

Destination Kohler Monthly Calendar of Well-Being



Weekly Drop-In Fitness Class Calendar - December 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM		Barre HOT Express (YOTL/30)					
5:15 AM		Code Red (SC/30)					
5:30 AM	BOLD Ride (BC/45)		BOLD Ride (BC/45)	TRX (SC/45)	BOLD Ride (BC/45)		
	Boot Camp (SC/45)		Abs Express (SC/30)				
5:45 AM	Cycle (SC/45)	Lift Express (SC/30)	Cycle (SC/45)	Zumba Express (SC/30)	Cycle (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)		Code Red (SC/60)		
					Vinyasa 1-2 Express (YOTL/45)		
					Soul Sculpt HOT Express (YOTL/45)		
6:00 AM			Boot Camp (SC/45)				
7:00 AM	Body Basics (SC/55)	Yoga Fundamentals for Seniors (YOTL/60)	Body Basics (SC/55)	Aqua Fit (SC/60)	Body Basics (SC/55)		
		Aqua Fit (SC/60)					
7:30 AM		Mind Body (SC/30)		Mind Body (SC/30)		Cycle (SC/60)	Cycle (SC/60)
						Aqua Interval (SC/60)	BOLD Ride Express (BC/30)
						BOLD Ride Express (BC/30)	
7:45 AM						Soul Sculpt HOT (YOTL/60)	Soul Sculpt HOT (YOTL/60)
						Vinyasa 1-2 (YOTL/60)	Vinyasa 1-2 (YOTL/60)
8:00 AM	Step Express (SC/30)	Core & More (SC/30)	High/Low Express (SC/30)	Core & More (SC/30)	Step Express (SC/30)	Cardio Interval (SC/60)	
	Soul Sculpt HOT (YOTL/60)	Swim Workout (SC/45)	Soul Sculpt HOT (YOTL/60)	Ashtanga 101 (YOTL/60)	Soul Sculpt HOT (YOTL/60)		
	Vinyasa 1-2 (YOTL/60)	Soul Sculpt HOT (YOTL/60)	Vinyasa 1-2 (YOTL/60)	Soul Sculpt HOT (YOTL/60)	Vinyasa 1-2 (YOTL/60)		
		Vinyasa 1-2 (YOTL/60)					
8:10 AM		Cycle (SC/60)		Cycle (SC/50)			
8:15 AM	Cycle (SC/45)	BOLD Ride (BC/45)	Spinterval (SC/45)	BOLD Ride (BC/45)	Spinterval (SC/45)		
	Code Red (SC/60)	Adult Cardio Tennis (SC/60)		Circuit Strength (SC/45)			
8:30 AM	Lift Express (SC/30)	Balance (SC/30)	Lift Express (SC/30)		Lift Express (SC/30)	Cardio Tennis (SC/60)	
8:45 AM						Body Blast TRX (SC/45)	
9:00 AM	Aqua Interval (SC/60)		Aqua Interval (SC/60)		Aqua Interval (SC/60)	Zumba (SC/60)	HOT Yoga Fusion (YOTL/60)
			Advanced Ladies Tennis (SC/90)			HOT Yoga Fusion (YOTL/60)	Vinyasa 2 (YOTL/60)
						Vinyasa 2 (YOTL/60)	BOLD Ride (BC/45)
						BOLD Ride (BC/45)	
9:10 AM	Barre (SC/45)				Barre (SC/45)		
9:15 AM	TRX (SC/45)	Cycle (SC/45)	Pilates (SC/45)	BODYPUMP (SC/60)	Pilates Plus (SC/45)		
	Pilates Mat (SC/45)	Finish Strong (SC/45)	Gentle Yoga (YOTL/60)	Gentle Yoga (YOTL/60)	Gentle Yoga (YOTL/60)		
