

WELLNESS CLASS MENU

MOVEMENT STUDIO

10AM TUESDAY: ESSENTIAL OILS

Experience the therapeutic benefits of essential oils. Let aromatic practices enhance relaxation, clarity, and rejuvenation for your body and mind.

10AM WEDNESDAY: GOOD VIBRATIONS

Relax with sound therapy that uses resonant tones and frequencies to restore balance, reduce tension, and deepen relaxation.

10AM THURSDAY: ACUPUNCTURE & ENERGY WORK

A restorative session combining acupuncture, crystal bowls, and energy work to restore balance and support natural healing.

9AM SATURDAY: YOGA

A grounded yoga practice to stretch, align, and center your body and mind for a calm, focused start of your weekend.

9AM SUNDAY: MOVEMENT CLASS

Move with intention in this full-body movement class to improve mobility, strength, and flexibility, leaving you refreshed and energized for the week ahead.

LAP POOL

10AM MONDAY: SOUND IMMERSION FLOAT

Float weightlessly in the lap pool, surrounded by soothing sound vibrations that promote relaxation, reduce stress, and enhance well-being.

FITNESS CENTER

10AM FRIDAY: FUNCTIONAL FITNESS

Enhance strength, flexibility, and mobility with exercises designed to improve everyday movement and overall physical function.

SIGN UP AT THE FRONT DESK

THE ELMS

—  —
HOTEL & SPA