



# BLACKBERRY MOUNTAIN

## March & April Hub Schedule

1507 EAST MILLERS COVE ROAD WALLAND, TN. 37886  
[BLACKBERRYMOUNTAIN.COM](http://BLACKBERRYMOUNTAIN.COM)

# Monday

- 8:00am** Hike to Breakfast | Outfitter  
Bootcamp | Movement Studio | 45 min.  
Yoga Sculpt | Yoga Loft | 50 min.
- 9:00am** MTN HIIT | Movement Studio | 45 min.
- 9:15am** Ropes Wall Yoga | Yoga Loft | 75 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.  
Yoga Basics | Yoga Loft | 50 min.
- 2:00pm** \*Non-Sleep Deep Rest | Yoga Loft | 50 min.
- 3:00pm** \*Balance the Chakras | Yoga Loft | 50 min.

# Tuesday

- 8:00am** Hike to Breakfast | Outfitter  
Spring Training | Movement Studio | 45 min.  
Sunrise Vinyasa | Yoga Loft | 75 min.
- 9:00am** Total Body Resistance | Movement Studio | 45 min.
- 9:30am** Power Yoga | Yoga Loft | 50 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.  
\*Indoor Aerial Yoga | Yoga Loft | 50 min.
- 1:00pm** \*Somatic Sculpt | Embodiment Lab | 50 min.
- 2:00pm** \*Soundbathing | Yoga Loft | 75 min.
- 4:00pm** \*Soundbathing | Yoga Loft | 75 min.

\*Indicates a specialty class — supplemental fees apply-may require travel and setup time  
50 minutes \$50 | 75 minutes \$75 | 90 minutes \$90

# Wednesday

- 8:00am** Hike to Breakfast | Outfitter  
MTN HIIT | Movement Studio | 45 min.  
Power Yoga | Yoga Loft | 50 min.
- 9:00am** Kettlebell Basics | Movement Studio | 45 min.
- 9:15am** Ropes Wall Yoga | Yoga Loft | 75 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.  
Yoga Basics | Yoga Loft | 50 min.
- 2:00pm** \*Soundbathing | Yoga Loft | 75 min.
- 4:00pm** \*Soundbathing | Yoga Loft | 75 min.

# Thursday

- 8:00am** Hike to Breakfast | Outfitter  
Bootcamp | Movement Studio | 45 min.  
Chakra Flow and Meditation | Yoga Loft | 75 min.
- 9:00am** Tabata TRX | Movement Studio | 45 min.
- 9:30am** Yin-Yasa | Yoga Loft | 50 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.  
\*Indoor Aerial Yoga | Yoga Loft | 50 min.
- 2:00pm** \*Non-Sleep Deep Rest | Yoga Loft | 50 min.
- 3:00pm** \*Balance the Chakras | Yoga Loft | 50 min.

\*Indicates a specialty class — supplemental fees apply-may require travel and setup time  
50 minutes \$50 | 75 minutes \$75 | 90 minutes \$90

# Friday

- 8:00am** Hike to Breakfast | Outfitter  
Spring Training | Movement Studio | 45 min.  
Yoga Sculpt | Yoga Loft | 50 min.
- 9:00am** Total Body Resistance | Movement Studio | 45 min.
- 9:15am** Ropes Wall Yoga | Yoga Loft | 75 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.  
Yoga Basics | Yoga Loft | 50 min.
- 1:00pm** \*Somatic Sculpt | Embodiment Lab | 50 min.
- 2:00pm** \*Soundbathing | Yoga Loft | 75 min.
- 4:00pm** \*Soundbathing | Yoga Loft | 75 min.

# Saturday

- 8:00am** Hike to Breakfast | Outfitter  
MTN HIIT | Movement Studio | 45 min.  
Sunrise Vinyasa | Yoga Loft | 75 min.
- 9:00am** Tabata TRX | Movement Studio | 45 min.
- 9:30am** Power Yoga | Yoga Loft | 50 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.  
\*Indoor Aerial Yoga | Yoga Loft | 50 min.
- 2:00pm** \*Soundbathing | Yoga Loft | 75 min.
- 4:00pm** \*Soundbathing | Yoga Loft | 75 min.

\*Indicates a specialty class — supplemental fees apply—may require travel and setup time  
50 minutes \$50 | 75 minutes \$75 | 90 minutes \$90

# Sunday

- 8:00am** Hike to Breakfast | Outfitter  
Bootcamp | Movement Studio | 45 min.  
Chakra Flow and Meditation | Yoga Loft | 75 min.
- 9:00am** Kettlebell Basics | Movement Studio | 45 min.
- 9:30am** Yin-Yasa | Yoga Loft | 50 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.  
Yoga Basics | Yoga Loft | 50 min.
- 2:00pm** \*Soundbathing | Yoga Loft | 75 min.
- 4:00pm** \*Soundbathing | Yoga Loft | 75 min.

