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### 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.
- **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 - November 2019

#### Night of Rides & Relaxation at Bold Cycle

- **Tuesday November 5, 6:45 pm** Join us for a 6:45pm Bold Ride X followed by a mini spa sesh with NaturaPATHICA Kombucha Face Masks + Hand & Arm massages. Fee $35. Email Lauren.Hydock@kohler.com to register.
- **Tuesday November 5, 6-7pm** Join Registered Dietitian Nutritionist, Deb Guenterberg, for an interactive cooking demonstration of easy to prepare, healthy food recipes including an appetizer, entree and light dessert! Food samples provided. Presentation will be held in the Sports Core classroom. This event is complimentary and open to the public. Please register in advance by calling the Sports Core Reception desk at (920) 457-4444.

#### Prevea Health Well Said Presentation: Interactive Cooking Demo at Sports Core

- **Tuesday November 5, 6-7pm** 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.

#### Southing Sound Bath Meditation at Yoga on the Lake

- **Friday November 22, 7:15-8:15pm** Come cleanse your body with a soothing sound healing journey with Alisyn of The Golden Alchemy. This workshop consists of a chakra meditation, breath work, and sound bath to rejuvenate the body and bring the mind to a state of deep relaxation. The vibrations of the bowls harmonize with the energetic body and work to release dis-harmony and disease that we hold on to. Come sink deep into your body and bring new light as you move forward in a fresh positive direction. $25 fee.

#### Black Legging Friday Barre + Brunch at Sports Core

- **Friday November 29, 10:30 -12pm,** 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.

#### Kundalini and Meditation at Yoga on the Lake

- **Saturday November 30 3-4:30pm** Chant, breath, move, relax, meditate. This Kundalini yoga and meditation workshop is designed to release tension, relieve stress and balance your nervous system. Open to all levels. Fee $25 Sign up today by calling the studio at 920.453.2817.

### 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 taping 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: $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 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.

#### 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.**