

# Fitness Class Schedule & Descriptions (50 min): September 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8:30 am Cardio, Strength & Abs w/ <a href="#">Erin</a> 9:30am Yoga w/ <a href="#">Kate</a>	2 8:30am Ball Blast w/ <a href="#">Suzanne</a> 9:30am Butts & Guts w/ <a href="#">Suzanne</a> (25 min) 10:00 Ball Stretch w/ <a href="#">Suzanne</a> (25 min)
3 8:30am Gentle Stretch w/ <a href="#">Suzanne</a> 9:30am Refresh, Restore, Rejuvenate w/ <a href="#">Suzanne</a>	4 8:00am Pilates w/ <a href="#">Kate</a> 9:00am Cardio, Strength & Abs w/ <a href="#">Erin</a>	5 8:00am Synergy Fitness w/ <a href="#">Ken</a> 9:30am Boot Camp w/ <a href="#">Tina</a> 10:30am Water Fitness w/ <a href="#">Tina</a>	6 9:30am Yoga w/ <a href="#">Kate</a> 9:30am Pump it Up! w/ <a href="#">Ed</a> 10:30am Water Fitness w/ <a href="#">Suzanne</a>	7 8:00am Synergy Fitness w/ <a href="#">Ken</a> 9:30am Boot Camp w/ <a href="#">Tina</a> 10:30am Water Fitness w/ <a href="#">Tina</a>	8 9:30am Yoga w/ <a href="#">Kate</a> 2:00pm Synergy Fitness w/ <a href="#">Tina</a> 4:30 pm Cardio, Strength & Abs w/ <a href="#">Erin</a>	9 8:30am Functional Fitness w/ <a href="#">Suzanne</a> 9:30am Yoga w/ <a href="#">Suzanne</a>
10 8:30am Ball Stretch w/ <a href="#">Suzanne</a> 9:30am Refresh, Restore, Rejuvenate w/ <a href="#">Suzanne</a>	11 9:30am Yoga w/ <a href="#">Kate</a> 2:00pm Synergy Fitness w/ <a href="#">Tina</a> 4:30 pm Cardio, Strength & Abs w/ <a href="#">Erin</a>	12 8:00am Synergy Fitness w/ <a href="#">Ken</a> 1:15pm Tabata w/ <a href="#">Kate</a>	13 9:30am Yoga w/ <a href="#">Kate</a> 10:30am Water Fitness w/ <a href="#">Suzanne</a>	14 8:00am Synergy Fitness w/ <a href="#">Ken</a> 9:30am Boot Camp w/ <a href="#">Tina</a> 10:30am Water Fitness w/ <a href="#">Tina</a>	15 9:30am Yoga w/ <a href="#">Kate</a> 4:30 pm Cardio, Strength & Abs w/ <a href="#">Erin</a>	16 8:30am Cardio, Strength, & Abs w/ <a href="#">Suzanne</a> 9:30am Pilates w/ <a href="#">Suzanne</a> (25min)
17 8:30am Gentle Stretch w/ <a href="#">Suzanne</a> 9:30am Refresh, Restore, Rejuvenate w/ <a href="#">Suzanne</a>	18 9:30am Yoga For Low Back Pain w/ <a href="#">Kate</a> 4:30 pm Cardio, Strength & Abs w/ <a href="#">Erin</a>	19 8:00am Synergy Fitness w/ <a href="#">Ken</a> 9:30am Boot Camp w/ <a href="#">Tina</a> 10:30am Water Fitness w/ <a href="#">Tina</a> 6:30pm Vinyasa w/ <a href="#">Erica</a>	20 9:30am Yoga w/ <a href="#">Kate</a> 9:30am Pump it Up! w/ <a href="#">Ed</a>	21 8:00am Synergy Fitness w/ <a href="#">Ken</a> 9:30am Boot Camp w/ <a href="#">Tina</a> 10:30am Water Fitness w/ <a href="#">Tina</a>	22 9:30am Yoga w/ <a href="#">Kate</a> 2:00pm Synergy Fitness w/ <a href="#">Tina</a>	23 8:00am Cardio, Strength & Abs w/ <a href="#">Erin</a>
24 8:30am Boot Camp w/ <a href="#">Tina</a> 9:30am Aromatherapy Stretch w/ <a href="#">Tina</a>	25 9:30am Yoga w/ <a href="#">Kate</a> 2:00pm Synergy Fitness w/ <a href="#">Tina</a> 4:30 pm Cardio, Strength & Abs w/ <a href="#">Erin</a>	26 8:00am Synergy Fitness w/ <a href="#">Ken</a> 1:15pm Tabata w/ <a href="#">Kate</a> 6:30pm Vinyasa w/ <a href="#">Erica</a>	27 9:30am Yoga w/ <a href="#">Kate</a> 9:30am Pump it Up! w/ <a href="#">Ed</a> 10:30am Water Fitness w/ <a href="#">Suzanne</a>	28 8:00am Synergy Fitness w/ <a href="#">Ken</a> 9:30am Boot Camp w/ <a href="#">Tina</a> 10:30am Water Fitness w/ <a href="#">Tina</a>	29 9:30am Yoga w/ <a href="#">Kate</a> 4:30 pm Cardio, Strength & Abs w/ <a href="#">Erin</a>	30 8:30am Ball Blast w/ <a href="#">Suzanne</a> 9:30am Total Body Express w/ <a href="#">Suzanne</a> (25 min) 10:00 Gentle Stretch w/ <a href="#">Suzanne</a> (25 min)

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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

Step- Utilizing the basic stepping motion along with simple choreography, break a sweat in this guided aerobics class with Pilates risers or flat on the floor.

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.