

Destination Kohler Monthly Calendar of Well-Being



Weekly Drop-In Fitness Class Calendar - September 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM		Barre HOT Express (YOTL/30)					
5:30 AM	BOLD Ride (BC/45) Boot Camp (SC/45)	Aqua Zumba (SC/45)	BOLD Ride (BC/45)	TRX (SC/45)	BOLD Ride (BC/45)		
5:45 AM	Cycle (SC/45) Soul Sculpt HOT Express (YOTL/45) Vinyasa 1-2 Express (YOTL/45)	Lift Express (SC/30) Soul Sculpt HOT Express (YOTL/45)	Cycle (SC/45) Boot Camp (SC/60) Soul Sculpt HOT Express (YOTL/45)	Zumba Express (SC/30) Soul Sculpt HOT Express (YOTL/45)	Cycle (SC/60) Boot Camp (SC/60) Code Red (SC/60) Vinyasa 1-2 Express (YOTL/45) Soul Sculpt HOT Express (YOTL/45)		
6:20 AM	Abs Express (SC/30)						
7:00 AM	Body Basics (SC/55)	Aqua Fit (SC/60) Yoga Fundamentals for Seniors (YOTL/60)	Body Basics (SC/55)	Aqua Fit (SC/60)	Body Basics (SC/55)		
7:30 AM		Mind Body (SC/30)	Outdoor Run (TAC & IOW/60)	Mind Body (SC/30)	Outdoor Run (TAC & IOW/60)	Cycle (SC/60) Aqua Interval (SC/60) BOLD Ride (BC/45)	
7:45 AM						Soul Sculpt HOT (YOTL/60) Vinyasa 1-2 (YOTL/60)	Soul Sculpt HOT (YOTL/60) Vinyasa 1-2 (YOTL/60)
8:00 AM	Step Express (SC/30) Soul Sculpt HOT (YOTL/60) Vinyasa 1-2 (YOTL/60)	Core & More (SC/30) Soul Sculpt HOT (YOTL/60) Vinyasa 1-2 (YOTL/60)	High/Low Express (SC/30) Soul Sculpt HOT (YOTL/60) Vinyasa 1-2 (YOTL/60)	Core & More (SC/30) Ashtanga 101 (YOTL/60) Soul Sculpt HOT (YOTL/60)	Step Express (SC/30) Soul Sculpt HOT (YOTL/60) Vinyasa 1-2 (YOTL/60)	Cardio Interval (SC/60)	
8:10 AM		Cycle (SC/60)		Cycle (SC/50)			
8:15 AM	Cycle (SC/45)	BOLD Ride (BC/45) Adult Cardio Tennis (SC/60)	Spinterval (SC/45)	BOLD Ride (BC/45) Circuit Strength (SC/45)	Spinterval (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) Advanced Ladies Tennis (SC/90)		Aqua Interval (SC/60)	Zumba (SC/60) HOT Yoga Fusion (YOTL/60) Vinyasa 2 (YOTL/60) BOLD Ride (BC/45)	HOT Yoga Fusion (YOTL/60) Vinyasa 2 (YOTL/60) BOLD Ride (BC/45)
9:10 AM	Barre (SC/45)				Barre (SC/45)		
9:15 AM	TRX (SC/45) Pilates Mat (SC/45) Gentle Yoga (YOTL/60) Vinyasa 2 HOT (YOTL/60)	Cycle (SC/45) Finish Strong (SC/45) 20-20 Fitness (SC/45) Gentle Yoga (YOTL/60) Vinyasa 2 HOT (YOTL/60)	Pilates (SC/45) Gentle Yoga (YOTL/60) Vinyasa 2 HOT (YOTL/60)	20-20 Fitness (SC/45) Gentle Yoga (YOTL/60) Vinyasa 2 HOT (YOTL/60)	Pilates Plus (SC/45) Gentle Yoga (YOTL/60) Vinyasa 2 HOT (YOTL/60) BOLD Ride (BC/45)		
9:30 AM						Beginner Tennis 123 (SC/60)	
10:15 AM	Core & Cardio (SC/30)	Group Strength (SC/45)	Code Red (SC/60)	Group Strength (SC/45)		BOLD Ride (BC/45) Core & Cardio (SC/30)	BOLD Ride (BC/45)
10:30 AM	Mixed Drills Tennis (SC/60)	BOLD Ride (BC/45)		BOLD Ride (BC/45)	SHRED (SC/30)	Soul Sculpt HOT Express (YOTL/45)	Soul Sculpt HOT Express (YOTL/45)
11:00 AM				Adult Cardio Tennis (SC/60)			
12:00 PM	Vinyasa 1-2 (YOTL/60)	Barre (YOTL/60) Vinyasa 1 (YOTL/60)	Vinyasa 1-2 (YOTL/60)	Barre (YOTL/60) Vinyasa 1 (YOTL/60)	Vinyasa 1-2 (YOTL/60) Adult Pickleball Open Play (SC/120)	Prenatal Yoga (YOTL/60) Vinyasa 1-2 HOT (YOTL/60)	Vinyasa 1-2 HOT (YOTL/60)
12:10 PM	Tai Chi (SC/45)						
12:15 PM	TRX & Cycle (SC/30) BOLD Ride Express (BC/30)	Lift Express (SC/30)	Tabata & Core (SC/30) Mind Body (SC/30) BOLD Ride Express (BC/30)	Lift Express (SC/30)	Boot Camp (SC/45) 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					SHRED (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		SHRED (SC/30)					
4:45 PM	Cardio Interval (SC/40)		Cardio Interval (\$/SC/40)				
5:15 PM		Strength in #'s (SC/40) BOLD Ride (BC/45)		Bootcamp (SC/40) BOLD Ride (BC/45)			Yin Yoga (YOTL/60)
5:30 PM	Kickfusion (SC/60) Barre (SC/60) HOT Yoga Fusion (YOTL/60) Vinyasa 2 (YOTL/60)	Gentle Yoga (YOTL/60) Vinyasa 2 HOT (YOTL/60)	Kickfusion (SC/60) HOT Yoga Fusion (\$/YOTL/60) Vinyasa 2 (\$/YOTL/60)	Gentle Yoga (YOTL/60) Vinyasa 2 HOT (YOTL/60)	Vinyasa 2 (YOTL/60)		
5:45 PM		TRX (SC/45)		Barre (SC/45)			
6:00 PM	BOLD Ride (BC/45)	Zumba (SC/60) Pilates Fusion (SC/45)	BOLD Ride (\$/BC/45) TRX (\$/SC/45)	Group Strength (SC/60) Mixed Drills Tennis (SC/60)			
7:00 PM	Barre HOT (YOTL/60) Vinyasa 1-2 (YOTL/60)	HOT Yoga Fusion (YOTL/60) Intro to Vinyasa (YOTL/60) Pro Workout Tennis (SC/90) Flex & Core Express (SC/30)	HOT Yoga Fusion (\$/YOTL/60)	Barre HOT Express (YOTL/45) Pilates Express (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.
 TAC - The American Club IOW - Inn on Woodlake Free Outdoor Guided Runs
 Complimentary transportation is available throughout the resort via Destination Kohler. Simply ask any staff member to call the shuttle for you at any time.

