



# THIS WEEK AT OLD EDWARDS



JANUARY 30 - FEBRUARY 5, 2012

## MONDAY 1/30

### Fitness Classes

Body Circuit Training	7:15 am
Yoga	9:15 am
Zumba	10:30 am
Classic Bands	11:30 am
Walk Through The Past	1 pm

## TUESDAY 1/31

### Fitness Classes

Core Stability & Flexibility	7:15 am
Yoga	9:15 am
On The Ball	10:30 am
Indoor Cycling	1 pm

## WEDNESDAY 2/1

### Fitness Classes

Total Toning	7:15 am
Yoga	9:15 am
Zumba	10:30 am
Walk Through The Past	1 pm

## THURSDAY 2/2

### Fitness Classes

Classic Bands	7:15 am
Core Stability & Flexibility	9:15 am
Indoor Cycling	10:30 am
Total Toning	5:15 pm

## FRIDAY 2/3

### Fitness Classes

Total Toning	7:15 am
Yoga	9:15 am
Zumba	10:30 am

**Maestro and Cy Timmons Live**  
Hummingbird Lounge, From 6 pm

## SATURDAY 2/4

### Fitness Classes

Walk Through The Past	11:30 am
Sunset Rock Hike	1 pm
Total Toning	3 pm

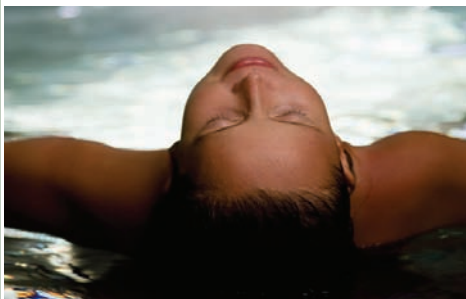
**Maestro and Cy Timmons Live**  
Hummingbird Lounge, From 6 pm

## SUNDAY 2/5

### Fitness Classes

Whiteside Mountain Hike	10:30 am
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## WINTER WELLNESS SPA SPECIALS



### 6 WEEK GLYCOLIC PEEL SERIES 50 Minutes • \$972

Glycolic Acid loosens the intercellular bonds that hold dead skin cells to the surface of the skin, allowing them to easily separate and release, revealing the healthier, fresh skin below.

### WARM EMBRACE BODY WRAP 110 Minutes • \$250

Embrace the nostalgia of winter as the sultry aroma of red currant sweeps you off your feet. Experience bliss with a full body salt polish which prepares your skin to receive our intoxicating Warm Embrace Hydrating Mask. Drift away cocooned in total relaxation, followed by an indulgent four hand massage.

### THE MORE YOU SPA...

Winter is the best time to spa at Old Edwards because the more treatments you enjoy in one day, the healthier your savings. Valid Sunday through Thursday, until May 31.

### WINTER WELLNESS TEN PACK

Save 25% off a series of ten 50-minute and 80-minute spa treatments when you purchase in advance. This is a great Holiday gift. Gratuities are included in the price, which brings the true savings to about 33%. Valid November - April.

- Any Ten 50-Minute Treatments \$1,305
- Any Ten 80-Minute Treatments \$2,070
- Receive 15% Off One Service Booked
- Receive 20% Off Two Services Booked
- Receive 25% Off Three Services Booked



### SUMPTUOUS SPA BUNDLES

Enjoy a few of our most popular treatments packaged together so you can sample several indulgences at a stress-relieving value!

- Joyful Renewal \$150
- Peaceful Indulgence \$275
- Healthy Transformation \$475

Call 828-526-9887 for more information.

## FOURTH ANNUAL



# WINE & DINE

## ON THE MOUNTAIN

APRIL 13 - 14, 2012

### PISONI VINEYARDS SPRING HARVEST WINE DINNER The Farm at Old Edwards

Friday, April 13

6:30 pm - Cocktails, 7:00 pm - Dinner  
\$95 Per Person

Thomas Arvid Painting Live  
Live Entertainment

Call 828.787.2625 for Reservations

### DAVID ARTHUR WINE DINNER Wolfgang's Restaurant and Wine Bistro

Saturday, April 14

6:30 pm - Cocktails, 7:00 pm - Dinner  
\$95 Per Person

Thomas Arvid Painting Live  
Call 828.526.3807 for Reservations

For more information on Thomas Arvid  
visit [www.thomasarvid.com](http://www.thomasarvid.com).

