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

### Monday
- 6:00 AM: Body Basics (SC/60)
- 6:45 AM: Vinyasa 2 (YOTL/60)
- 7:00 AM: Body Basics (SC/60)
- 7:30 AM: Mind Body (SC/30)
- 8:00 AM: Cycle 45 (SC/45)
- 8:30 AM: Strength 30 (SC/30)
- 9:00 AM: Cycle 45 (SC/45)
- 9:30 AM: Core & More (SC/30)
- 10:00 AM: Soul Sculpt HOT (YOTL/60)
- 10:30 AM: Vinyasa 1-2 (YOTL/60)
- 11:00 AM: Stretch & Core (SC/45)
- 11:30 AM: Soul Sculpt HOT Express (YOTL/45)
- 12:00 PM: TRX (SC/45)
- 12:30 PM: Advanced Drill Tennis (SC/40)
- 1:00 PM: Barre HOT Express (BC/45)
- 1:30 PM: Bodypump 45 (SC/45)
- 2:00 PM: Soul Sculpt HOT Express (YOTL/45)
- 2:30 PM: Intro to Vinyasa (YOTL/60)
- 3:00 PM: Soul Sculpt HOT Express (YOTL/45)
- 3:30 PM: Advanced Men's Drill Tennis (SC/30)
- 4:00 PM: TRX (SC/45)
- 4:30 PM: Bodypump 60 (SC/60)
- 5:00 PM: Soul Sculpt HOT Express (YOTL/45)
- 5:30 PM: TRX (SC/45)
- 6:00 PM: Barre (SC/60)
- 6:30 PM: Soul Sculpt HOT Express (YOTL/45)
- 7:00 PM: Barre HOT (YOTL/60)
- 7:30 PM: Code Red 60 (SC/60)
- 8:00 PM: Soul Sculpt HOT Express (YOTL/45)

### Tuesday
- 6:00 AM: Bodie Ride (BC/45)
- 6:45 AM: Soul Sculpt HOT Express (BC/45)
- 7:00 AM: Soul Sculpt HOT Express (BC/45)
- 7:30 AM: Cycle 45 (SC/45)
- 8:00 AM: Cycle 45 (SC/45)
- 8:30 AM: Cycle 45 (SC/45)
- 9:00 AM: Vinyasa 1-2 (YOTL/60)
- 9:30 AM: Vinyasa 2-3 (YOTL/60)
- 10:00 AM: Soul Sculpt HOT Express (YOTL/60)
- 10:30 AM: Vinyasa 2 (YOTL/60)
- 11:00 AM: Vinyasa 2 HOT (YOTL/60)
- 11:30 AM: TRX (SC/45)
- 12:00 PM: Cycle 45 (SC/45)
- 12:30 PM: Vinyasa 1-2 (YOTL/60)
- 1:00 PM: Vinyasa 2 HOT (YOTL/60)
- 1:30 PM: Body Basics (SC/60)
- 2:00 PM: Cycle 45 (SC/45)
- 2:30 PM: High Intensity Cardio Tennis (SC/90)
- 3:00 PM: Vinyasa 2 HOT (YOTL/60)
- 3:30 PM: Vinyasa 1-2 (YOTL/60)
- 4:00 PM: Core & More (SC/30)
- 4:30 PM: Soul Sculpt HOT Express (YOTL/45)
- 5:00 PM: Cycle 45 (SC/45)
- 5:30 PM: Cycle 45 (SC/45)
- 6:00 PM: Soul Sculpt HOT Express (YOTL/45)

### Wednesday
- 6:00 AM: BOLD Ride Express (BC/30)
- 6:45 AM: Soul Sculpt HOT Express (YOTL/60)
- 7:00 AM: Soul Sculpt HOT Express (YOTL/60)
- 7:30 AM: Cycle 45 (SC/45)
- 8:00 AM: Cycle 45 (SC/45)
- 8:30 AM: Cycle 45 (SC/45)
- 9:00 AM: Soul Sculpt HOT Express (YOTL/60)
- 9:30 AM: Vinyasa 1-2 (YOTL/60)
- 10:00 AM: Vinyasa 2-3 (YOTL/60)
- 10:30 AM: Vinyasa 2 HOT (YOTL/60)
- 11:00 AM: Vinyasa 2 HOT (YOTL/60)
- 11:30 AM: BOLD Ride Express (BC/45)
- 12:00 PM: Soul Sculpt HOT Express (YOTL/45)
- 12:30 PM: Soul Sculpt HOT Express (YOTL/45)
- 1:00 PM: Soul Sculpt HOT Express (YOTL/45)
- 1:30 PM: Body Basics (SC/60)
- 2:00 PM: Cycle 45 (SC/45)
- 2:30 PM: High Intensity Cardio Tennis (SC/90)
- 3:00 PM: Vinyasa 2 HOT (YOTL/60)
- 3:30 PM: Vinyasa 1-2 (YOTL/60)
- 4:00 PM: Cycle 45 (SC/45)
- 4:30 PM: Cycle 45 (SC/45)
- 5:00 PM: Cycle 45 (SC/45)
- 5:30 PM: Cycle 45 (SC/45)
- 6:00 PM: Soul Sculpt HOT Express (YOTL/45)

