

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 —	8:00am Morning Yoga —	8:00am Morning Yoga —	8:00am Morning Yoga —
9:00am Morning Meditation —	9:00am Morning Meditation —	9:00am Morning Meditation —	9:00am Morning Meditation —	9:00am Morning Meditation —	9:00am Morning Meditation —	9:00am Morning Meditation —
9:30am Morning Stretch	9:30am Morning Stretch	9:30am Morning Stretch	9:30am Morning Stretch	9:30am Morning Stretch	9:30am Morning Stretch	9:30am Morning Stretch
				— 3:00pm Whiskey + Wood Burning	— 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/Jennifer Flansburg
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/ Jennifer Flansburg
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.

Instructor: Suzanne Frazer/ Jennifer Flansburg
Class Length: 25 minutes
\$10 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.

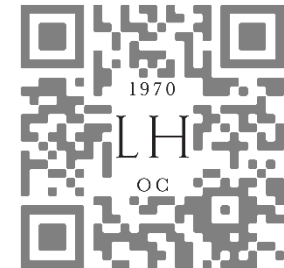
Interested in private fitness or mind, body & soul sessions?

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 below to book wellness and
creative classes.



585.394.7800

800.228.2801

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