Visit [www.oldedwardsinn.com/WineandDine2012](http://www.oldedwardsinn.com/WineandDine2012)

## KING OF THE MOUNTAIN CHEF'S CHALLENGE Saturday, March 17

Enjoy a champagne greeting and two complimentary bar beverages, appetizers throughout the event prepared by the participating chefs, a cash bar available for additional beverages, four-course dinner prepared by participating chefs and live music following the event.



[www.oldedwardsinn.com/KingofTheMountain2012](http://www.oldedwardsinn.com/KingofTheMountain2012)

To Schedule an Old Edwards Culinary Event,  
Call 828.787.2625



## ACORNS BOUTIQUE Get Ready for Valentine's Sale

20% to 75% Off Select Jewelry,  
25% to 75% Select Ladies Wear

465 Main Street • 828.787.1877  
[www.acornsboutique.com](http://www.acornsboutique.com)

## UPCOMING EVENTS

## OLD EDWARDS GUEST AMENITIES

## FITNESS CLASS DESCRIPTIONS



### VALENTINE'S AT OLD EDWARDS

February 11 - 14

Valentine's Menu in Madison's Restaurant  
Live Music in Hummingbird Lounge on  
Valentine's Day from 6 pm

[www.oldedwardsinn.com/Valentines](http://www.oldedwardsinn.com/Valentines)

### SHERI CASTLE COOKING SCHOOLS

February 24 - 26

Join Sheri Castle, author of *The New Southern Garden Cookbook*, for an interactive, lively cooking demonstration in the intimate setting of the



Piermont Cottage for home cooks of all skill levels. The food is fresh, creative, and designed to ensure your cooking success.

[www.oldedwardsinn.com/SheriCastle](http://www.oldedwardsinn.com/SheriCastle)

### ST. PATRICK'S DAY WEEKEND CELEBRATION

March 16 - 18



Irish Cocktails and Beers in Hummingbird Lounge and Madison's. Special Irish dishes in Madison's throughout the weekend. An authentic Irish Whiskey tasting Friday and Saturday afternoon with the Irish Coffee Making Experience on Saturday.

[www.oldedwardsinn.com/St.Patricks](http://www.oldedwardsinn.com/St.Patricks)

## HOURS OF OPERATION

<b>Acorns Boutique</b>	
Monday - Sunday	10 am - 5 pm
<b>Acorns on Church</b>	
Monday - Sunday	10 am - 5 pm
<b>Fitness Center</b>	7 am - 6 pm
<b>Spa and Salon</b>	9 am - 6 pm
<b>Spa Cafe</b>	11:30 am - 4 pm
<b>Madison's Restaurant</b>	
Breakfast Daily	7 am - 10 am
Lunch Daily	11:30 am - 2 pm
Dinner Sunday - Thursday	6 pm - 8 pm
Friday & Saturday	6 pm - 9 pm
<b>Hummingbird Lounge</b>	2 pm - 10 pm
<b>Oakleaf</b>	
Monday, Thursday, Friday & Saturday	10 am - 4 pm
Sunday	12 pm - 4 pm
Tuesday & Wednesday	Closed

### 24-Hour Butler's Pantry

Features hot coffee, teas, fresh fruit, soft drinks, Dove Bars, computers and internet access. Locations in The Lodge lobby and on the second floor of the main Inn just down from Hummingbird Lounge.

### Acorns Boutique

Select from upscale ladies clothing, gifts, accessories, home accents, jewelry, bath and body products and more. Located on Main Street beside Madison's Restaurant and Wine Garden. Ext. 2551

### Acorns on Church

Features an eclectic selection of beautiful antiques and home accents. Located on Church Street next to the Fitness Center. Ext. 2640

### Fitness Center

State of the art equipment, fitness classes, hikes and personal training. Located behind the main Inn, across the street from the Spa Boutique. Ext. 2689

### Hummingbird Lounge

Featuring piano bar and library. Wine and Old Edwards Premium cocktails served from 2pm daily. Light menu. Live music on Friday and Saturday evenings from 6 pm. Located on the second floor of the Main Inn.

### Laundry and Dry Cleaning

Servicing guests with dry cleaning, repairs and hospitality. Dial the Front Desk.

### The Lodge

Features comfortable conversation areas, stone fireplace, books, magazines, board games, computer, printer, Wii Game Room and internet. Butler's pantry features 24-hour snacks and soft beverages.

