

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30am Yoga w/ Kate 10:30am Water Fitness w/ Suzanne	2 8:00am Synergy Fitness w/ Ken 9:15am Cardio, Strength & Abs w/ Tina 10:15am Water Fitness w/ Tina 1:15pm Tabata & Stretch w/ Kate	3 9:00am Yoga w/ Kate 10:00am Yoga w/ Kate 1:00pm Synergy Fitness w/ Tina 4:30pm Cardio, Strength & Abs w/ Erin	4 8:30am Ball Blast w/ Suzanne 9:30am Ball Stretch w/ Suzanne
5 8:30am Core and More w/ Suzanne (25 min) 9:00am Gentle Stretch w/ Suzanne (25 min) 9:30am Refresh, Restore, Rejuvenate w/ Suzanne	6 9:30am Yin Yoga w/ Kate 1:00pm Synergy Fitness w/ Tina 4:30pm Cardio, Strength & Abs w/ Erin	7 8:00am Synergy Fitness w/ Ken 9:15am Cardio, Strength & Abs w/ Tina 10:15am Water Fitness w/ Tina 6:30pm Vinyasa w/ Erica	8 9:30am Yoga w/ Kate 9:30am Pump it Up! w/ Ed 10:30am Water Fitness w/ Suzanne	9 8:00am Synergy Fitness w/ Ken 9:15am Cardio, Strength & Abs w/ Tina 10:15am Water Fitness w/ Tina 1:15pm Tabata & Stretch w/ Kate	10 11:15am Synergy Fitness w/ Tina 4:30pm Cardio, Strength & Abs w/ Erin	11 8:30am Total Body Express w/ Suzanne (25 min) 9:00am Butts & Guts w/ Suzanne (25min) 9:30am Morning Walk & Stretch w/ Suzanne
12 8:30am Ball Stretch w/ Suzanne 9:30am Refresh, Restore, Rejuvenate w/ Suzanne	13 9:30am Yoga w/ Kate 4:30pm Cardio, Strength & Abs w/ Erin	14 8:00am Synergy Fitness w/ Ken 9:15am Synergy Fitness w/ Tina 10:15am Water Fitness w/ Tina 6:30pm Vinyasa w/ Erica	15 9:30am Yoga w/ Kate 9:30am Pump it Up! w/ Ed 10:30am Water Fitness w/ Suzanne	16 8:00am Synergy Fitness w/ Ken 9:15am Cardio, Strength & Abs w/ Tina 10:15am Water Fitness w/ Tina 1:15pm Tabata & Stretch w/ Kate	17 9:00am Yoga w/ Kate 10:00am Yoga w/ Kate 1:00pm Synergy Fitness w/ Tina 4:30pm Cardio, Strength & Abs w/ Erin	18 8:30am Ball Blast w/ Suzanne 9:30am Ball Stretch w/ Suzanne
19 8:30am Core and More w/ Suzanne (25 min) 9:00am Gentle Stretch w/ Suzanne (25 min) 9:30am Refresh, Restore, Rejuvenate w/ Suzanne	20 8:30am Cardio, Strength & Abs w/ Erin 9:30am Yoga for low back pain w/ Kate 1:00pm Synergy Fitness w/ Tina	21 8:00am Synergy Fitness w/ Ken 9:15am Beats! w/ Tina 10:15am Water Fitness w/ Tina 6:30pm Vinyasa w/ Erica	22 9:30am Yoga w/ Kate 9:30am Pump it Up! w/ Ed 10:30am Water Fitness w/ Suzanne	23 8:00am Synergy Fitness w/ Ken 8:30 am Cardio, Strength & Abs w/ Erin	24 8:30am Cardio, Strength & Abs w/ Erin	25 8:30am Cardio, Strength & Abs w/ Suzanne 9:30 Pilates w/ Suzanne
26 8:30am Ball Stretch w/ Suzanne 9:30am Refresh, Restore, Rejuvenate w/ Suzanne 6:30pm Relaxation Aromatherapy Stretch w/ Tina	27 8:30am Cardio, Strength & Abs w/ Erin 9:30am Yoga w/ Kate	28 8:00am Synergy Fitness w/ Ken 9:15am Cardio Kickboxing w/ Tina 10:15am Water Fitness w/ Tina 6:30pm Vinyasa w/ Erica	29 9:30am Yoga w/ Kate 9:30am Pump it Up! w/ Ed	30 8:00am Synergy Fitness w/ Ken 9:15am Cardio, Strength & Abs w/ Tina 10:15am Water Fitness w/ Tina 1:15pm Tabata & Stretch w/ Kate		

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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 – 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.

Boot Camp- A combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. (*Classes may be held outside or in our fitness studio, weather permitting)

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.

Core & More (30min) – Targeted core movements using props. Movements include standing and floor work.

Express Total Body (30min) – Total body strength training. Format may include circuits.

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

Gentle Stretch- A gentle stretch and slow yoga flow to awaken your body, mind and breath.

Morning Walk/Stretch (25 min) – Weather permitting, start the day with a walk outside and finish inside with a gentle stretch.

Outdoor Fitness – Weather permitting, we take the workout outside for cardio, strength and abs.

Pilates – This is a classical Pilate's 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 – 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 Plus: This class is comprised of the following components: high intensity training, a breath focused component, a planking component, and finally a stretching to relaxation component.

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 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.