### Weekly Drop-In Fitness Class Calendar - July 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>11:15 AM</td>
<td>BOLD Ride Express (SC/30)</td>
<td>Soul Sculpt HOT Express (YOTL/45)</td>
<td>Vinyasa 2 HOT (YOTL/60)</td>
<td>Barre (YOTL/60)</td>
<td>Vinyasa 2 HOT (YOTL/60)</td>
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<td>12:30 PM</td>
<td>Code Red 60 (SC/60)</td>
<td>Cycle 45 (SC/45)</td>
<td>BOLD Ride Express (BC/30)</td>
<td>BOLD Ride Express (BC/45)</td>
<td>BOLD Ride Express (BC/60)</td>
<td>BOLD Ride Express (SC/45)</td>
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<td>2:00 PM</td>
<td>TRX (SC/45)</td>
<td>Vinyasa 2 HOT (YOTL/60)</td>
<td>Vinyasa 2 HOT (YOTL/60)</td>
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<td>6:00 PM</td>
<td>BOLD Ride Express (BC/45)</td>
<td>Cycle 45 (SC/45)</td>
<td>Vinyasa 2 HOT (YOTL/60)</td>
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<td>8:00 PM</td>
<td>BOLD Ride Express (BC/45)</td>
<td>Vinyasa 1-2 (YOTL/60)</td>
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**Drop in Fee - $20. Multi-Class packages available. Call (920) 453-2817 to register.**

**Holiday class times may differ from schedule.**

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

**SC - Sports Core - 100 Willow Creek Drive**

**YOTL - Yoga on the Lake - The Shops at Woodlake 7258 Woodlake Road**

**BC - BOLD Cycle - The Shops at Woodlake 7653 Woodlake Road**

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 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 - July 2019

Wimbledon Woods & Whites Tennis Mixer at Sports Core

Friday, July 12, 6-7 pm Wimbledon Tennis Mixer: All White Attire Required. Wooden Racquet Optional. Extra on-court points awarded for every player using a wood racquet. Fee: $40 *Includes adult tennis mixer, light food and refreshments. Register in advance at the Reception Desk (920-457-4444). 24-Hour cancellation notice required.

BOLD + Beats at BOLD Cycle

Friday, July 12, 6-7 pm Join us for a unique cycling experience * music & ride instruction is played through Sound Off glowing headphones featuring Live DJ Ghost. Bold Ride with dance party to follow. Retail perks + happy hour at Bold Bar. Fee $35. Call BOLD Cycle at 920.208.4949 to register.

Happy Hips & Hamstrings at Yoga on the Lake

Thursday July 18, 7:30-8:30 PM Most yogis, new and seasoned alike, struggle to make peace with their hips and hamstrings. This workshop will focus on ways to stretch, strengthen and bring awareness to these very important areas of the body. We will begin with a brief overview of anatomy and then move into a flow that will warm up and ready our bodies to more deeply access and focus on our hips, hamstrings and low back. $20 fee. Register at Yoga on the Lake at (920) 453-2817.

In the Rough Golfers Massage at Kohler Waters Spa

Thursday July 18, 4-8 pm Gain a fuller swing and increased flexibility during your round by enjoying our 25-minute In the Rough Golfer’s Massage. Complimentary drinks will also be available before and after your service while enjoying the spa facility. Your registration fee of $60 includes the 25-minute massage, beverages and spa facility access. Please reserve your treatment times online at KohlerCollection.com.

Sound of Color Manicure Event at Kohler Water Spa

Tuesday July 23 4-8 pm & Wednesday July 24 9am-1pm. Founder of Spa Ritual, Shel Pink, will be at the Kohler Waters Spa showcasing her new product lines. Along with sampling her new products, enjoy a 25-minute Sound of Color Manicure that will bring the spa back home with you! Your registration fee of $65 includes, 25-minute manicure, Shel Pink’s book, meet and greet and spa access. Please reserve your treatment times online at KohlerCollection.com.

Kids Night Out: Swim at Sports Core

Friday July 26 5:30 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.

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 lesson, 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.

Trek Electra E-Bike

Trek e-bicycle are easy-to-use, fun-to-ride, with pedal assist at four levels from eco to turbo. Flat foot technology enables riders to be able to place their entire foot on the ground while riding. Available at concierge desk at The American Club and front desk of Inn on Woodlake. Two hour ride complimentary.

Stand Up Paddle Board, Kayak, and Peddle Boat Rental at Sports Core

Available for rental through Sports Core for use on Woodlake. Single Kayak - $10 per 30 min or $20 per hour. Pedal Boats - $20 per 30 min or $40 per hour. SUP $30 per 30 min or $60 per hour. Call (920) 457-4444 for more details.

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 Wildfire

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. S-stand (25 targets) $26. Shotgun Rental $18. Shells (per box)$12.50. Call River Wildlife at (920)457-0134 for more details.

Guided Horseback Rides at River Wildfire

Available May-October (weather permitting) Explore the natural beauty of River Wildlife's woodlands, meadows and valleys on one of our well-trained horses. Our guide will escort you on a one-hour ride that will linger in your memory for seasons to come. Reservations are available at 9 and 11am, 1 and 3pm. Ages 12 and up. Per rider $85. Call River Wildlife at (920)457-0134 for more details.

Canoe and Kayak Rentals at River Wildfire

Available May–August Enjoy an invigorating self-guided adventure paddling down 7 miles of the Sheboygan River using one of our canoes or kayaks. River Wildlife staff will transport you upstream from the lodge to the launch site. The trip takes about 2.5 hours and includes portaging around two dams. Requires average physical stamina. Reservations are available from 8am to 1:30pm. Canoe $85. Kayak (single person)$48. Call River Wildlife at (920) 457-0134 for more details.

Bird Hike at River Wildfire

Available April–August Enjoy a one-mile self-guided hike along the Sheboygan River. A bird identification field guide and binoculars are provided. A picnic lunch can be prepared with advance reservation. Guest passes are required. Reservations are available from 8am to 3pm. Individual $28. Family $56. Call River Wildlife at (920) 457-0134 for more details.

Outdoor Yoga Platform at River Wildfire

Join Yoga on the Lake instructor for a private experience to the outdoor yoga platform. Instructor 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.