

Daily Activities

Friday 23rd March

- 9am** Bushwalk Echo Point with Justin (1.75hrs) Hard- Constitution hill
- 11-1pm** Pool closed for cleaning
- 11am** Check out of rooms please
- 12.30-2pm** Lunch
- 2:30pm** Tour of the House & Facilities for new guests from Reception
- 3pm** "Fencercise" with Justin (45 mins)
- 4pm** Afternoon Tea
- 4.00pm** Yoga in the Gym with Claudia (1hr)
- 5.30pm** Relax and Unwind with Claudia (45 mins)
- 6.30pm** Dinner

Saturday 24th March

- 7.15am** Yoga in the Gym with Claudia (1hr)
- 8-9am** Breakfast
- 9am** Bushwalk via Riverview Road with Michelle (1.5hrs Moderate)
- 11.30am** Resistance Training (45 mins)
- 12.30-2pm** Lunch
- 2pm** Flexibility Class with Michelle (45 mins)
- 3pm** Aquafit (45 mins)
- 4pm** Afternoon Tea
- 4pm** Meditation with Michelle in the Gym (45 mins)
- 6.30pm** Dinner

Sunday 25th March

- 7.00am** Rise and Shine
- 7.15am** Stretch Class in the Gym with Michelle
- 8-9am** Breakfast
- 9am** Bushwalk Grand Canyon (1.5hrs Easy) with Michelle
- 11am** Interval Training with Michelle (45 mins)
- 12.30-2pm** Lunch
- 2.30pm** Tour of the house and facilities for new guests. Meet at reception
- 4pm** Afternoon Tea served in the Lounge
- 6.30pm** Dinner

Solar Springs

Please put your name on the lists at reception for walks and classes, and check the white-board for any changes.

Please arrive 5 minutes early for all activities. Don't forget your water bottle!

Reception staff can provide you with a map of walks and bike rides around Bundanoon (helmets at reception).

The tennis court can be used at any time — racquets and balls are in the gym.

Appropriate shoes are to be worn to gym activities & walks.

Please talk to one of our Fitness Professionals prior to class if you have ANY concerns, and please respect their advice if they think an activity is not appropriate for you. It is for your safety.

In the interests of good health, Solar Springs is a smoke free environment. Should you feel the need to smoke, please leave the property.



Daily Activities

Monday 26th March

7am Rise & Shine **7:15 am** Stretch Class in the Gym with Michelle
8-9am Breakfast
9am Bushwalk to Bonnie View (1.5hrs Easy) with Michelle
11am Aquafit with Michelle (45 mins)
12.30-2pm Lunch
2pm Resistance Training
3pm Social Hit of Tennis
4:00pm Afternoon Tea
6.30pm Dinner

Tuesday 27th March

7am Rise & Shine **7.15am** Stretch Class in the Gym with Michelle
8-9am Breakfast
9am Bushwalk to Amphitheatre (1.5hrs Easy/Moderate) with Michelle
11am Aquafit with Michelle (45 mins)
12.30-2pm Lunch
2pm Naturopathy Talk in the Lounge with Rosemary
3.00pm Core strengthening class with Michelle (45 mins)
4:00pm Afternoon Tea
4.15pm "Fencercise" with Justin (45 mins)
5.30pm Life Coaching Strategies in the Lounge with Paul (1 hour)
6.30pm Dinner
8.15pm Meditation in the Quiet Room with Paul (45 mins)

Wednesday 28th March

7am Rise & Shine **7:15pm** Morning Walk around town with Justin
8-9am Breakfast
9am Bushwalk to Fairy Bower (2.5hrs Moderate/Hard) with Jane
12.30-2pm Lunch
2pm Dance Cha Cha Style in the gym with Jane (45 mins)
3pm Aquafit with Jane followed by **4:00pm** Afternoon Tea
4.30pm Relax & Unwind in the gym with Jane (45mins)
6.30pm Dinner

Thursday 29th March

7am Rise & Shine **7.15am** Stretch Class with Jane
8-9am Breakfast
9am Bushwalk to Erith Coalmine (1.5 hrs Mod+Steps) with Jane
11am Aquafit (45 mins)
12.30-2pm Lunch
2.30pm Ballet Burn with Jane in the gym (1.25 hrs) **4pm** Afternoon Tea
4:15pm Relax & Unwind with Jane in the Gym (45 mins)
6.30pm Dinner **8.15pm** - Glow worm Glen Walk with Justin (1.5hr) Hard/mod/

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Reception hours are

9.00 am—5:30 pm

Duty Manager after hours

Refer to the White Board

