

Elevate your spa day... with classes and programs ranging from fitness, yoga, and cooking to botanical tours and live performances—all included* with your spa admission and part of our ongoing commitment to your greater health and wellness.

Schedule subject to change.

**A minimal materials fee applies to some classes.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Aqua Aerobics 11:00 LP Discover Rancho las Uvas 11:30 R Aqua Aerobics 2:15 LP April Fool's Day</p>	<p>2 Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Tai Chi 1:00 P</p>	<p>3 Aqua Aerobics 11:00 LP Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Tai Chi/QiGong 1:00 P Aromatherapy Basics 2:00 P Chule Day</p>	<p>4 Chicken Chat 11:00 R Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Tai Chi/QiGong 1:00 P</p>	<p>5 Aqua Aerobics 11:00 LP Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Easter Floral Centerpieces 12:30 R Tai Chi 1:00 P Basic Couples Massage 2:00 T</p>	<p>6 ThetaHealing® Sessions Throughout the Day Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Tai Chi/QiGong 1:00 P Yoga/Stretch Fusion 2:00 T Art of Color & Sound 3:00 P</p>	<p>7 Cooking Tips w/Chef Bill 11:00 R Olive Oil & Vinegar Tasting 12:30 R Spring Skin Care 11-4 P Hatha Yoga 11:00 T Discover Rancho las Uvas 11:30 R Hatha Yoga 1:00 T Aqua Aerobics 2:15 LP</p>
<p>8 Glen Ivy Hot Springs Closed Easter Sunday</p>	<p>9 Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Tai Chi 1:00 P Garden Sock Walk 2:00 R</p>	<p>10 Aqua Aerobics 11:00 LP Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Tai Chi/QiGong 1:00 P A-Z Aromatherapy 2:00 P</p>	<p>11 ThetaHealing® Sessions Throughout the Day Theta Meditation 12:30 P Chicken Chat 11:00 R Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Tai Chi/QiGong 1:00 P</p>	<p>12 Aqua Aerobics 11:00 LP Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Spring Container Gardening 12:30 R Tai Chi 1:00 P Basic Couples Massage 2:00 T</p>	<p>13 Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Tai Chi/QiGong 1:00 P Yoga/Stretch Fusion 2:00 T Art of Color & Sound 3:00 P</p>	<p>14 Hatha Yoga 11:00 T Discover Rancho las Uvas 11:30 R Hatha Yoga 1:00 T Aqua Aerobics 2:15 LP</p>
<p>15 Aqua Aerobics 11:00 LP Discover Rancho las Uvas 11:30 R Aqua Aerobics 2:15 LP</p>	<p>16 Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Tai Chi 1:00 P</p>	<p>17 Aqua Aerobics 11:00 LP Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Tai Chi/QiGong 1:00 P Aromatherapy Basics 2:00 P</p>	<p>18 Chicken Chat 11:00 R Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Tai Chi/QiGong 1:00 P</p>	<p>19 Aqua Aerobics 11:00 LP Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Succulent Gardening 12:30 R Tai Chi 1:00 P Basic Couples Massage 2:00 T</p>	<p>20 Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Tai Chi/QiGong 1:00 P Yoga/Stretch Fusion 2:00 T Go Green Skin Care 2:00 P</p>	<p>21 Spring Skin Care 11-4 P Hatha Yoga 11:00 T Discover Rancho las Uvas 11:30 R Hatha Yoga 1:00 T Aqua Aerobics 2:15 LP</p>
<p>22 Earth Day Celebration Sustainability Tour 11 & 1:00 T Aqua Aerobics 11:00 LP Discover Rancho las Uvas 11:30 R Aqua Aerobics 2:15 LP</p>	<p>23 Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Tai Chi 1:00 P Garden Sock Walk 2:00 R</p>	<p>24 Enneamotion Session Throughout the Day Sushi Class 10:30 S Aqua Aerobics 11:00 LP Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Moving in Trust 12:30 T Tai Chi/QiGong 1:00 P A-Z Aromatherapy 2:00 P</p>	<p>25 Enneamotion Session Throughout the Day Chicken Chat 11:00 R Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Tai Chi/QiGong 1:00 P Moving in Trust 3:00 T</p>	<p>26 Aqua Aerobics 11:00 LP Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Seasonal Herbal Wreaths 12:30 R Tai Chi 1:00 P Basic Couples Massage 2:00 T</p>	<p>27 ThetaHealing® Sessions Throughout the Day Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Painting & Crafting 12:30 R Tai Chi/QiGong 1:00 P Yoga/Stretch Fusion 2:00 T</p>	<p>28 Hatha Yoga 11:00 T Discover Rancho las Uvas 11:30 R Hatha Yoga 1:00 T Aqua Aerobics 2:15 LP</p>
<p>29 Aqua Aerobics 11:00 LP Discover Rancho las Uvas 11:30 R Aqua Aerobics 2:15 LP</p>	<p>30 Discover Rancho las Uvas 11:30 R Botanical Tour 12:00 T Tai Chi 1:00 P</p>					

LP = Lap Pool T = Tiempo Lounge
S = Sunflower R = Rancho Las Uvas P = Pavilion



Retreat...at Glen Ivy

April 13-15 **Return to Center: A Weekend of Joyful Movement** with Hoopnotica
 April 20-22 **Living in the Flow Retreat** with Craig Phillips
 April 20-22 **Body, Mind Spirit Renewal Retreat** with Anke Banderski
 For more information or to reserve, please call 888-GLEN IVY or visit glenivy.com.