



# March 2019 Fitness Class Schedule

\*All classes are 50 minutes long unless otherwise noted\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8:30am Yoga w/ <a href="#">Kate</a> 9:30am Meditation in Motion w/ <a href="#">Kate</a> 1:30pm Synergy Fitness w/ <a href="#">Ken</a>	2 8:30am Synergy Fitness w/ <a href="#">Suzanne</a> 9:30am Core & More w/ <a href="#">Suzanne</a> (25min) 10:00am Gentle Yoga & Stretch w/ <a href="#">Suzanne</a> (25min)
3 8:30am Butts & Guts w/ <a href="#">Suzanne</a> (25min) 9:00am Gentle Stretch w/ <a href="#">Suzanne</a> (25min) 9:30am Refresh, Restore, Rejuvenate w/ <a href="#">Suzanne</a>	4 8:30am Yoga w/ <a href="#">Kate</a> 1:30pm Synergy Fitness w/ <a href="#">Ken</a> 4:30pm Cardio, Strength, & Abs w/ <a href="#">Erin</a>	5 9:15am Cardio, Strength, & Abs w/ <a href="#">Tina</a> 10:15am Water Fitness w/ <a href="#">Tina</a> 6:30pm Vinyasa w/ <a href="#">Erica</a>	6 8:30am Yoga w/ <a href="#">Kate</a> 10:15am Water Fitness w/ <a href="#">Suzanne</a>	7 9:15am Synergy Fitness w/ <a href="#">Tina</a> 1:15pm Tabata w/ <a href="#">Kate</a>	8 8:30am Yoga w/ <a href="#">Kate</a> 9:30am Meditation in Motion w/ <a href="#">Kate</a> 1:30pm Synergy Fitness w/ <a href="#">Ken</a>	9 8:30am Agility Balance & Core Stability w/ <a href="#">Suzanne</a> 9:30am Gentle Yoga & Stretch w/ <a href="#">Suzanne</a>
10 8:30am Core & More w/ <a href="#">Suzanne</a> (25min) 9:00am Gentle Stretch w/ <a href="#">Suzanne</a> (25min) 9:30am Refresh, Restore, Rejuvenate w/ <a href="#">Suzanne</a>	11 8:30am Yoga w/ <a href="#">Kate</a> 9:30am Cardio, Strength, & Abs w/ <a href="#">Erin</a> 1:30pm Synergy Fitness w/ <a href="#">Kate</a>	12 9:15am Cardio Drumming w/ <a href="#">Tina</a> 10:15am Water Fitness w/ <a href="#">Tina</a> 6:30pm Vinyasa w/ <a href="#">Erica</a>	13 8:30am Yin Yoga w/ <a href="#">Kate</a> 10:15am Water Fitness w/ <a href="#">Suzanne</a>	14 9:15am Cardio, Strength & Abs w/ <a href="#">Tina</a> 10:15am Water Fitness w/ <a href="#">Tina</a> 1:15pm Tabata w/ <a href="#">Kate</a>	15 8:30am Yoga w/ <a href="#">Kate</a> 9:30am Meditation in Motion w/ <a href="#">Kate</a> 1:30pm Synergy Fitness w/ <a href="#">Ken</a>	16 8:30am Ball Blast w/ <a href="#">Suzanne</a> 9:30am Butts & Guts w/ <a href="#">Suzanne</a> (25 min) 10:00am Ball Stretch w/ <a href="#">Suzanne</a> (25min)
17 8:30am Gentle Yoga & Stretch w/ <a href="#">Suzanne</a> 9:30am Refresh, Restore, Rejuvenate w/ <a href="#">Suzanne</a>	18 8:30am Yoga w/ <a href="#">Kate</a> 12:15pm Synergy Fitness w/ <a href="#">Suzanne</a> 4:30pm Cardio, Strength, & Abs w/ <a href="#">Erin</a>	19 9:15am Cardio, Strength, & Abs w/ <a href="#">Tina</a> 10:15am Water Fitness w/ <a href="#">Tina</a>	20 8:30am Yoga w/ <a href="#">Kate</a> 10:15am Water Fitness w/ <a href="#">Suzanne</a>	21 9:15am Synergy Fitness w/ <a href="#">Tina</a> 10:15am Water Fitness w/ <a href="#">Tina</a> 1:15pm Tabata w/ <a href="#">Kate</a>	22 8:30am Yoga w/ <a href="#">Kate</a> 9:30am Meditation in Motion w/ <a href="#">Kate</a> 1:30pm Synergy Fitness w/ <a href="#">Ken</a>	23 8:30am Cardio, Strength, & Abs w/ <a href="#">Suzanne</a> 9:30am Gentle Yoga & Stretch w/ <a href="#">Suzanne</a>
24 8:30am Core & More Stretch w/ <a href="#">Suzanne</a> 9:00am Gentle Stretch w/ <a href="#">Suzanne</a> 9:30am Refresh, Restore, Rejuvenate w/ <a href="#">Suzanne</a> 3:00pm Cardio, Strength, & Abs w/ <a href="#">Erin</a>	25 8:30am Yoga w/ <a href="#">Kate</a> 1:30pm Synergy Fitness w/ <a href="#">Ken</a>	26 9:15am Cardio Drumming w/ <a href="#">Tina</a> 10:15am Water Fitness w/ <a href="#">Tina</a> 6:30pm Vinyasa w/ <a href="#">Erica</a>	27 8:30am Yoga w/ <a href="#">Kate</a> 10:15am Water Fitness w/ <a href="#">Suzanne</a>	28 9:15am Cardio, Strength & Abs w/ <a href="#">Tina</a> 10:15am Water Fitness w/ <a href="#">Tina</a> 1:15pm Tabata w/ <a href="#">Kate</a>	29 8:30am Yoga w/ <a href="#">Kate</a> 9:30am Meditation in Motion w/ <a href="#">Kate</a> 1:30pm Synergy Fitness w/ <a href="#">Ken</a>	30 8:30am Synergy Fitness w/ <a href="#">Suzanne</a> 9:30am Butts & Guts w/ <a href="#">Suzanne</a> (25min) 10:00am Gentle Stretch w/ <a href="#">Suzanne</a> (25min)
31 8:30am Ball Stretch w/ <a href="#">Suzanne</a> 9:30am Refresh, Restore, Rejuvenate w/ <a href="#">Suzanne</a>						

