

Twin Farms



PRIVATELY GUIDED ACTIVITIES – WINTER 2023 and 2024

Open to all Twin Farms Guests

ON-PROPERTY PRIVATELY GUIDED ACTIVITIES

Guided Activities do require a reservation and should be scheduled with no fewer than 24 hours' notice.

YOGA

Whether you are a beginner or practice Yoga regularly, our certified Yoga Instructors can design tailor-made classes that fit your skill level and meet your needs. Classes can be booked as individual one-on-one sessions, as a couple, or for a group. *\$180 per person / \$240 per couple / \$60 per additional participant*

MAT PILATES

Using the principles of HIIT (High Intensity Interval Training) you will work with one of our certified Personal Trainers to build, lengthen and strengthen your core muscles and improve overall balance and stability. Classes can be booked as individual one-on-one sessions, as a couple, or for a group. *\$180 per person / \$240 per couple / \$60 per additional participant*



All activities are subject to the whims of Mother Nature



CUSTOM FITNESS PROGRAMS

If you seek to begin a new fitness program, or improve an existing one, our certified Personal Trainers will guide you through a customized fitness program designed to fit your skill level and meet your needs. *\$180 per person / \$240 per couple / \$60 per additional participant*

ADDITIONAL GUIDED ACTIVITIES

The following activities are offered based on snow and weather conditions. As such, we do not book any of these activities prior to a guest's arrival at Twin Farms. Our Activities Team is happy to assist with scheduling these activities once you are here on property with us.

**Hiking and Snowshoeing - Cross Country Skiing - Sledding - Fat-Tire Biking
- Ice Fishing - Guided Meditation - Alpine Touring**



**RELAIS &
CHATEAUX**

All activities are subject to the whims of Mother Nature