

# November 2016: Fitness Classes (50 Minutes)

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

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\*Any necessary equipment for classes will be provided.\*

\* Please be prepared, classes could be moved outdoors, weather permitting, meet your instructor in the fitness lobby or studio. \*

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

\* Times may be subject to change, when necessary. \*

- **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 approx.. 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 getting a complete upper and lower body
- **Functional Fitness** – This strength training class incorporates all movements (squats, abs, arms) all done mechanically correct to work smaller muscle groups.
- **Morning Stretch** – Start with a brief walk (weather permitting) and wake up the body with gentle 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
- **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.