

April 2022 Fitness Class Schedule

Classes are 50 minutes long unless otherwise noted. Any necessary equipment for classes will be provided

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

* Fitness classes are subject to change or cancellation due to instructor availability, inclement weather, or unforeseen circumstances *

Fitness classes may be held outdoors, please dress accordingly

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate 10:30am Strength, Mobility, & Balance w/Kathy	2 8:30am Wellness Walk w/Suzanne 9:30am Gentle Stretch w/Suzanne
3 8:30am Functional Fitness w/Suzanne 9:30am Refresh, Restore, Rejuvenate w/Suzanne 1:00pm Drum Fitness and Stretch w/Tina	4 8:30am Yoga w/Kate 4:30pm Cardio, Strength, and Abs w/ Erin 6:00pm Strength, Mobility, & Balance w/Kathy	5 8:30am Wellness Walk w/Christine 10:00am Synergy w/Tina 11:00am Water Fitness w/Tina	6 8:30am Yoga w/Kate 10:00am Splash Dance w/Brian 6:30pm Water Fitness w/Jackie	7 8:30am Wellness Walk w/Christine 1:15pm Synergy w/Tina 6:30pm Synergy w/Kathy	8 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate 1:00am Strength, Mobility, & Balance w/Kathy	9 7:30am Yoga w/Erica 8:30am Wellness Walk w/Suzanne 9:30am Gentle Stretch w/Suzanne
10 8:30am Functional Fitness w/Suzanne 9:30am Refresh, Restore, Rejuvenate w/Suzanne	11 8:30am Yoga w/Kate 6:00pm Strength, Mobility, & Balance w/Kathy	12 8:30am Wellness Walk w/Christine 10:00am Synergy w/Tina 11:00am Water Fitness w/Tina	13 8:30am Fitness Yoga w/Kathy 10:00am Splash Dance w/Brian 6:30pm Water Fitness w/Jackie	14 8:30am Wellness Walk w/Christine 9:30am Cardio, Strength, and Abs w/ Erin 6:30pm Synergy w/Kathy	15 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate 10:30am Strength, Mobility, & Balance w/Kathy	16 7:30am Yoga w/Erica 8:30am Wellness Walk w/Suzanne 9:30am Gentle Stretch w/Suzanne
17 8:30am Functional Fitness w/Suzanne 9:30am Refresh, Restore, Rejuvenate w/Suzanne	18 8:30am Yoga w/Kate 9:30am Cardio, Strength, and Abs w/ Erin 6:00pm Strength, Mobility, & Balance w/Kathy	19 8:30am Wellness Walk w/Christine 10:00am Synergy w/Tina 11:00am Water Fitness w/Tina	20 8:30am Yoga w/Kate 10:00am Splash Dance w/Brian 6:30pm Water Fitness w/Jackie	21 8:30am Wellness Walk w/Christine 1:15pm Water Fitness w/Tina 6:30pm Synergy w/Kathy	22 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate 10:30am Strength, Mobility, & Balance w/Kathy	23 7:30am Yoga w/Erica 8:30am Wellness Walk w/Suzanne 9:30am Gentle Stretch w/Suzanne
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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.

Drum Fitness – Drum along to the beat using drumsticks and a stability ball in this cardio-based interval training workout.

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.

Meditation in Motion – 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.

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.

Splash Dance- Water fitness provides all the benefits of a great cardiovascular and strength-conditioning workout while protecting your joints from excess strain.

Strength, Mobility & Balance- Maintain and Improve your quality of movement. This class will include exercises that work on balance and strength while helping us move more fluidly through our range of motion.

Synergy Fitness– Using the TRX straps, Synergy station and other strength training techniques, work your whole body with this interval style training workout.

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.

Wellness Walk- Time to regroup and enjoy a walk around the grounds led by one of our fitness specialists. A variety of trails and paths will be used with different difficulty levels to be determined the day of.

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