



STRENGTH & FITNESS

Beyond looking good and feeling great, strength and fitness training will help your body over the course of a lifetime. With numerous benefits such as increased bone density, weight management, improved muscle mass and tone, enhanced stamina and sharpened focus, a regular strength training and fitness routine makes sense.

Wellhouse coordinators will help to tailor fitness and wellness options perfectly suited to your needs. Our extensive selection of offerings ensures something for everyone. While we offer all classes listed days, times and locations may vary. Please check with The Wellhouse for the current schedule.

GROUP CLASSES OFFERINGS:

*All group classes are also available as one-on-one sessions.

STRETCH & RELEASE

A variety of modalities including dynamic, static and active isolated stretching techniques allow the entire body to relax and release.

Available in 50min.

ZUMBA

Sculpt and tone the entire body while burning calories with this upbeat dance fitness class, featuring easy-to-learn moves and resistance training.

Available in 50min.

BARRE

A low-impact fusion class focusing on core muscles that combines Pilates, ballet, yoga and isometrics to strengthen and stretch the body while improving posture.

Available in 50 min.

WELLHOUSE H.I.I.T.

High Intensity Interval Training is known to increase your metabolism for up to 24 hours after your workout ends. Our signature class at The Wellhouse is suitable for any fitness level that desires to push their limits. After our trainers lead you through mobility work, there is no looking back with this full body, high intensity workout.

Available in 50 min.

CARDIO-CORE CIRCUIT

Get your heart pumping with this fun and exhilarating aerobic circuit. We'll help you create the perfect workout with your choice of cardio equipment, personalized timed intervals and targeted core conditioning.

Available in 50min.

BLACKBERRY FIT

Breathe fresh mountain air as you workout around the property, stopping at outdoor fitness stations for times intervals. This refreshing workout will leave you energized for your next adventure.

Available in 50min.

AQUAFIT

Water provides a resistant environment that prevents unnecessary stress on the skeletal system. Improve cardio health, balance, strengthen and tone in this energetic aquatic class.

Available in 50 min.

ONE-ON-ONE OFFERINGS:

PRIVATE TRX & STRETCH

Developed by a Navy Seal, TRX® is a highly effective workout system that leverages gravity and your own body weight to perform numerous exercises to build a rock solid core and improve muscle endurance. Beneficial for people of all ages and fitness levels.

Available in 50min.

PERSONAL TRAINING

Whether you are a beginner or a longtime fitness enthusiast, our Wellhouse personal trainer will customize a workout routine to take you to the next level. Learn new techniques to help you get more from your fitness program.

Available in 50min and 80 min.

FOAM ROLLING RELEASE

Give your muscles a workout, treat day-to-day stiffness and loosen things up with this class that helps release sore spots from within muscles and tendons to reduce pain and the risk of muscular injuries.

Available in 50min.

PRIVATE DANCE INSTRUCTION

If music inspires you to move, you'll love this personal session with our dance instructor. Choose the style that interests you— modern, ballet, jazz or Latin—and dance your cares away, feeling the tension leave your body as you spin and stretch. It's a wonderful way to boost your heart rate and work your muscles.

Available in 50 min.

THE
WELLHOUSE
AT BLACKBERRY FARM

www.blackberryfarm.com