



STONEDRIFT SPA

Spring Group Classes



We invite you to indulge in our luxurious spa amenities before or after your wellness experience. We recommend arriving 30 minutes early for the check-in process and to fully unwind to make the most of your experience. With any class or service, you will enjoy full-day access to our serene spa oasis. As a finishing touch, savor a complimentary refreshment following your session.

Friday, March 28th at 9:30am | \$40

60-min Yin Restorative Rest & Reset Yoga Flow with Christy

Friday, April 4th at 9:30am | \$40

60-min Gentle Distress & Unwind Yoga Flow with Christy

Saturday, April 12th at 5:00pm | \$40

80-min Upper Body Stretch Coaching Class with Kaitlin

Friday, April 25th at 2:30pm | \$40

60-min Gentle Slow Paced Restorative Yoga Flow with Christy

Friday, May 9th at 9:00am | \$40

60-min Yoga Flow with A, B, & C Sun Salutations with Christy

Friday, May 16th at 2:30pm | \$40

60-min Chair Yoga with Christy

Saturday, May 17th at 4:30pm | \$40

60-min Lower Body Stretch Coaching Class with Kaitlin