

Destination Kohler Monthly Calendar of Well-Being

Weekly Drop-In Fitness Class Calendar - February 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45 AM			BOLD Ride Express (BC/30)				
5:00AM		Barre (YOTL/30)					
5:15 AM		Code Red (SC/30)		Code Red 30 (SC/30)			
5:30 AM	BOLD Ride (BC/45)	BOLD Ride Express (BC/30)	BOLD Ride (BC/45)	BOLD Ride Express (BC/30)	BOLD Ride (BC/45)		
	Body pump (SC/45)	GRIT Cardio (SC/30)	Abs Express (SC/30)	TRX (SC/45)	Body pump (SC/45)		
5:45 AM	Cycle 45 (SC/45)	Strength 30 (SC/30)	Cycle 45 (SC/45)	Zumba Express (SC/30)	Cycle 60 (SC/60)		
	Soul Sculpt HOT Express (YOTL/45)	Soul Sculpt HOT Express (YOTL/45)	Aqua Zumba (SC/45)	Soul Sculpt HOT Express (YOTL/45)	Boot Camp (SC/60)		
	Vinyasa 1-2 Express (YOTL/45)		Soul Sculpt HOT Express (YOTL/45)		Vinyasa 1-2 Express (YOTL/45)		
					Soul Sculpt HOT Express (YOTL/45)		
6:00 AM			Boot Camp (SC/45)				
6:15 AM			TRX (SC/30)				
6:45 AM							Soul Sculpt HOT Express (YOTL/45)
7:00 AM	Body Basics (SC/60)	Yoga Fundamentals (YOTL/60)	Body Basics (SC/60)	Aqua Fit (SC/60)	Body Basics (SC/60)		
7:30 AM		Aqua Fit (SC/60)					
		Mind Body (SC/30)		Mind Body (SC/30)		BOLD Ride Express (BC/30)	BOLD Ride Express (BC/30)
7:45 AM		High Intensity Men's Drills (SC/60/\$)				Aqua Interval (SC/60)	Cycle 45 (SC/45)
						Cycle 60 (SC/60)	
8:00 AM	High/Low (SC/30)	Core & More (SC/30)	High/Low Express (SC/30)	Core & More (SC/30)	Step Express (SC/30)	Body pump 60 (SC/60)	
	Soul Sculpt HOT (YOTL/60)	Soul Sculpt HOT (YOTL/60)	Soul Sculpt HOT (YOTL/60)	Vinyasa 1-2 (YOTL/60)	Soul Sculpt HOT (YOTL/60)	TRX (SC/45)	
	Vinyasa 1-2 (YOTL/60)	Vinyasa 1-2 (YOTL/60)	Vinyasa 1-2 (YOTL/60)	Soul Sculpt HOT (YOTL/60)	Vinyasa 1-2 (YOTL/60)	Finish Strong (SC/45)	
					Dollar Drill (SC/60/\$)		
8:15 AM	BOLD Ride Express (BC/30)	BOLD Ride (BC/45)	BOLD Ride Express (BC/30)	BOLD Ride (BC/45)	BOLD Ride (BC/45)	BOLD Ride (BC/30)	
8:30 AM	Cycle 45 (SC/45)	RPM (SC/45)	Spinterval (SC/45)	Circuit Strength 45 (SC/45)	Spinterval (SC/45)		
	Code Red 60 (SC/60)			RPM (SC/45)			
8:45 AM	Strength 30 (SC/30)	Balance (SC/30)	Strength 30 (SC/30)		Strength 30 (SC/30)		GRIT Strength (SC/30)
		High Intensity Drills (SC/90/\$)					
9:00 AM	Aqua Interval (SC/60)		Aqua Interval (SC/60)		Aqua Interval (SC/60)	Cycle 45 (SC/45)	HOT Yoga Fusion (YOTL/60)
			Ladies Doubles Drills (SC/90/\$)			Cardio Mechanics (SC/60/\$)	Vinyasa 2 (YOTL/60)
						HOT Yoga Fusion (YOTL/60)	BOLD Ride (BC/45)
						Vinyasa 2 (YOTL/60)	High Intensity Tennis (SC/90/\$)
9:15 AM	BOLD Ride (BC/45)	Cycle 45 (SC/45)	BOLD Ride (BC/45)	Body pump 60 (SC/60)	BOLD Ride (BC/45)	Code Red 60 (SC/60)	
	Pilates Mat (SC/45)	Finish Strong (SC/45)	Body pump 45 (SC/45)	Finish Strong (SC/45)	Pilates Plus (SC/45)	Zumba 60 (SC/60)	
	Barre (SC/45)	Body pump 60 (SC/60)	Stretch & Core 45 (SC/45)	Gentle Yoga (YOTL/60)	Pilates Fusion (SC/45)		
	Gentle Yoga (YOTL/60)	Gentle Yoga (YOTL/60)	Deep Stretch & Foam Roll (YOTL/60)	Vinyasa 2 HOT (YOTL/60)	Gentle Yoga (YOTL/60)		
	Vinyasa 2 HOT (YOTL/60)	Vinyasa 2 HOT (YOTL/60)	Vinyasa 2 HOT (YOTL/60)		Vinyasa 2 HOT (YOTL/60)		
9:30 AM	TRX (SC/45)		Code Red 60 (SC/60)		Code Red 60 (SC/60)		
9:45 AM		BOLD Ride (BC/45)		BOLD Ride (BC/45)			
10:15 AM		Strength 45 (SC/45)		Strength 45 (SC/45)			
10:30 AM	Soul Sculpt HOT Express (YOTL/45)		Soul Sculpt HOT Express (YOTL/45)		Soul Sculpt HOT Express (YOTL/45)	Soul Sculpt HOT Express (YOTL/45)	Soul Sculpt HOT Express (YOTL/45)
	Ladies Tennis Drills (SC/60/\$)					BOLD Ride (BC/45)	
11:00AM				High Intensity Tennis (SC/60/\$)			
11:30AM							Core Group Tennis (SC/60/\$)
12:00 PM	Vinyasa 1-2 (YOTL/60)	Barre (YOTL/60)	Vinyasa 1-2 (YOTL/60)	Barre (YOTL/60)	Vinyasa 1-2 (YOTL/60)	Prenatal Yoga (YOTL/60)	
		Vinyasa 1 (YOTL/60)	Finish Strong (SC/30)	Vinyasa 1 (YOTL/60)	High Intensity Tennis (SC/60/\$)	Vinyasa 1-2 HOT (YOTL/60)	
12:15 PM	BOLD Ride Express (BC/30)	BOLD Ride Express (BC/30)	BOLD Ride Express (BC/30)	BOLD Ride Express (BC/30)	BOLD Ride Express (BC/30)	BOLD Ride Express (BC/30)	
	TRX (SC/30)	Strength 30 (SC/30)		Strength 30 (SC/30)			
				Cycle 30 (SC/30)			
12:30 PM			GRIT Strength (SC/30)		GRIT Strength (SC/30)		
1:15 PM						Gentle Yoga (YOTL/60)	Gentle Yoga (YOTL/60)
2:15 PM							Guided Meditation (YOTL/15)
4:00 PM			Code Red 30 (SC/30)				Vinyasa 1-2 HOT (YOTL/60)
4:15 PM	Soul Sculpt HOT Express (YOTL/45)	Soul Sculpt HOT Express (YOTL/45)	Soul Sculpt HOT Express (YOTL/45)	Soul Sculpt HOT Express (YOTL/45)	Soul Sculpt HOT Express (YOTL/45)		
4:30 PM	BOLD Ride Express (BC/30)	BOLD Ride Express (BC/30)	BOLD Ride Express (BC/30)	BOLD Ride Express (BC/30)	BOLD Ride Express (BC/30)		
	Code Red 60 (SC/60)	Cycle 60 (SC/60)					
		Code Red 30 (SC/30)					
4:45 PM	GRIT (SC/30)		GRIT Strength (SC/30)	Code Red (SC/30)			
5:15 PM		TRX (SC/45)		Bootcamp (SC/30)			Yin Yoga (YOTL/60)
5:30 PM	Kickfusion (SC/60)	BOLD Ride (BC/45)	Code Red 60 (SC/60)	BOLD Ride (BC/45)	Vinyasa 2 (YOTL/60)		
	Barre (SC/60)	Strength 30 (SC/30)	Body pump 45 (SC/45)	Code Red (SC/30)	HOT Yoga Fusion (YOTL/60)		
	HOT Yoga Fusion (YOTL/60)	Code Red 30 (SC/30)	HOT Yoga Fusion (YOTL/60)	Gentle Yoga (YOTL/60)			
	Vinyasa 2 (YOTL/60)	Pilates Fusion (SC/45)	Vinyasa 2 (YOTL/60)	Vinyasa 2 HOT (YOTL/60)			
		Gentle Yoga (YOTL/60)					
5:45 PM	Finish Strong (SC/45)		Cycle (SC/45)	Barre (SC/45)			
	Cycle (SC/45)						
6:00 PM	BOLD Ride (BC/45)	Cardio Dance Fusion (SC/60)	BOLD Ride (BC/45)	Stretch & Core (SC/30)			
			TRX (SC/45)				
7:00 PM	Barre HOT (YOTL/60)	HOT Yoga Fusion (YOTL/60)	Gentle Yoga (YOTL/60)	Barre HOT Express (YOTL/45)			
	Vinyasa 1-2 (YOTL/60)	Intro to Vinyasa (YOTL/60)	Vinyasa 1-2 HOT (YOTL/60)				
7:15PM				Hills and Drills (BC/30)			

