

MURRIETA
HOT SPRINGS

WELLNESS ACTIVITIES

FOR ALL AGES

10 AM & 2 PM
GUIDED VITALITY PLUNGE
at Vitality Plunge pool

MON - FRI 11 AM - 3 PM
SAT - SUN 11 AM - 4 PM

MUD COVE
next to Dynamis Fitness

4 PM
GRATITUDE CEREMONY
Gratitude Point (see property map)

FOR ALL GUESTS 18+

DYNAMIS FITNESS CLASSES

(additional charge)
Sign up here:



Bathhouse Hours 9 AM - 10 PM
Bathhall
Kneipp & Reflexology Walk

FOR OVERNIGHT GUESTS 18+

8 AM
AQUA YOGA
meet at Roman Spa

9:15 AM
AQUA SOUND BATH
meet at Roman Spa

MON, WED, SAT
3 PM
RESTFUL RECHARGE*
Fitness Center

TUES, THURS, SUN
3 PM
RESTORATIVE YOGA*
Fitness Center

FRIDAY
3 PM
FRIDAY YOGA FLOW*
Fitness Center

*advance sign up
required. Sign up here:

