

Fitness Class Schedule & Descriptions (50 min): November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:15am Cardio, Strength & Abs w/ Tina 10:15am Water Fitness w/ Tina 1:00pm Tabata w/ Kate	2 8:30am Energy Fusion w/ Kate 9:30am Yoga w/ Kate 4:30pm Cardio, Strength, & Abs w/ Erin	3 8:30am Synergy Fitness w/ Suzanne 9:30am Core & More w/ Suzanne (25min) 10:00am Gentle Stretch w/ Suzanne (25min)
4 8:30am Ball Stretch w/ Suzanne 9:30am Refresh, Restore, Rejuvenate w/ Suzanne	5 8:30am Yoga w/ Kate 1:15pm Synergy Fitness w/ Suzanne 4:30pm Cardio, Strength, & Abs w/ Erin	6 8:30am Synergy Fitness w/ Ken 9:15am Cardio, Strength & Abs w/ Tina 10:15am Water Fitness w/ Tina 6:30pm Vinyasa w/ Erica	7 8:30am Yoga w/ Kate 10:15am Water Fitness w/ Suzanne 1:15pm Synergy Fitness w/ Suzanne	8 8:30am Synergy Fitness w/ Ken 9:15am Cardio, Strength & Abs w/ Tina 10:15am Water Fitness w/ Tina 1:00pm Tabata w/ Kate	9 8:30am Energy Fusion w/ Kate 9:30am Yoga w/ Kate 4:30pm Cardio, Strength, & Abs w/ Erin	10 8:30am Agility Balance & Core Stability w/ Suzanne 9:30am Gentle Stretch w/ Suzanne
11 8:30am Core & More w/ Suzanne (25min) 9:00am Gentle Stretch w/ Suzanne (25min) 9:30am Refresh, Restore, Rejuvenate w/ Suzanne	12 8:30am Yoga w/ Kate 9:30am Cardio, Strength, & Abs w/ Erin 1:15pm Synergy Fitness w/ Kate	13 8:30am Synergy Fitness w/ Ken 9:15am Cardio, Strength & Abs w/ Tina 10:15am Water Fitness w/ Tina 6:30pm Vinyasa w/ Erica	14 8:30am Yoga w/ Kate 10:15am Water Fitness w/ Suzanne 1:15pm Synergy Fitness w/ Suzanne	15 8:30am Synergy Fitness w/ Ken 9:15am Cardio, Strength & Abs w/ Tina 10:15am Water Fitness w/ Tina 1:00pm Tabata w/ Kate	16 8:30am Energy Fusion w/ Kate 9:30am Yoga w/ Kate 4:30pm Cardio, Strength, & Abs w/ Erin	17 8:30am Ball Blast w/ Suzanne 9:30am Butts & Guts w/ Suzanne (25 min) 10:00am Ball Stretch w/ Suzanne (25min)
18 8:30am Gentle Stretch w/ Suzanne 9:30am Refresh, Restore, Rejuvenate w/ Suzanne 6:30pm Relaxation Aromatherapy Stretch w/ Tina	19 8:30am Yoga w/ Kate 1:15pm Synergy Fitness w/ Suzanne	20 8:30am Synergy Fitness w/ Ken 9:15am Cardio, Strength & Abs w/ Tina 10:15am Water Fitness w/ Tina 6:30pm Vinyasa w/ Erica	21 8:30am Yoga w/ Kate 10:15am Water Fitness w/ Suzanne 1:15pm Synergy Fitness w/ Suzanne	22 8:30am Synergy Fitness w/ Ken <i>Happy Thanksgiving!</i> 	23 9:30am Cardio, Strength, & Abs w/ Erin	24 8:30am Cardio, Strength, & Abs w/ Suzanne 9:30am Gentle Yoga & Stretch w/ Suzanne
25 8:30am Ball Stretch w/ Suzanne 9:30am Refresh, Restore, Rejuvenate w/ Suzanne 6:30pm Relaxation Aromatherapy Stretch w/ Tina	26 8:30am Yoga w/ Kate 9:30am Cardio, Strength, & Abs w/ Erin 1:15pm Synergy Fitness w/ Suzanne	27 8:30am Synergy Fitness w/ Ken 9:15am Cardio, Strength & Abs w/ Tina 10:15am Water Fitness w/ Tina 6:30pm Vinyasa w/ Erica	28 8:30am Yoga w/ Kate	29 8:30am Synergy Fitness w/ Ken 9:15am Cardio, Strength & Abs w/ Tina 10:15am Water Fitness w/ Tina 1:00pm Tabata w/ Kate	30 8:30am Energy Fusion w/ Kate 9:30am Yoga w/ Kate 4:30pm Cardio, Strength, & Abs w/ Erin	

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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.

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 – Targeted core movements using props. Movements include standing and floor work.

Energy Fusion – This class uses slow and controlled movements to activate and harness chi or the energy of the body. It uses a combination of Qigong, tai chi, and yoga.

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

Gentle Stretch – Enjoy a relaxing light stretch designed for those who want to help release the tension from their day.

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

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 – This class is comprised of the following component: High intensity training, a breath-focused component, planks, and finally a stretching to relaxation component.

Vinyasa – 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.