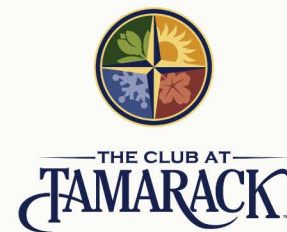


MAY

AT THE CLUB AT TAMARACK



WED

9:00 AM YOGA FOUNDATIONS

Build a strong yoga foundation, refine alignment, and foster mind-body connection. Perfect for beginners and experienced practitioners alike.

Instructor: Bailey

11:00 AM BARRE BLEND

Fusion of yoga and barre for a well-rounded, invigorating workout.

Instructor: Bailey

2:00 - 4:00 PM WELLNESS SERIES

Meet at Member's Lounge

Join us for a rejuvenating guided light walk, as we explore the beautiful surroundings and reconnect with nature.

*Instructor:
Ashley & Bailey*

THURS

9:00 AM SLOW FLOW YOGA

Slow down the pace, allowing for deep relaxation, increased flexibility, and a profound sense of peace.

Instructor: Bailey

11:00 AM MACHINE CIRCUIT

Skillfully organized circuits utilizing our Club Fitness Center's fantastic equipment, designed to optimize strength and muscle toning every week.

Instructor: Bailey

FRI

9:30 - 11:30 AM TRANQUIL TRAILS

Embark on a journey of mindfulness and tranquility with our coffee and intentional movement hiking session!

*Instructor:
Ashley & Bailey*

1:00 PM GROUP FITNESS

Resistance exercises targeting major muscle groups for strength and power.

Instructor: Bailey

3:00 PM YOGA FLOW

Playful movements of evolving flows to explore new dimensions in your practice each week.

Instructor: Bailey

SAT

9:00 AM YOGA MOBILITY RESTORE

Active movement drills and restorative postures for mobility, resilience, and balance.

Instructor: Bailey

11:00 AM GOLF & HIKE CONDITIONING

Meet at Member's Lounge

Conquer the course and trails with circuit-style training designed to enhance your performance and endurance.

Instructor: Bailey

MAY 18TH 2:00PM NATURE JOURNALING WORKSHOP

Meet at Member's Lounge

Embrace the magic of nature and creativity! Hike and explore nature through writing, journaling, drawing, and painting.

Instructor: Bailey

SUN

9:00 AM VINYASA FLOW

A moving, breath-synchronized meditation that creates strength, freedom and fluidity in the body and mind.

Instructor: Chelsea

SPRING INTO WELLNESS WITH US! STRENGTHEN YOUR BODY, CONNECT WITH NATURE, AND BUILD COMMUNITY HERE AT TAMARACK FOR THE MONTH OF MAY.

MARK OFF EACH BOX AS YOU COMPLETE THE CORRESPONDING ACTIVITY. AIM TO FILL AS MANY BOXES AS POSSIBLE THROUGHOUT THE MONTH OF MAY. EVERY BINGO (COMPLETE ROW, COLUMN, OR DIAGONAL) EARNS YOU AN ENTRY TO WIN OUR SPRING WELLNESS CHALLENGE BASKET! ONE LUCKY WINNER WILL TAKE HOME THE CURATED BASKET PACKED WITH ALL THE GEAR YOU NEED FOR A VIBRANT SPRING AND SUMMER AHEAD! ALL FULL BINGO CARDS RECEIVE A COMPLETION PRIZE IN ADDITION!

SPRING INTO WELLNESS BINGO

ATTEND OUR MUDDY MOTHER'S DAY 5K ON MAY 11TH	READ A BOOK	ATTEND A CLUB YOGA CLASS
ATTEND A CLUB FITNESS CLASS	FREEBIE!	ATTEND A FRIDAY TRANQUIL TRAILS: HIKE WITH COFFEE
ATTEND A WELLNESS WEDNESDAY WALK	TRY A <i>NEW TO YOU</i> CLUB CLASS	CREATE A STRAVA ACCOUNT AND JOIN THE TAMARACK RESORT IDAHO GROUP, THEN LOG SOME MOVEMENT!

NAME: _____

EMAIL: _____

PHONE NUMBER: _____