

Fitness Class Schedule & Descriptions: JANUARY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:00AM Restorative Yoga w/ Kate	2 9:30AM-Pilates w/ Kate 1:00PM- Synergy Fitness w/ Christine 5:00PM- Cardio, Strength & Abs- Erin <i>*Indoor Pool Closed*</i>	3 8:00 AM Synergy Fitness- Ken 9:30AM Cardio, Strength, Abs- Tina 10:30AM Aroma Stretch- Tina (30 min) 6:30PM Vinyasa- Erica <i>*Indoor Pool Closed*</i>	4 9:30AM Yoga w/ Kate 9:30AM Pump it Up! w/ Ed <i>*Indoor Pool Closed*</i>	5 8:00 AM Synergy Fitness- Ken 9:30AM Cardio, Strength & Abs- Tina 10:30AM Aroma Stretch- Tina (30 min) <i>*Indoor Pool Closed*</i>	6 9:30 AM- Restorative Yoga w/ Kate 1:00PM- Synergy Fitness w/ Christine 4:30 PM Cardio, Strength & Abs Erin <i>*Indoor Pool Closed*</i>	7 8:30AM Ball Blast w/ Suzanne 9:30AM Butts & Guts w/ Suzanne
8 8:30AM Ball Stretch w/ Suzanne 9:30AM Refresh, Restore, Rejuvenate w/ Suzanne	9 9:30AM- Pilates w/ Kate 1:00PM- Synergy Fitness w/ Christine 5:00PM- Cardio, Strength & Abs- Erin	10 8:00 AM Synergy Fitness- Ken 9:30AM Cardio, Strength & Abs- Tina 10:30AM Water Fitness- Tina 6:30PM Vinyasa- Erica	11 9:30AM Yin Yoga- Kate 9:30AM Pump it Up! Ed 6:30PM Water Aerobics	12 8:00 AM Synergy Fitness- Ken 9:30AM Cardio, Strength & Abs- Suzanne 10:30AM Water Fitness- Suzanne	13 9:30 AM- Vinyasa Yoga w/ Kate 1:00PM- Synergy Fitness w/ Christine 4:30 PM Cardio, Strength & Abs Erin	14 8:30AM Functional Fitness w/ Suzanne 9:30 AM Express Total Body w/ Suzanne (30 min) 10:00AM Butts & Guts w/ Suzanne
15 8:30AM Ball Stretch w/ Suzanne 9:30AM Refresh, Restore, Rejuvenate w/ Suzanne	16 8:30AM Pilates w/ Kate 1:00PM- Synergy Fitness w/ Christine 5:00PM- Cardio, Strength & Abs- Erin	17 8:00 AM Synergy Fitness- Ken 9:30AM Cardio, Strength & Abs- Tina 10:30AM Water Fitness- Tina 6:30PM Vinyasa- Erica	18 9:30AM Yoga w/ Kate 9:30AM Pump it Up! Ed 6:30PM Water Aerobics	19 8:00 AM Synergy Fitness- Ken 9:30AM Cardio, Strength & Abs- Tina 10:30AM Water Fitness- Tina	20 9:30 AM- Restorative Yoga w/ Kate 1:00PM- Synergy Fitness w/ Christine 4:30 PM Cardio, Strength & Abs Erin	21 8:30AM Ball Blast w/ Suzanne 9:30AM Butts & Guts w/ Suzanne
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29 8:30AM Ball Stretch w/ Suzanne 9:30AM Refresh, Restore, Rejuvenate w/ Suzanne	30 9:30AM- Pilates w/ Kate 1:00PM- Synergy Fitness w/ Christine 5:00PM- Cardio, Strength & Abs- Erin	31 8:00 AM Synergy Fitness- Ken 9:30AM Cardio, Strength & Abs- Tina 10:30AM Water Fitness- Tina 6:30PM Vinyasa- Erica				

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Any necessary equipment for classes will be provided.

* Classes are complimentary for all members, hotel and day spa guests. *

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

Ball Blast – Engage your core in all your moves by using stability and Pilates balls adding variety, challenge and stretch. This is a total body workout!

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

Butts & Guts – You guessed it! Targeted strength training movements focusing on core and lower body using bands, glides, balls, weights.... whatever it takes to get it done!

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 and core strengthening.

Core & More – A targeted workout incorporating props to engage the core and more. Standing & floor work. (Class approximately 25 minutes).

Express Total Body – Do you have 25 minutes? You'll be done before you know it! This express strength training class focuses on core, glutes, legs, upper body, and various strength training moves to sculpt your entire body

Pump It Up!- A total body workout utilizing the TRX machine, weighted cable machines, and a variety of interactive fitness equipment designed to get you moving while having fun in an upbeat paced class!

Functional Fitness – This strength training class incorporates all movements (squats, abs, arms) all done mechanically correct to work smaller muscle groups.

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

Refresh, Restore, Rejuvenate – Find your yoga bliss. Relax muscle tension and open your body to experience myofascial release through supported yin yoga postures. This mindful practice teaches the importance of support and letting go leaving you more energized and grounded. No yoga experience required. All bodies welcome!

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

Vinyasa Yoga- 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 a zero gravity environment, the indoor pool!

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.

Water Aerobics- In our indoor pool this workout focuses on cardiovascular fitness using aerobic movements utilizing the low impact effect of being in the water.