

Wellness Month Program

ACTIVITIES JUNE 9 - 30

The gathering point for each activity is at the Activities Center. Activities may be subject to change without prior notice and are weather permitting. For more information call resort extension 6525.

<p>SUNDAY, JUNE 9</p> <p>9:30am: Paddle Boarding Activities Center 11:00am: Bird Interaction Bird Garden 11:30am: Beach Tennis Shocoland Area 3:00pm: Pool Volleyball North Pool</p>	<p>THURSDAY, JUNE 20</p> <p>9:30am: Paddle Boarding Activities Center 10:00am: Pranayana Grass Lawn 11:00am: Demo Cooking with the Chef Sunset Grille 11:00am: Bird Interaction Bird Garden 11:30am: Pool Aerobics North Pool 5:00pm: Beach Volleyball Beach Aisle</p>
<p>MONDAY, JUNE 10</p> <p>8:00am: Meditation Miramar South Lawn 9:00am: Energy Boost Workout Grass Lawn 11:00am: 5 Min. Chair Massage eforea Spa 11:00am: Bird Interaction Bird Garden 3:00pm: Happy & Healthy Bar Mira Solo Lobby Bar 4:00pm: Archery Shocoland Area</p>	<p>FRIDAY, JUNE 21</p> <p>9:30am: Paddle Boarding Activities Center 10:00am: Chair Yoga Grass Lawn 11:00am: Bird Interaction Bird Garden 11:30am: Family Football Grass Lawn 3:00pm: Archery Shocoland Area 5:00pm: Beach Volleyball Beach Aisle</p>
<p>TUESDAY, JUNE 11</p> <p>9:00am: Cycling Tour Activities Center 10:00am: Pool Yoga North Pool 11:00am: DIY Aloe Scrub eforea Spa Cabana 11:00am: Bird Interaction Bird Garden 11:30am: Pool Aerobics North Pool 6:15pm: Candlelight Yoga with Georgette Dunn Aloe Garden at eforea Spa</p>	<p>FRIDAY, JUNE 22</p> <p>9:00am: Cycling Tour Activities Center 10:00am: Hatha Flow Grass Lawn 11:00am: DIY Aloe Scrub eforea Spa Cabana 11:00am: Bird Interaction Bird Garden 11:30am: Archery Shocoland Area 3:00pm: Pool Volleyball North Pool</p>
<p>WEDNESDAY, JUNE 12</p> <p>10:00am: SUP Yoga with Georgette Dunn Activities Center 11:00am: Massage Class in Pairs Beach Gazebo 6:15pm: Sip-N-Flow with Georgette Dunn Grass Lawn</p>	<p>SUNDAY, JUNE 23</p> <p>9:30am: Paddle Boarding Activities Center 11:00am: Bird Interaction Bird Garden 11:30am: Beach Tennis Shocoland Area 3:00pm: Pool Volleyball North Pool</p>
<p>THURSDAY, JUNE 13</p> <p>9:30am: Paddle Boarding Activities Center 10:00am: Family Yoga with Georgette Dunn Grass Lawn 11:00am: Demo Cooking with the Chef Sunset Grille 11:00am: Bird Interaction Bird Garden 11:30am: Pool Aerobics North Pool 5:00pm: Beach Volleyball</p>	<p>MONDAY, JUNE 24</p> <p>7:00am: Sunrise Yoga with Koya Webb Beach 8:00am: Meditation Grass Lawn 10:00am: 5 Min. Chair Massage eforea Spa 11:00am: Bird Interaction Bird Garden 3:00pm: Happy & Healthy Bar Mira Solo Lobby Bar 4:00pm: Archery Shocoland Area</p>
<p>FRIDAY, JUNE 14</p> <p>9:30am: Paddle Boarding Activities Center 10:00am: Chair Yoga Grass Lawn 11:00am: Bird Interaction Bird Garden 11:30am: Family Football Grass Lawn 3:00pm: Archery Shocoland Area 5:00pm: Beach Volleyball Beach Aisle</p>	<p>TUESDAY, JUNE 25</p> <p>9:00am: Cycling Tour Activities Center 11:00am: DIY Aloe Scrub eforea Spa Cabana 11:00am: Bird Interaction Bird Garden 11:30am: Pool Aerobics North Pool 6:00pm: Sunset Yoga with Koya Webb Beach 6:15pm: Chair Yoga Grass Lawn</p>
<p>SATURDAY, JUNE 15</p> <p>9:00am: Cycling Tour Activities Center 10:00am: Hatha Flow Grass Lawn 11:00am: DIY Aloe Scrub eforea Spa Cabana 11:00am: Bird Interaction Bird Garden 11:30am: Archery Shocoland Area 3:00pm: Pool Volleyball North Pool</p>	<p>WEDNESDAY, JUNE 26</p> <p>8:00am: Meditation with Koya Webb Grass Lawn 9:30am: Paddle Boarding Activities Center 10:00am: Massage Class in Pairs Beach Gazebo 6:15pm: Hatha Flow Grass Lawn</p>
<p>SUNDAY, JUNE 16</p> <p>9:30am: Paddle Boarding Activities Center 11:00am: Bird Interaction Bird Garden 11:30am: Beach Tennis Shocoland Area 3:00pm: Pool Volleyball North Pool</p>	<p>THURSDAY, JUNE 27</p> <p>9:30am: Paddle Boarding Activities Center 10:00am: Pranayana Grass Lawn 11:00am: Demo Cooking with the Chef Sunset Grille 11:00am: Bird Interaction Bird Garden 11:30am: Pool Aerobics North Pool 5:00pm: Beach Volleyball Beach Aisle</p>
<p>MONDAY, JUNE 17</p> <p>8:00am: Meditation Miramar South Lawn 9:00am: Energy Boost Workout Grass Lawn 11:00am: 5 Min. Chair Massage eforea Spa 11:00am: Bird Interaction Bird Garden 3:00pm: Happy & Healthy Bar Mira Solo Lobby Bar 4:00pm: Archery Shocoland Area</p>	<p>FRIDAY, JUNE 28</p> <p>9:30am: Paddle Boarding Activities Center 10:00am: Chair Yoga Grass Lawn 11:00am: Bird Interaction Bird Garden 11:30am: Family Football Grass Lawn 3:00pm: Archery Shocoland Area 5:00pm: Beach Volleyball Beach Aisle</p>
<p>TUESDAY, JUNE 18</p> <p>9:00am: Cycling Tour Activities Center 10:00am: Pool Yoga North Pool 11:00am: DIY Aloe Scrub eforea Spa Cabana 11:00am: Bird Interaction Bird Garden 11:30am: Pool Aerobics North Pool 6:15pm: Yin Yoga at Sunset eforea Beach</p>	<p>SATURDAY, JUNE 29</p> <p>9:00am: Cycling Tour Activities Center 10:00am: Hatha Flow Grass Lawn 11:00am: DIY Aloe Scrub eforea Spa Cabana 11:00am: Bird Interaction Bird Garden 11:30am: Archery Shocoland Area 3:00pm: Pool Volleyball North Pool</p>
<p>WEDNESDAY, JUNE 19</p> <p>9:30am: Paddle Boarding Activities Center 10:00am: Mystical Flow Grass Lawn 11:00pm: Massage Class in Pairs Beach Gazebo 6:15pm: Meditation Sunset Beach</p>	<p>SUNDAY, JUNE 30</p> <p>9:30am: Paddle Boarding Activities Center 11:00am: Bird Interaction Bird Garden 11:30am: Beach Tennis Shocoland Area 3:00pm: Pool Volleyball North Pool</p>