

WILLOWBROOK SPA

AT THE LAKE HOUSE



Wellness Class Schedule

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

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

Wellness classes are complimentary for guests of The Lake House.

Creative Classes

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

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

Advanced registration required to
avoid disappointment.

Scan to view the monthly
activity and event calendar.



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