\*Indicates a specialty class — supplemental fees apply-may require travel and setup time  
50 minutes \$50 | 75 minutes \$75 | 90 minutes \$90

# Wellness Highlights

**TUESDAYS AND FRIDAYS, 8:00AM**

Spring Training | Movement Studio | 45 min.

**MONDAYS, WEDNESDAYS AND FRIDAYS, 9:15 AM**

Ropes Wall Yoga | Yoga Loft | 75 min.

**TUESDAYS AND FRIDAYS, 1:00PM**

\*Somatic Sculpt | Embodiment Lab | 50 min.

## March Solstice Offering

**FRIDAY, MARCH 20, 11:00AM**

\*Spring Solstice Forest Bathing Experience | Meet at the HUB | 75 min.

## April Lunar Offerings

**WEDNESDAY, APRIL 1, 2:00PM AND 4:00PM**

\*Full Moon Alchemy Soundbathing | Yoga Loft | 75 min.

**FRIDAY, APRIL 17, 2:30PM**

\*New Moon Journaling and Intention Setting | Embodiment Lab | 50 min.

## Questions?

Our Wellness team creates a dynamic class schedule that evolves to accommodate the season and guest experience. If you have any questions about a class offering, equipment used or any other details, please contact our HUB Concierge team.

**OUTFITTER@BLACKBERRYMOUNTAIN.COM**  
**865.518.0710**

\*Indicates a specialty class — supplemental fees apply—may require travel and setup time  
50 minutes \$50 | 75 minutes \$75 | 90 minutes \$90

# Class Descriptions

<b>*AERIAL YOGA</b>	Explore new or familiar postures with the support of aerial silks.
<b>*BALANCE THE CHAKRAS</b>	Align, balance and activate the seven energy centers. Explore how Chakras have a direct impact on your physical, mental, emotional and spiritual well-being.
<b>BOOTCAMP</b>	Drill time, early risers! Meet us in the Movement Studio for this strength training and conditioning class designed to challenge the mind and body. Each day includes a mini-workshop on one of the 7 foundational human movement patterns incorporated into a full-body workout.
<b>CHAKRA FLOW AND MEDITATION</b>	Awaken your seven energy centers in this soulful practice combining movement and stillness. Leave feeling energized, grounded and inspired.
<b>KETTLEBELL BASICS</b>	Beginner friendly yet kettlebell veteran approved! Learn to properly swing, squat, clean and press using one of our favorite strength training tools.
<b>MTN HIIT</b>	Earn your recovery period between explosive intervals in this high energy training class.
<b>*NON-SLEEP DEEP REST</b>	Find effortless relaxation with conscious yet gentle awareness in this deeply restorative and fully guided experience.
<b>POWER YOGA</b>	Find strength in your practice and build internal heat to increase flexibility, mobility and stamina.
<b>ROPES WALL YOGA</b>	Explore the leverage and support of the ropes wall to find endless possibilities within your practice.
<b>*SOMATIC SCULPT</b>	Silent Disco technology meets Mindful Movement! Put on your own headset, move and shake the body to burn energy in this fully guided and cathartic experience.
<b>*SOUNDBATHING</b>	This healing practice allows us to experience inner calm and deep relaxation through the vibration of sound.
<b>SPRING TRAINING</b>	Inspired by professional athletes gearing up for the season! Channel your inner athlete as you work through athletic drills designed to improve rotation, agility, speed and force production. Leave class feeling like a champion. This class will take place primarily outdoors as weather allows.
<b>STRETCH AND RELEASE</b>	Release overall tension while improving flexibility, mobility and posture in this guided recovery class.
<b>SUNRISE VINYASA</b>	Wake the body and stoke your agni (digestive fire) with a dynamic morning practice.
<b>TABATA TRX</b>	Maximize intensity and stability with suspension training. Alternate quick bursts of your highest-intensity work followed by full body active recovery.
<b>TOTAL BODY RESISTANCE</b>	Suspension training at its best! Leverage your own bodyweight as you work against gravity to help create strength, flexibility and balance using the well-known TRX system.
<b>YIN-YASA</b>	In this hybrid practice, dynamic flowing sequences are combined with passive yet powerful longer held floor postures to promote deep fascial release.
<b>YOGA BASICS</b>	Focus on the basics of asana, alignment and breath in this all-levels yoga class.
<b>YOGA SCULPT</b>	Find strength in your practice as we combine high reps with light weights to tone the body, increase flexibility and build stamina.



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