	Gentle Yoga (YOTL/60)	BODYPUMP (SC/60)	Vinyasa 2 HOT (YOTL/60)	Vinyasa 2 HOT (YOTL/60)	Vinyasa 2 HOT (YOTL/60)		
	Vinyasa 2 HOT (YOTL/60)	Gentle Yoga (YOTL/60)			BOLD Ride (BC/45)		
		Vinyasa 2 HOT (YOTL/60)					
9:30 AM						Beginner Tennis 123 (SC/60)	
9:45 AM		BOLD Ride (BC/45)	Code Red (SC/60)	BOLD Ride (BC/45)			
10:15 AM	Core & Cardio (SC/30)	Group Strength (SC/45)	BOLD Ride Express (BC/30)	Group Strength (SC/45)			
	BOLD Ride Express (BC/30)						
10:30 AM	Mixed Drills Tennis (SC/60)					Soul Sculpt HOT Express (YOTL/45)	Soul Sculpt HOT Express (YOTL/45)
11:00 AM				Adult Cardio Tennis (SC/60)			
11:15 AM				Prime Timers (SC/45)			
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 1-2 HOT (YOTL/60)
		Vinyasa 1 (YOTL/60)		Vinyasa 1 (YOTL/60)	Adult Pickleball Open Play (SC/120)	Vinyasa 1-2 HOT (YOTL/60)	
12:10 PM	Tai Chi (SC/45)						
12:15 PM	TRX (SC/30)	Lift Express (SC/30)	Tabata & Core (SC/30)	Lift Express (SC/30)	Boot Camp (SC/45)		
	BOLD Ride Express (BC/30)		BODYPUMP 30 (SC/30)		BOLD Ride Express (BC/30)		
			BOLD Ride Express (BC/30)				
1:15 PM						Gentle Yoga (YOTL/60)	Gentle Yoga (YOTL/60)
2:15 PM							Guided Meditation (YOTL/15)
4:00 PM							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	Code Red (SC/60)	Code Red Express (SC/30)		Cycle (SC/45)	BOLD Ride Express (BC/30)		
		Cycling (SC/45)		BOLD Ride Express (BC/30)			
		BOLD Ride Express (BC/30)					
4:45 PM	Cardio Interval (SC/40)		Cardio Interval (SC/40)				
5:15 PM		Strength in #'s (SC/40)		Bootcamp (SC/40)			Yin Yoga (YOTL/60)
5:30 PM	Kickfusion (SC/60)	Gentle Yoga (YOTL/60)	Cycle (SC/45)	Gentle Yoga (YOTL/60)	Vinyasa 2 (YOTL/60)		
	Barre (SC/60)	Vinyasa 2 HOT (YOTL/60)	HOT Yoga Fusion (YOTL/60)	Vinyasa 2 HOT (YOTL/60)			
	HOT Yoga Fusion (YOTL/60)	BOLD Ride (BC/45)	Vinyasa 2 (YOTL/60)	BOLD Ride (BC/45)			
	Vinyasa 2 (YOTL/60)						
5:45 PM	Cycle (SC/45)	TRX (SC/45)		Barre (SC/45)			
6:00 PM	BOLD Ride (BC/45)	Zumba & Core (SC/60)	BOLD Ride (BC/45)	Group Strength (SC/45)			
		Pilates Fusion (SC/45)	TRX (SC/45)	Mixed Drills Tennis (SC/60)			
7:00 PM	Barre HOT (YOTL/60)	HOT Yoga Fusion (YOTL/60)	HOT Yoga Fusion (YOTL/60)	Barre HOT Express (YOTL/45)			
	Vinyasa 1-2 (YOTL/60)	Intro to Vinyasa (YOTL/60)					
		Pro Workout Tennis (SC/90)					
		Mind Body (SC/30)					

