

# WILLOWBROOK SPA

AT THE LAKE HOUSE



## Wellness Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00am Morning Yoga</p> <hr/> <p>9:00am Morning Meditation</p> <hr/> <p>9:30am Morning Stretch</p>          <hr/> <p>2:00pm Tea + Apothecary</p>	<p>8:00am Morning Yoga</p> <hr/> <p>9:00am Morning Meditation</p> <hr/> <p>9:30am Morning Stretch</p>	<hr/> <p>9:00am Total Body Conditioning</p> <hr/> <p>10:00am Yoga, Stretch + Revitalize</p> <hr/> <p>10:30am Iron Yoga Detox</p>	<hr/> <p>9:00am Morning Meditation</p> <hr/> <p>9:30am Morning Stretch</p>	<hr/> <p>9:00am Morning Meditation</p> <hr/> <p>9:30am Morning Stretch</p>          <hr/> <p>3:00pm Whiskey + Wood Burning</p>	<p>8:00am Morning Yoga</p> <hr/> <p>9:00am Morning Meditation</p> <hr/> <p>9:30am Morning Stretch</p>	<p>8:00am Morning Yoga</p> <hr/> <p>9:00am Morning Meditation</p> <hr/> <p>9:30am Morning Stretch</p> <hr/> <p>10:30am Total Body Conditioning</p> <hr/> <p>11:00am Class and a Glass</p> <hr/> <p>11:30am Yoga, Stretch + Revitalize</p> <hr/> <p>12:00pm Iron Yoga Detox</p>

## Wellness Classes

Wellness classes are complimentary for guests of The Lake House. Classes are open to locals with prices listed below each class.

### **Morning Yoga**

Join us for this open level morning yoga class focused on alignment and breathwork.

Instructor: Suzanne Frazer  
Class Length: 50 minutes  
\$20 for Locals

### **Morning Meditation**

This guided meditation is a great way to ease into the day through breathwork and gentle supported poses.

Instructor: Suzanne Frazer  
Class Length: 25 minutes  
\$10 for Locals

### **Morning Stretch**

Start your day with a gentle awakening of the mind, body and spirit in this morning stretch class. Our experienced Wellness Instructor will take guests through a guided stretch focusing on gentle awakening poses, alignment and breathwork.

Instructor: Suzanne Frazer  
Class Length: 25 minutes  
\$10 for Locals

### **Iron Yoga Detox**

Iron Yoga Detox is an athletic style full body and core workout utilizing body weight, light dumbbells, and power yoga poses.

Instructor: Lisa Rosenberger  
Class Length: 50 minutes  
\$20 for Locals

### **Yoga, Stretch + Revitalize**

Gentle peaceful relaxing style yoga incorporating stretching, mindfulness, and breathing with beautiful aroma of essential oils and instructor assisted stretching.

Instructor: Lisa Rosenberger  
Class Length: 25 minutes  
\$10 for Locals

### **Total Body Conditioning**

A full upper and lower body strength training and core conditioning class. Sculpt, tone, and strengthen your entire body!

Instructor: Lisa Rosenberger  
Class Length: 50 minutes  
\$20 for Locals

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## Creative Classes

### **Tea + Apothecary | \$60/person**

Enjoy an oil blending class while sipping on refreshing teas and indulging in some light snacks. Guests will receive a take home custom hand blended scrub.

### **Whiskey + Wood Burning | \$60/person**

Enjoy a flight of house selected whiskeys while creating wood burning art.

\*Guests must be 21+ to participate.

### **Class and a Glass | \$60/person**

Enjoy a two glasses of sparkling wine while being led in creating your own piece of art.

\*Guests must be 21+ to participate.

Interested in private fitness or mind, body & soul sessions?

Contact our Activities Manager:  
[jrhone@lakehousecdga.com](mailto:jrhone@lakehousecdga.com)

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All classes are held on the 3<sup>rd</sup> floor  
of the North Cottage at  
The Lake House.

Advanced registration required to  
avoid disappointment.

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Scan to view the monthly  
activity and event calendar.



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