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 - September 2018

Mommy & Baby Yoga at Yoga on the Lake

Sunday September 9, 3-3:45pm Play, bond, stretch! Meet other mommies & babies while you explore asanas designed for mom & baby to practice together. Learn more about the benefits of baby massage to aid digestion and relaxation. Please bring a receiving blanket for your mat. Dad & caregivers are welcome! \$12 workshop. Call Yoga on the Lake to register at 920-453-2817.

Custom Blending Event at Kohler Waters Spa

Thursday September 13, 4-5:30pm or 6-7:30pm Immerse yourself in an aromatherapy experience that allows you to custom blend your own body care products. Learn what gives essential oils their healing properties and create an aromatherapy blend of your own. Your \$45 registration fee includes the opportunity to add your blend to 5 travel size body care products you can take home with you - minimum age requirement for custom blending experience is 13 years of age. A registration fee of \$55 includes spa facility access between 4:00 and 8:00 in addition to the custom blending experience – all guests must be at least 16 years of age to utilize spa facilities. Body care products include massage oil, body lotion, body wash, bath salts, and sugar scrub. Register at www.kohlerathome.com

Me & My Mini Yoga Flow at Yoga on the Lake

Saturday September 15, 10:30-11:30am Build some good karma with that special kid in your life. Come learn and play with yoga basics including breath work, traditional flow and fun partner poses. This is a great opportunity to build trust and respect between you and your young one while growing stronger together, physically and emotionally. Moms, Dads, Aunts, Uncles, and anyone else wants to explore yoga with a child they care for are welcome. No need to register your mini, just the adult attending. Ages 6+ \$12. Call Yoga on the Lake to register at 920-453-2817.

Fall Facial Event at Kohler Waters Spa

Wednesday September 19, 4-8pm Join us at Kohler Waters Spa for an evening filled with wine, education and facials.

The \$55 registration fee includes a 25-minute Skin Authority resurfacing facial, a glass of wine upon check-in and facility access from 4:00-8:00. Register at www.kohlerathome.com

Kids Night Out at Sports Core

Friday September 21, 5-9pm Join our Kids Core staff for swimming, pizza, popcorn and a movie. Ages: Toilet Trained to 10 Years Sports Core Non-Member: \$32 Contact the Sports Core reception desk to register or call (920) 457-4444.

Ashtanga Workshop at Yoga on the Lake

Sunday, September 22 2:30-4:30pm Ashtanga yoga is the foundation for today's Vinyasa flow classes. It is a set series of postures with a specific purpose for the order of the poses. Join August and Jo for a look behind the history and theory of Ashtanga yoga with a guided full practice. \$25 per person. Register by calling Yoga on the Lake to register at 920-453-2817.

Flex Appeal Social (Pilates & Barre) at Sports Core

Friday, September 28 6-8:30 pm Mix it up! Workout combines pilates and barre and includes a Tai Chi inspired cool down. Experience the newly re-branded Flex Studio in the Sports Core's lower level as well as Studio A and the deck overlooking Wood Lake. Class, first drink and a #FlexAppeal tank top included in registration fee of \$20. 6-7:15pm Pilates & Barre Mixer. 7:15-8:30pm Drinks by Guest Mixologist Space is limited. Call 920-457-4444 to register.

Well-Being Activities Available During Your Stay

Outdoor Guided Runs

Join Sports Core staff for outdoor guided runs on Wednesdays and Fridays at 7:30am. Pace and distance will be tailored to meet the group's level - around 3 miles and 9 to 10 minute pace. Meet at the front entrance of the American Club. Group will then run over to front entrance of Inn on Woodlake, pick up additional guests and proceed on the run. Rain or shine.

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. Contact Sports Core at (920) 457-4444 to schedule a reservation.

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. Contact Sports Core at (920) 457-4444 to schedule an appointment.

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, please contact 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. Contact Sports Core at (920) 457-4444 to schedule an appointment.

Trek Electra E-Bicycle Rental

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 bike rental is complimentary.

Stand Up Paddle Board, Kayak, and Pedal 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 Sancturay 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.

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