

Fitness Class Schedule & Descriptions (50 min): May 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30AM-Pilates w/ <u>Kate</u> 1:00PM- Synergy Fitness w/ <u>Christine</u> 5:00PM- Cardio, Strength & Abs- <u>Erin</u>	2 8:00 AM Synergy Fitness- <u>Ken</u> 9:30AM Cardio, Strength & Abs w/ <u>Tina</u> 9:30AM Water Fitness- <u>Tina</u> 6:30PM Vinyasa- <u>Erica</u>	3 9:30AM Yoga w/ <u>Kate</u> 9:30AM Synergy Fitness w/ <u>Tina</u> 10:30AM Water Fitness- <u>Suzanne</u>	4 8:00 AM Synergy Fitness- w/ <u>Ken</u> 9:00AM Cardio, Strength, & Abs w/ <u>Suzanne</u> 10:00AM Water Fitness w/ <u>Suzanne</u>	5 9:30 AM-Yoga w/ <u>Kate</u> 1:00PM- Synergy Fitness w/ <u>Christine</u> 4:30 PM Cardio, Strength & Abs <u>Erin</u>	6 8:30AM Ball Blast w/ <u>Suzanne</u> 9:30AM Butts & Guts w/ <u>Suzanne</u>
7 8:30AM Morning Stretch w/ <u>Suzanne</u> 9:30AM Refresh, Restore, Rejuvenate w/ <u>Suzanne</u>	8 9:30AM-Yin Yoga w/ <u>Kate</u> 1:00PM- Synergy Fitness w/ <u>Christine</u> 5:00PM- Cardio, Strength & Abs- <u>Erin</u>	9 8:00 AM Synergy Fitness- <u>Ken</u> 9:30AM Cardio, Strength & Abs w/ <u>Tina</u> 10:30AM Water Fitness- <u>Tina</u> 6:30PM Vinyasa- <u>Erica</u>	10 9:30AM- Yoga w/ <u>Kate</u> 10:30AM Tabata w/ <u>Kate</u> (30min) 10:30AM Water Fitness- <u>Suzanne</u>	11 8:00 AM Synergy Fitness- <u>Ken</u> 9:30AM Cardio, Strength & Abs- <u>Tina</u> 10:30AM Water Fitness w/ <u>Tina</u> 6:00PM Aromatherapy Stretch w/ <u>Tina</u>	12 9:30 AM- Restorative Yoga w/ <u>Kate</u> 1:00PM- Synergy Fitness w/ <u>Christine</u> 4:30 PM Cardio, Strength & Abs <u>Erin</u>	13 8:30AM Functional Fitness w/ <u>Suzanne</u> 9:30 AM. Express Total Body w/ <u>Suzanne</u> 30 min 10:00AM. Core and More w/ <u>Suzanne</u> 30 min
14 8:30AM Ball Stretch w/ <u>Suzanne</u> 9:30AM Refresh, Restore, Rejuvenate w/ <u>Suzanne</u>	15 9:30AM Yoga w/ <u>Kate</u> 1:00PM- Synergy Fitness w/ <u>Christine</u> 5:00PM- Cardio, Strength & Abs- <u>Erin</u>	16 8:00 AM Synergy Fitness- <u>Ken</u> 9:30AM Cardio, Strength & Abs- <u>Tina</u> 10:30AM Water Fitness- <u>Tina</u> 6:30PM Vinyasa- <u>Erica</u>	17 9:30AM Yoga w/ <u>Kate</u> 9:30AM Synergy Fitness w/ <u>Tina</u> 10:30AM Water Fitness- <u>Suzanne</u>	18 8:00 AM Synergy Fitness- <u>Ken</u> 9:30AM Cardio, Strength & Abs- <u>Tina</u> 10:30AM Water Fitness w/ <u>Tina</u>	19 9:30 AM- Pilates w/ <u>Kate</u> 1:00PM- Synergy Fitness w/ <u>Christine</u> 4:30 PM Cardio, Strength & Abs <u>Erin</u>	20 8:30AM Ball Blast w/ <u>Suzanne</u> 9:30AM Butts & Guts w/ <u>Suzanne</u>
21 8:30AM Morning Stretch w/ <u>Suzanne</u> 9:30AM Refresh, Restore, Rejuvenate w/ <u>Suzanne</u>	22 9:30AM- Yin Yoga w/ <u>Kate</u> 1:00PM- Synergy Fitness w/ <u>Christine</u> 5:00 PM- Cardio, Strength & Abs- <u>Erin</u>	23 8:00 AM Synergy Fitness- <u>Ken</u> 9:30AM Cardio, Strength & Abs- <u>Tina</u> 10:30AM Water Fitness- <u>Tina</u> 6:30PM Vinyasa- <u>Erica</u>	24 9:30AM Yoga w/ <u>Kate</u> 10:30AM Tabata w/ <u>Kate</u> (30min) 10:30AM Water Fitness- <u>Suzanne</u>	25 8:00 AM Synergy Fitness- <u>Ken</u> 9:30AM Cardio, Strength & Abs- <u>Tina</u> 6:00PM Aromatherapy Stretch w/ <u>Tina</u>	26 9:30 AM- Yoga w/ <u>Kate</u> 1:00PM- Synergy Fitness w/ <u>Christine</u> 4:30 PM Cardio, Strength & Abs <u>Erin</u>	27 8:30AM Functional Fitness w/ <u>Suzanne</u> 9:30 AM. Express Total Body w/ <u>Suzanne</u> 30 min 10:00AM. Core and More w/ <u>Suzanne</u> 30 min
28 8:30AM Ball Stretch w/ <u>Suzanne</u> 9:30AM Refresh, Restore, Rejuvenate w/ <u>Suzanne</u>	29 8:30AM- Pilates w/ <u>Kate</u> 1:00PM- Synergy Fitness w/ <u>Christine</u>	30 8:00 AM Synergy Fitness- <u>Ken</u> 9:30AM Cardio, Strength & Abs- <u>Tina</u> 10:30AM Water Fitness- <u>Tina</u> 6:30PM Vinyasa- <u>Erica</u>	31 8:30AM Ball Blast w/ <u>Suzanne</u> 9:30AM Yoga w/ <u>Kate</u> 9:30AM Pump It Up w/ <u>ED</u> 10:30AM Water Fitness- <u>Suzanne</u>			

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*Classes are 50 min 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 – Engage your core in all your moves by using stability and Pilates balls adding variety, challenge and stretch. This is a total body workout!

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

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

Morning Stretch & Flow - Wake up the body with a gentle flow of movements and stretches standing, kneeling and on the floor.

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

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!

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

Tabata- High intensity interval workout designed to get your heart rate up in that hard to reach anaerobic zone for short periods of time. Please take class with caution , because of the nature of this workout it is not recommended for the beginner due to the short recovery period.

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.

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