



January 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 Spa Closed for New Years Day	2	3	4
5	6 5:30pm FREE - Meditation 6:00pm Mindful Flow Yoga	7 5:30pm FREE – Tai Chi	8 6:45pm Flow Yoga w/ Ana	9	10	11
12 Valentine Spa Specials Begin	13 5:30pm FREE - Meditation 6:00pm Mindful Flow Yoga	14 5:30pm FREE – Tai Chi	15 6:45pm Flow Yoga w/ Ana	16	17	18 10:00am - Special Event Sound Meditation 12:30pm - Special Event Salt Spa Yoga – Wim Hof
19	20 5:30pm FREE - Meditation 6:00pm Mindful Flow Yoga	21 5:30pm FREE – Tai Chi	22 6:45pm Flow Yoga w/ Ana	23 5:30pm Kundalini Flow Yoga	24	25
26	27 5:30pm FREE - Meditation 6:00pm Mindful Flow Yoga	28 5:30pm-Special Event FREE – Tai Chi Chinese New Year Celebration Class *Yin Wood Snake*	29 6:45 pm Flow Yoga w/ Ana	30	31 5:30pm-Special Event Shamanic Pranayama	