

## **ONSITE ACTIVITIES**

In addition to luxurious accommodations, Teton Springs Resort and Club offers a selection of adventurous experiences to enjoy onsite. We invite you to indulge in our many resort activities.

### ***FITNESS, HEALTH AND WELLBEING***

#### **Sunrise Yoga**

For all levels of experience, invigorate your day with mind-centering poses, flows, meditation and breathing techniques while watching the sun rise over the Teton Mountain range.

#### **OULA Fitness**

OULA Fitness combines the depth and soulfulness of mind-body practice with the carefree playfulness of a living room dance party. It's a fun workout.

#### **Aqua Fitness**

Build strength, flexibility and circulation through a guided aquatic exercise regime with flotation equipment.

#### **Pilates**

Focusing on low impact flexibility, muscular strength and endurance movements, this class is perfect for all experience levels. Indoor class offered year round. Outdoor class offered mid-May through August.

#### **Guided Meditation**

Quiet your mind through basic meditative principles such as correct posture, breathing and mental focus. Indoor meditation offered year round. Outdoor classes offered mid-May through August.

#### **Acupuncture**

Ease pain and boost wellbeing with an acupuncture session from Victor-based, Erin Borbet. A studier of Zhejiang Traditional Chinese Medicine and Tibetan Holistic Healing, Erin Borbet is an expert in her field.

### ***DRINK AND DINING EXPERIENCES***

#### **Appetizer and Wine Pairing by the Glass**

Enjoy selected appetizer and wine pairing instruction from the Resort's resident sommelier. All wines sampled are available for purchase. Hosted at Fireside Patio or The Grille depending on availability.

#### **Dinner and Wine Pairing**

Sit down to a four course dinner with wine pairing instruction from the Resort's resident sommelier. All wines sampled are available for purchase. Hosted at Fireside Patio or The Grille depending on availability.

#### **Around the World Wine Tasting**

Experience wines from around the world with a local sommelier. All wines sampled are available for purchase.

### **An Evening with Borbay**

Enjoy a four course dinner and watch resident artist, Borbay, in his creative glory. Originally from New York City, Borbay is an artist of national renown. His personality is as vibrant as his unique and incredible artistic talent. An evening with Borbay is not something anyone is likely to forget - it is an experience of a lifetime.

### **Fireside Patio with the Pro**

Share drinks and appetizers with the Headwaters Club golf pro. Talk all things golf while watching the sunset over the Big Hole Mountain range.

### **Fireside Patio Party and Native American Dance Performance**

Enjoy Native American and Hispanic dances performed by members of the Hispanic Resource Center, a local charity promoting cultural diversity in the Teton Valley community. Partake in an appetizer buffet and a cocktail as you watch the dancers.

### **Grand Teton Distillery Sampler**

Curated sampling of Grand Teton Distillery's award winning vodka selection and whiskey. Owned by actor, Channing Tatum, the Distillery is located in Driggs, Idaho and offers a variety of high quality liquor perfect for sipping or shooting. Event includes passed appetizers.

### **Grand Teton Brewing Company Beer Tasting**

Welcome to Keg Country. Sample several selections of beer from Victor's local brewery. From stout to pale ale, let your tastebuds learn all about beer-making in Wyoming and Idaho. Event includes passed appetizers.

### **Wine and Palettes**

Paint your own masterpiece while enjoying a sumptuous wine sampling. Teri McLaren with The Local Galleria is a respected local artist who will help you hone your oil painting skills. The wine helps! Upgrade experience to include appetizers.

### **Bonfire S'Mores and Games on the Lawn**

Reserve the lawn and make s'mores around the fire pit. As the sun sets, play bocce ball or compete in a rousing game of croquet or corn hole. Upgrade experience to include a buffet dinner.

### **A Picnic with Miniature Ponies**

Have lunch or dinner on the lawn with the miniature ponies from Happy Trails Horse Rescue and Adoption, an organization dedicated to rehabilitating abused and neglected equines. Pet and play with the mini ponies while enjoying a great meal under the Tetons.

## ***SPORTS AND RECREATION OPTIONS***

### **Headwaters Golf Clinic**

Those new to the game will experience the ultimate enjoyment of golf while learning the fundamentals— full swing, chipping and putting. You'll learn what equipment is right for you. Our golf pro will teach you basic etiquette and the rules of the game.

### **Snow Golf**

Who says golf is a summer sport? Put on snow shoes and experience the sport on a whole new terrain. 6 course golf game. Equipment provided.

**Wine & Putting Competition**

Mini Putt Putt on the green. Fun for all. Especially with a bar.

**Tennis Workshop**

Whether you are just learning or sharpening your skills, our tennis pro teaches individual or group lessons based on expertise.

**Fly Fish Casting Instruction**

Catch and release at Teton Springs Resort and Clubs onsite and stocked ponds. Fish to your hearts content on the edge of the National Forest. Equipment is provided.

**Group Nordic Ski**

Groomed trails loop throughout the Resort. Enjoy flat terrain, gentle slopes and miles of pristine deep winter nordic skiing without ever leaving the property. You may see a moose or two. Equipment provided.

**Group Fat Bike**

Teton Springs has a network of maintained bike trails running throughout the grounds. Head into the snow for a phenomenal fat bike experience. Bikes provided.

**Group Snow Shoe**

Get a great workout without even knowing it - snow shoeing is fun and good exercise. Go off the beaten path to experience the wilder areas of the Teton Springs' property. Equipment provided.