### Thursday
- 6:00 AM: BOLD Ride Express (BC/45)
- 6:45 AM: Soul Sculpt HOT Express (YOTL/45)
- 7:00 AM: Soul Sculpt HOT Express (YOTL/45)
- 7:30 AM: Cycle 45 (SC/45)
- 8:00 AM: Cycle 45 (SC/45)
- 8:30 AM: Cycle 45 (SC/45)
- 9:00 AM: Soul Sculpt HOT Express (YOTL/60)
- 9:30 AM: Vinyasa 1-2 (YOTL/60)
- 10:00 AM: Vinyasa 2-3 (YOTL/60)
- 10:30 AM: Vinyasa 2 HOT (YOTL/60)
- 11:00 AM: Vinyasa 2 HOT (YOTL/60)
- 11:30 AM: BOLD Ride Express (BC/45)
- 12:00 PM: Soul Sculpt HOT Express (YOTL/45)
- 12:30 PM: Soul Sculpt HOT Express (YOTL/45)
- 1:00 PM: Soul Sculpt HOT Express (YOTL/45)
- 1:30 PM: Body Basics (SC/60)
- 2:00 PM: Cycle 45 (SC/45)
- 2:30 PM: High Intensity Cardio Tennis (SC/90)
- 3:00 PM: Vinyasa 2 HOT (YOTL/60)
- 3:30 PM: Vinyasa 1-2 (YOTL/60)
- 4:00 PM: Cycle 45 (SC/45)
- 4:30 PM: Cycle 45 (SC/45)
- 5:00 PM: Cycle 45 (SC/45)
- 5:30 PM: Cycle 45 (SC/45)
- 6:00 PM: Soul Sculpt HOT Express (YOTL/45)
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 - August 2019**

**Latin Beats at BOLD Cycle**

Friday August 2, 6 PM  
Join BOLD Cycle for a Latin-Inspired BOLD Ride and social to follow. Includes veggie burritos & tequila cocktails featuring cold-pressed juice from Press + Chill. Fee: $30 Email lauren.hydock@kohler.com to register.

**Makeup and Mani at Kohler Waters Spa**

Tuesday August 6 5:30 - 7:30 PM  
Find your perfect foundation and update your look for fall. Join Edgar, make-up educator from Jane Iredale, for a full-face demo, color matching, make-up application and a glass of wine. Registration fee is non-refundable and non-transferable for special events. Fee: $30. Register at www.kohlerathome.com

**Strength from the Core at Yoga on the Lake and BOLD Cycle**

Saturday August 10, 2:30 - 4:30 PM  
Our bodies are only as strong as our core. In this workshop, we’ll begin with core strengthening moves and then break down a variety of ways to alter the Vinyasa flow to include more core and really work the bandhas – a subtle internal energy lock that helps stabilize, strengthen, and energize the body. We’ll finish with a powerful express ride (30 min) at BOLD CYCLE! Fee: $30 Register by calling Yoga on the Lake at (920) 453-2817.

**Manifest with the Moon at the Outdoor Yoga Platform**

Thursday August 15, 6:30 - 8 PM  
Immerse yourself in nature and the energy of the full moon as we start this experience off with a short hike through the woods to our outdoor yoga platform. Then move soulfully with an intention setting flow and meditation. Channel the lunar energy as we connect with the divine. Through meditation, pranayama, and movement, awaken to your own inner bliss. This event will meet in front of the Blackwolf Run Golf Course Club House located at 1111 W Riverside Dr, Kohler, WI 53044 – Once all are gathered Tia will lead the walk to the platform. Please wear comfortable walking shoes that you don’t mind getting a little dirty. Limited mats will be available so bring your own if able. Fee: $25 Register by calling Yoga on the Lake at (920) 453-2817.

**Zumba Extravaganza at Sports Core**

Saturday August 17, 9:15 - 10:30 AM  
Time to get moving and dance the morning away as you try four different types of Zumba! Join instructors Crystal and Kristi for four 15-minute preview workouts and a social with food and drinks to follow. Workouts include ZUMBA, ZUMBA Step, ZUMBA Toning, and Strong by ZUMBA. Fee: $15 Register by calling the Sports Core Reception Desk (920-457-4444).

**Facial “Bacial” at Kohler Waters Spa**

Tuesday August 20, 4-8 PM  
Sluff off the summer sunscreen and refresh your face or back for fall! Enjoy your choice of a 25-minute facial or back treatment to enhance that summer glow. Registration fee of $55 includes a 25-minute facial OR back treatment, spa access and a glass of wine. Registration fee is non-refundable and non-transferable for special events. Registers at www.kohlerathome.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 - $85 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 to aid in 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 when riding. Available at concierge desk at The American Club and front desk of Inn on Woodlake. Two hour ride complimentary.

**Stand Up Paddleboard, 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 Wildlife**

Sharpen your shooting skills on 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.

**Guided Horseback Rides at River Wildlife**

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 Wildlife**

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 Wildlife**

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 Wildlife**

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.