# March 2019 Fitness Class Descriptions

\*Classes are 50 minutes long unless otherwise noted. Any necessary equipment for classes will be provided\*

\* Classes are complimentary for all Hotel Fitness/ Recreation members, hotel guests and day spa guests. \*

\* Fitness classes are subject to change or cancellation due to instructor availability, inclement weather, or unforeseen circumstance \*

Ball Blast – Maximize core engagement in this cardio, strength and abs workout using stability and Pilates balls.

Ball Stretch – Open and stretch your body more freely using the support of stability and Pilates balls to increase your range of motion.

Butts & Guts – Targeted cardio and strength training focused on core and lower body using various props. Movements include standing and floor work.

Cardio, Strength & Abs – Sequence through a total body work out that starts off with different types of cardio and transitions to strength conditioning followed by core strengthening.

Cardio Drumming – Drum along to the beat using drumsticks and a stability ball in this cardio-based interval training workout.

Core & More – Targeted core movements using props. Movements include standing and floor work.

Functional Fitness – Strength training class incorporating common movements (squats, crunches, arm raises) focused on posture and alignment.

Gentle Stretch – Enjoy a relaxing light stretch designed for those who want to help release the tension from their day.

Meditation in Motion – This class uses slow and controlled movements to activate and harness chi or the energy of the body. It uses a combination of Qigong, tai chi, and yoga.

Partner Yoga – Bring a friend or find one in class and enjoy partner yoga! Should there be odd numbers, the instructor will be your partner!

Pilates – This is a classical Pilate's mat class focusing on posture, core, fluidity, flexibility and mobility.

Refresh, Restore, Rejuvenate – Experience yoga bliss. Relax muscle tension and open your body to myofascial release through supported yin yoga postures. This slow, mindful practice teaches the importance of support and letting go; leaving you feeling more energized and grounded. No yoga experience required. Note this is a floor-based class holding supported postures 1-3 minutes.

Synergy Fitness – Using the TRX straps, Synergy station and other strength training techniques, work your whole body with this interval style training workout.

Tabata – This class is comprised of the following component: High intensity training, a breath-focused component, planks, and finally a stretching to relaxation component.

Vinyasa – Yoga session focusing on breath-based movement incorporating sun salutations and standing poses within a flowing sequence.

Water Fitness – Give your body and joints a break by doing all your favorite and familiar exercise movements in our indoor pool. Utilizing the resistance of the water this class focuses on the benefits of improving flexibility while increasing cardiovascular strength and stamina.

Yin Yoga – Involves poses that apply moderate stress to the connective tissue—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility. Yin poses are held for a longer period of time than yang postures. This is a very quiet and meditative practice.

Yoga – A class focused on the basics of yoga, breath work & movement. Posture alignment and deep breathing are used to connect within.