KEY: Class Title (Location / Length of Class)	
TO REGISTER FOR CLASSES:	
Yoga on the Lake	(920) 453-2817 or yogaonthelake.com
Sports Core	(920) 457-4444
Bold Cycle	(920) 208-4949 or boldcyclekohler.com

SC - Sports Core - 100 Willow Creek Drive	Fitness classes - \$15. Tennis and Pickleball - Prices Vary
YOTL -Yoga on the Lake - The Shops at Woodlake 725B Woodlake Road	Drop in Fee - \$20. Multi-Class packages available.
BC - BOLD Cycle - The Shops at Woodlake 765J Woodlake Road	Drop in Fee - \$21. Multi-Ride packages available.
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 schedules may vary. Sports Core will not hold fitness classes December 24 & 25. For Yoga on the Lake and BOLD Cycle, please check at www.mindbodyonline.com or call the studio.	

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 - December 2018

Setting Intentions in Clay: Astrological Bead Making at Yoga on the Lake

Saturday December 8, 2:30-5:30 pm Please join astrologer Sandy Rueve for a creative discovery about your intention, the stars, and yourself. Discover your personal connection to the cosmos and how to use your most authentic, vibrant self in alignment with your intention. From head (Aries) to feet (Pisces), the entire zodiac lives within you, forming a blueprint of innate strengths and challenges, as well as a guide to lifestyle practices that can motivate and enliven you and your dreams. Along with an exploration of astrological wisdom and history, this program includes: Custom-tailored charts with personalized notes from Astrologer, Sandy Rueve; Lecture about the current astrological energies; Guided meditation to uncover your deepest intention; Talisman-making class to handmade your own take-away talisman charm. She welcomes her tribe to tell their Intention story as she follows her Bracelets to manifest the proper vision, attitude and action she hand rolled into her Intention Beads products. \$122 Workshop - Register by calling Yoga on the Lake at 920-453-2817.

Kids Day Out at Sports Core

Saturday December 8, 2-4pm Join our Kids Core staff for swimming, pizza, popcorn and a movie. Ages: Toilet Trained to 10 Years. \$32 fee per child. Call Sports Core at 920-457-4444.

Kids Night Out Swim at Sports Core

Friday December 14, 5-9pm Join our Kids Core staff for swimming, pizza, popcorn and a movie. Ages: Toilet Trained to 10 Years. \$32 fee per child. Call Sports Core at 920-457-4444.

SnowBall Run in the Village of Kohler

Saturday December 15, 9am -12pm The third annual Snowball Run will put you ahead of your New Year's resolution, continue your exercise goals for this year and put you in the holiday spirit as you pass holiday decorations along the streets of Kohler. Just because the weather has gotten a little frosty doesn't mean the fun ends here in Wisconsin. And of course, when you cross the finish line, you can purchase a Bloody Mary from our famous post-race Bloody Mary bar, along with some other hot and tasty holiday drinks available for purchase. A portion of the race fee will go toward the United Way. The Snowball Run is hosted by the staff at The American Club and a portion of the race fee is donated to United Way of Sheboygan County. \$35 entry fee. More Information: <http://www.uwofsc.org/events/2018-snowball-run/> Registration: <https://runsignup.com/Race/WI/Kohler/SnowballRun>

Drop & Shop Kids Event at Sports Core

December 22, 12-4 pm Let the kids have some fun while you get your holiday shopping done. Younger children will enjoy crafts, stories and games and older children will also go swimming. Ages: 6 weeks to 10 years. Call the Sports Core Reception Desk to register at 920-457-4444. Fee: \$32 | Family Fee: \$72

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: 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.

Wildlife Sanctuary at River Wildlife

Hiking and Birding - Nearly 300 acres are maintained in a natural state and are perfect for self-guided hiking. Trails wind through the preserve and afford the privilege of viewing wildlife firsthand. Bird identification field guide and binoculars are available. Guest passes required. Individual \$28 Family \$56.

Trap or 5-stand Clay Shooting - Trap is geared towards beginner while 5-stand is set up for more experienced shooter. Equipment and instruction are available. Reservations available from 8am to 3pm. Trap (25 targets) \$26. Shotgun rental \$18. Shells (per box) \$12.50.

Pheasant Hunting - Mid September to Early Spring. Reservations available at 9am or 1pm. One of the Midwest's premier shooting clubs offers upland bird hunting in a variety of terrains. Our three hunt fields are planted with native prairie grasses and annual cover crops. Situated along the river and woods, they provide a challenging workout for both hunters and their dogs. All hunters must be experienced. Expert guides, dogs and equipment are available.