skills on either our Trap or 5-Stand clay shooting courses. Trap is geared towards the beginner while 5-Stand is set up for the more experienced shooter. Equipment and instruction are available. Reservations available from 8am to 3pm. Trap (25 targets) $21. 5-Stand (25 targets) $26. Shotgun Rental $18. Shells (per box) $12.50. Call River Wildlife at (920) 457-0134 for more details.

### Destination Kohler Well-Being Special Events - October 2019

#### Live DJ Ride at BOLD Cycle

**Wednesday October 9, 4:30 & 6pm**

Ride Express at 4:30pm and regular ride at 6pm with live DJ. Enjoy the beverages from the BOLD bar after class. Sign up at www.boldcyclekohler.com. Regular rates apply.

#### CBD Massage Event at Kohler Waters Spa

**Thursday October 10, 4-8pm**

Enhance your well-being by experiencing the powerful source of calm with Naturopathica’s CBD product. Learn about the true benefits and origins of CBD during a 10-minute educational class and then experience it for yourself with a 25-minute CBD massage. Registration fee of $60 includes educational class, 25-minute massage and a smoothie. Visit KohlerCollection.com to sign up.

#### Kids Night Out: Swim at Sports Core

**Friday October 11, 5-9 PM**

Join our Kids Core staff for swimming, pizza, popcorn and a movie. Ages: Toilet Trained to 10 Years Fee: $34. Requires a 24-hour cancellation notice. Call 920-457-4444 or email teresa.gross@kohler.com to register.

#### Pink Power: Cardio Kickboxing for Breast Cancer Awareness at Sports Core

**Saturday October 12, 10-11:30 am**

Pink Power - Together We Fight. Come together as a fitness community to celebrate survivors of Breast Cancer, give strength to those fighting and honor those no longer with us. Join Charity Wolf for a motivating and empowering non-contact cardio kickboxing class followed by pink mimosas and light refreshments. Class proceeds, as well as any additional donations, will benefit Sheboygan County Cancer Care Fund. Fee $15. Register by calling Sports Core at 920-457-4444.

#### Holistic Facial Event at Kohler Waters Spa

**Tuesday October 15, 4-8pm**

Kohler Waters Spa welcomes cancer survivors and supporting loved ones to our Holistic Facial Event. Our therapists have received specialized oncology certifications to provide safe facial treatments for those who are currently or previously gone through the cancer journey including those in active treatment. Allow us to pamper you as you take time to relieve the pain and stress that comes with cancer and the cancer treatments. Enjoy 25-minute facials and spa access with registration fee of $55. Please reserve your times on KohlerCollection.com.

#### Aqua Zumba Social at Sports Core

**Friday October 25, 6pm**

Join Crystal D. for a high-energy, high-intensity party in the pool! Don't let the fun stop with the dancing! Keep the party going with drinks (mimosas and Press hard seltzers) afterwards. Fee: $15. Register in advance at the Reception Desk at 920-457-4444.

#### Massage the Gouhls Away with Kohler Waters Spa

**Tuesday October 29, 4-8pm**

Join Kohler Waters Spa for a pre-Halloween mini massage. The registration fee of $60 includes a 25-minute massage, full spa access and tasty morsels to enjoy. Please reserve your times at KohlerCollection.com.

### Well-Being Activities Available During Your Stay

#### Tennis at Sports Core

- **Indoor Tennis Court Rental** - $40 per hour. Outdoor Tennis Court Rental - $18 per hour. Private Lessons - $80 per hour. Semi-Private Lessons (2 people) - $50 per hour per person.

Call Sports Core at 920-457-4444.

#### Kinesio Taping at Sports Core

Kinesio tape method is designed to facilitate the body's natural healing process while allowing support and stability to muscles and joints without restricting the body's range of motion. Tape before physical activity to aid in support or after physical activity to aid in recovery. Session rates start at $33 plus small additional fee for tape. Call Sports Core at 920-457-4444.

#### Swim Lessons at Sports Core

Schedule private or semi-private lessons that are designed around your child's skill and educational needs. To schedule a Private or Semi-Private session, call Sports Core at 920-457-4444. 30-minutes Private & Semi-Private Rates. Privates: Member - $19 | Guest - $32.25. Semi-Privates (2 or more): Member - $11/person | Guest - $16/person

#### Body Composition Testing at Sports Core

Discover and start monitoring your muscle distribution, fat allocation, body water balance, and metabolic rate. In about one minute, the InBody analyzer will send small currents through your feet and hands, measuring weight, water, fat and muscle. This "snapshot" tells us what body part needs improvement, which parts are strong or which are weak, how much fat you need to lose, or how much muscle needs to be gained. $45. Call Sports Core at 920-457-4444.

#### Outdoor Yoga Platform at River Wildlife

Join Yoga on the Lake for a private experience to the outdoor yoga platform. Instruct will meet you at Blackwolf Run Clubhouse and lead you on a 12 minute hike out to the yoga platform for a private yoga experience. Advanced notice required. Call Yoga on the Lake at (920) 453-2817 for more details and fees.

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