



BLACKBERRY MOUNTAIN

May Hub Schedule

1507 EAST MILLERS COVE ROAD WALLAND, TN. 37886
BLACKBERRYMOUNTAIN.COM

Monday

- 8:00am** Hike to Breakfast | Outfitter
Bootcamp | Movement Studio | 45 min.
Sunrise Vinyasa | Yoga Loft | 75 min.
- 9:00am** MTN HIIT | Movement Studio | 45 min.
- 9:30am** Yoga Basics | Yoga Loft | 50 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.
*Woodlands Yoga | Aerial Forest Platform | 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.
Chakra Flow & Meditation | Yoga Loft | 75 min.
- 9:00am** Total Body Resistance | Movement Studio | 45 min.
- 9:30am** Yoga Sculpt | Yoga Loft | 50 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.
*Aerial Forest Yoga | Aerial Forest Platform | 50 min.
*Winding Woodlands Meditation | Whaley Trail | 75 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
Cardio Core | Training Gym | 45 min.
Power Yoga | Yoga Loft | 50 min.
- 9:00am** MTN HIIT | Movement Studio | 45 min.
Yoga Basics | Yoga Loft | 50 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 10:30am** Ropes Wall Yoga | Yoga Loft | 75 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 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.
Sunrise Vinyasa | Yoga Loft | 75 min.
- 9:00am** Tabata TRX | Movement Studio | 45 min.
- 9:30am** Yoga Basics | Yoga Loft | 50 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.
*Woodlands Yoga | Aerial Forest Platform | 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.
Chakra Flow & Meditation | Yoga Loft | 75 min.
- 9:00am** Total Body Resistance | Movement Studio | 45 min.
- 9:30am** Yoga Sculpt | Yoga Loft | 50 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.
*Aerial Forest Yoga | Aerial Forest Platform | 50 min.
*Winding Woodlands Meditation | Whaley Trail | 75 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** Yoga Basics | Yoga Loft | 50 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.
*Woodlands Yoga | Aerial Forest Platform | 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
Cardio Core | Training Gym | 45 min.
Power Yoga | Yoga Loft | 50 min.
- 9:00am** MTN HIIT | Movement Studio | 45 min.
Yoga Basics | Yoga Loft | 50 min.
- 10:00am** Stretch and Release: Shoulders | Movement Studio | 45 min.
- 10:30am** Ropes Wall Yoga | Yoga Loft | 75 min.
- 11:00am** Stretch and Release: Hips | Movement Studio | 45 min.
- 2:00pm** *Soundbathing | Yoga Loft | 75 min.
- 4:00pm** *Soundbathing | Yoga Loft | 75 min.

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Wellness Highlights

TUESDAYS & FRIDAYS, 11:00AM

*Winding Woodlands Meditation | Whaley Trail | 75 min.

Mother's Day

SUNDAY, MAY 10, 2:00PM

Guided Journaling & Meditation

New Moon

SATURDAY, MAY 16, 11:00AM

Moonstone Meditation with Elizabeth

Full Moons

FRIDAY, MAY 1 & SUNDAY, MAY 31

Full Moon Alchemy Soundbathing

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

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50 minutes \$50 | 75 minutes \$75 | 90 minutes \$90

Class Descriptions

- *AERIAL FOREST YOGA** Find the support of the silks and a freedom only nature can offer to align yourself with the forest around you. This creative approach to the practice and sensory experience within the elements will leave you feeling uplifted and inspired.
- *BALANCE THE CHAKRAS** Align, balance and activate the seven energy centers. Explore how Chakras have a direct impact on your physical, mental, emotional and spiritual well-being.
- BOOTCAMP** 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.
- CARDIO CORE** Change up your strength and endurance work with this challenging class of core supersets and cardio bursts.
- CHAKRA FLOW AND MEDITATION** Awaken your seven energy centers in this soulful practice combining movement and stillness. Leave feeling energized, grounded and inspired.
- MTN HIIT** Earn your recovery period between explosive intervals in this high energy training class.
- *NON-SLEEP DEEP REST** Find effortless relaxation with conscious yet gentle awareness in this deeply restorative and fully guided experience.
- POWER YOGA** Find strength in your practice and build internal heat to increase flexibility, mobility and stamina.
- ROPES WALL YOGA** Explore the leverage and support of the ropes wall to find endless possibilities within your practice.
- *SOMATIC SCULPT** 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.
- *SOUNDBATHING** This healing practice allows us to experience inner calm and deep relaxation through the vibration of sound.
- SPRING TRAINING** 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.
- STRETCH AND RELEASE** Release overall tension while improving flexibility, mobility and posture in this guided recovery class.
- SUNRISE VINYASA** Wake the body and stoke your agni (digestive fire) with a dynamic morning practice.
- TABATA TRX** Maximize intensity and stability with suspension training. Alternate quick bursts of your highest-intensity work followed by full body active recovery.
- TOTAL BODY RESISTANCE** 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.
- *WINDING WOODLANDS MEDITATION** Connect with the temperate rain forest through sight, sound, scent and even physical touch. Shin-rin Yoku or "Forest Bathing" allows us to cultivate curiosity, wander without agenda and create sacred space for reflection.
- *WOODLANDS YOGA** Bridge the gap between yourself and the natural world that surrounds you. This outdoor practice among the trees inspires a deep reconnection with yourself and all nature can provide.
- YOGA BASICS** Focus on the basics of asana, alignment and breath in this all-levels yoga class.
- YOGA SCULPT** 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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