



# TIDEPOOLS

## WELLNESS CLASS DESCRIPTIONS

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All classes are adaptable for skill-level. Feel free to talk to the instructor prior to the class to find a way to adjust the class for you.

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### **FLEX AND FOAM**

Ease into a comprehensive flexibility session with light movement, focused stretching for each muscle group, and targeted foam rolling

### **FULL BODY HIIT**

Keep your heart rate up with our high energy, high intensity interval class that hits all muscle groups

### **BODY SCULPT**

Our low impact, full body strength class that will focus on every joint and muscle group.

### **CORE AND MORE**

This class will focus on your true core, providing the tools to improve balance, core stability and joint strength

### **VINYASA FLOW YOGA**

A flowing sequence of yoga poses, adaptable to all levels

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Please call us at 503.483.3000 or email us at [Tidepools@HeadlandsLodge.com](mailto:Tidepools@HeadlandsLodge.com) to reserve your spot in the class. Walk-ins are welcome but we cannot guarantee your spot unless reserved prior to class.

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Please note our class schedules are seasonal and change regularly.