



February 2025 Classes & Events

Call 715-341-3333 to reserve
your place in class today!

For more information on all
classes & special events visit:
www.WellnessSpaResort.com

'Classes & Events' tab

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 5:30pm FREE - Meditation 6:00pm Mindful Flow Yoga	4 5:30pm FREE – Tai Chi	5 6:45pm Flow Yoga w/ Ana	6	7	8
9	10 5:30pm FREE - Meditation 6:00pm Mindful Flow Yoga	11 5:30pm FREE – Tai Chi	12 6:45pm Flow Yoga w/ Ana	13 5:00pm -Special Event Thai Massage Partner Workshop	14 6:00pm -Special Event Annual Couples Massage Class Valentines Day	15 10:00am -Special Event Annual Couples Massage Class
16	17 5:30pm FREE - Meditation 6:00pm Mindful Flow Yoga	18 5:30pm FREE – Tai Chi	19 6:45pm Flow Yoga w/ Ana	20	21	22 10:00am - Special Event Yoga Nidra Sound Healing 12:30pm - Special Event Salt Spa Yoga - Chakra
23 Valentine Spa Specials End	24 5:30pm FREE - Meditation 6:00pm Mindful Flow Yoga	25 5:30pm FREE – Tai Chi	26 6:45pm Flow Yoga w/ Ana	27 5:30pm Kundalini Flow Yoga	28	