

Golf on the Old Course

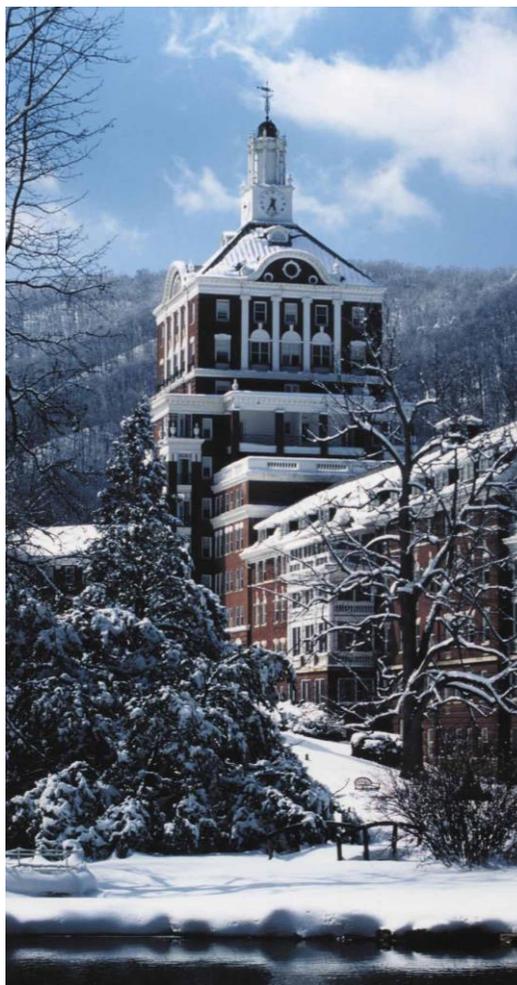
The Omni Homestead's Old Course was completed in 1892 and is distinguished as home of the nation's oldest first tee in continuous use. As the game has evolved over time, so has the Old Course - with updates by William S. Flynn and Rees Jones. Abundant fairway contouring gives most shots a side hill, uphill, or downhill lie to smallish greens, making approach shots interesting.

Skeet Shooting

Enjoy the most beautiful view in Hot Springs when you visit the Shooting Club located just a few minutes from the resort. Skeet shooting is an exciting sport where clay targets are thrown from the same positions as you move from station to station around one of our four skeet fields. The Shooting Club provides guns, ammo, targets and vests as well as eye and ear protection for your safety and comfort. This activity is designed for all ability levels.

Fly Fishing

Join one of our seasoned guides for a two-hour fly fishing experience on our private Cascades stream. This Blue Ribbon stream has stocked and wild rainbow trout and is ideal for any skill level.



**The Omni Homestead Resort
Hot Springs, VA**

For Individual Reservations outside activities offered by Southern Surgical Association:
1-800-838-1766 Prompt # 3 for Activities

OMNI  **RESORTS**
the homestead



**129th Annual Meeting of the
Southern Surgical Association
December 3 - 6, 2017**

Fitness Classes

Zumba

Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

Vinyasa Flow Yoga

Vinyasa means movement with breath. Using a more advanced version of sun salutation and other dynamic sequences, this class will guide you through a flow of challenging postures connected with movement of the breath to help build endurance, flexibility and strength.

Aqua Yoga in The Spa Garden

Join a yoga instructor in the historic hot springs in our beautiful Spa Garden setting for a meditative stretch workshop.
(Bathing Suits required)

RealRyder Cycling Class

With The Omni Homestead's state of the art RealRyder bikes, your outdoor ride is transported into the studio where you'll experience flat roads, hills and jumps.
Intermediate to advanced intensity.

Stretch & Relaxation

Join one of The Omni Homestead's certified Fitness Instructors for a Stretch and Relaxation Class that promotes flexibility and breathing and releases tense muscles.

Segway Tour

Personalized instruction will teach you how to tour The Omni Homestead Resort's wooded trails on a Segway while breathing the fresh mountain air and listening to the sounds of nature.

Jefferson Pools



Enjoy the best hot springs in Virginia straight from the source at The Omni Homestead Resort. Two major springs from the Allegheny Mountains flow through the property and allow visitors to soak in the natural mineral waters of our Jefferson Pools. The springs are naturally heated and do not require any chemical treatments.

Guided Group Horseback Trail Ride

Saddle up for a leisurely ride on bridle paths unsurpassed for quiet beauty deep into the Virginia Mountains. The Homestead Resort Equestrian Center offers a selection of horses suitable for Western saddle and all levels of riding ability. A mounted guide will lead the group on this trail ride. Guests must be 4'6" to participate and may not be over 240lbs.

Culinary Adventures

Gourmet Farm Cheese and Wine

Learn how to make delicious farm cheeses in your own kitchen with the freshest of seasonal ingredients. Sample delicious wines selected to enhance the delicate flavor of each cheese; they will surely be a hit at your next dinner party!

Mixology Class

Guests will learn to make a Peach Bellini Martini, a Homestead Bloody Mary and a Pineapple Mojito and will receive tips on how to make simple cocktails with common ingredients.

Food & Wine Pairing

In this fun and informative class, guests will learn how to predict how food and wine intertwine.

Secrets of Sous Vide

Join one of our expert culinarians as they bring the fine dining technique of Sous Vide cooking to the home chef. By the end of this class, you will be able to confidently execute this cooking style that is taking the culinary world by storm. It's as easy as boiling water.