### Madison's Restaurant

Old Edwards Inn and Spa award winning restaurant serving an sustainable Farm-to-Table cuisine in a charming and relaxed environment. Located in the front of the main Inn just off the lobby. Ext. 2525

### Old Edwards Club

A private club accessible to members and guests of Old Edwards Inn and Spa. Dine in the solarium with a glass of wine while taking in the stunning view of the rolling hills and golfers teeing off. 526-8044. Reopening Spring 2012.

### Old Edwards Concierge

Schedule onsite and offsite activities, including golf, fly fishing, horseback riding, hiking, mountain biking, tennis and lake activities. Get recommendations for shopping and dining as well as regional activities and adventures. Ext. 2502

### Poolside Cabana

Located at the swimming pool, serves wraps, pizzas, fruit and light menu items, wine and cocktails. Seasonal.

### Rooftop Terrace

Join us on the Rooftop Terrace on the third floor of the Main Inn. Indulge in your favorite Madison's fare and refreshing spirits in an alfresco dining environment. Seasonal.

### The Spa and Salon at Old Edwards

World-class 25,000 square-foot European style spa with mineral whirlpool, steam room and sauna. Treatments for men and women, luxurious amenities and indulgences. Shop a wide variety of luxurious spa products in the Spa Boutique or enjoy a delicious meal at the Spa Cafe serving a light menu for spa guests including a selection of raw cuisine and culinary cocktails. Ext. 2542

### The Wine Garden

Alfresco dining experience surrounded by gardens and fountains. Lunch and dinner daily with a beautiful outdoor cocktail bar with truffle-seasoned popcorn and television. Seasonal

### Swimming Pool

Outdoor heated mineral pool and spa that is recessed in a cave-like cove of tile and stone. Behind the Fitness Center and in front of the Lodge.

### Body Circuit Training: 45 Minutes

This fitness class is a combination of aerobics and resistance training designed to target fat loss, muscle building and overall fitness in a "circuit training" format.

### Classic Bands: 45 Minutes

This fitness class focuses on using resistance bands to help develop muscle groups through resistance training and proper stretching.

### Core Stability & Flexibility: 45 Minutes

Increase your awareness and knowledge while applying new ways to keep your center strong & flexible.

### Indoor Cycling: 60 Minutes

A high-intensity individually controlled indoor cycling exercise class that involves using a stationary exercise bicycle. Indoor cycling strengthens the muscles of the lower body and tones the quadriceps and hamstrings, along with working the back and hips.

### Sunset Rock Hikes: 90 Minutes

Take a bird's eye view of the town from the top of Sunset Rock! A short hike, leads you to a natural cliff side amphitheater where slabs of granite provide front row seats to view the town of Highlands, Brushy Face Mountain and the vista of Horse Cove.

### Total Toning: 30 Minutes

Fitness class consisting of cardio and strength training exercises using hand weights and mats.

### Train Smart: 60 Minutes

A fun filled workout that combines several disciplines. Explore a new way to improve cardiovascular health, strength & flexibility.

### Walk Through The Past: 60 Minutes

A historical 2.5 mile walk around downtown Highlands. You will learn the facts of how Highlands began and developed into one of Western North Carolina's greatest getaways. A must for all historians!

### Whiteside Hike: Approximately 2 Hours

(Requires a 12 hour advance reservation.)

Enjoy the experience of one of America's landmarks along the Eastern Continental Divide. Whiteside Mountain rises to an elevation of 4,930 feet and is a jewel of the Appalachians. Join others as they hike the "moderate" 2.0 mile trail to the summit. Learn the history and nature of this million year old rock! Transportation will be provided by Old Edwards Inn and Spa.

### Yoga: 60 Minutes

Fitness class designed to work on the body's strength, flexibility and alignment through classic postures, breathing exercises and deep relaxation.

### Zumba: 60 Minutes

A fitness class inspired by Latin dance. A way of mixing body-sculpting movements with "easy" to follow dance steps. Zumba uses a variety of styles in its routines, including salsa, reggaeton, hip-hop, etc. Music selections include both fast and slow rhythms to help tone and sculpt the body!

## DESTINATION WEDDINGS

AT OLD EDWARDS INN AND SPA  
For A Memorable Mountain Wedding

- Multiple Ceremony and Event Venues
- Multiple Bedroom Cottages & Suites
- Full Service Catering and World-Class Florals
- Recreation for Wedding Party & Guests
- Elopement Packages and Winter Weddings

828-787-2610 [www.oldedwardsinn.com](http://www.oldedwardsinn.com)

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