SC - Sports Core - 100 Willow Creek Drive

Fitness classes - \$15. Tennis and Pickleball - Prices Vary. Call (920) 457-4444 to register in advance.

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.

BC - BOLD Cycle - The Shops at Woodlake 765J Woodlake Road

Drop in Fee - \$21. 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.

Personal Training

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

Private Yoga Sessions

Single and group private yoga sessions available at Yoga on the Lake or at outdoor locations through Destination Kohler available starting at \$85 per hour. Contact Yoga on the Lake for more information at (920) 453-2817.

Destination Kohler Well-Being Special Events - February 2020

Tuesday February 4, 4-8PM Award Winning Glamour Event. Join us at the Kohler Waters Spa for a 20 minute dermaplane and 30 minute make-up consultation with Jane Iredale's expert, Edgar. \$45 fee includes a glass of wine.

Friday February 7 5:30-6:45PM Chakra Balance Flow and Energy Bodies at Yoga on the Lake. Experience special Kriyas to balance each Chakra in the body. Feel rejuvenated, light & refreshed with this energy clearing class. Fee \$25/person. Register at Yoga on the Lake 453-2817.

Thursday February 13, 4-8PM Sweetheart Massage Event at the Kohler Waters Spa. Enjoy a 25-minute couples' massage with your sweetheart and each of you will receive champagne and Kohler Signature Chocolates Heart. Fee \$60/person.

Friday February 14, 6-8:30PM Bae and Bestie Start the evening at BOLD Cycle and Yoga On The Lake. BOLD X Ride 6:00PM, Soul Sculpt HOT 6:45PM and Vinyasa 7:30PM. \$50/person. To enroll email Lauren at Lauren.Hydock@kohler.com

Saturday February 15 2:30-4:30PM Be Good To Yourself/ Yoga with Props at Yoga On The Lake. Experience and learn a variety of ways to use props such as blocks, blankets, cushions, straps, and foam rollers to strengthen your practice. \$45 fee/person.

Tuesday February 18, 5:30-6:30p Custom Essential Oil Blend Class. Immerse in the aromatic sensation of essential oils through our Custom Blend Class at Kohler Waters Spa. Naturally derived from plants, essentials are concentrated extracts, which allows for a deep impact on the senses. Fee \$30/person.

Thursday February 20, 7-8:15PM Self Love = Yoga and Chocolate Join us at Yoga On The Lake with a 75 minute slow flow where self love can include a little bit of self-indulgence now and again. Fee \$20/person

Saturday February 22, 2:30-3:30PM Asana and Acai, come to Yoga On The Lake for a 45 minute gentle yoga class and head over to Press and Chill to top off your own smoothie bowl. Fee \$25/person

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.

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: \$32.25. Semi-Privates (2 or more) \$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 In Body 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.

Wildlife Sanctuary at River Wildlife

Nearly 300 acres are maintained in a natural state and are perfect for self-guided hiking and seasonal cross-country skiing. Trails wind throughout the preserve and afford the privilege of viewing wildlife firsthand. Guest passes are required. Individual \$28 Family \$56. Call River Wildlife at (920) 457-0134 for more details.

Shooting Sports at River Wildlife

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.

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