

AUGUST FITNESS SCHEDULE

2026

SUN	MON	TUES	WED	THUR	FRI	SAT
- Classes are complementary for all Hotel Guests, including those attending the Day Spa and Recreation Members. - Classes are 50 minutes long unless noted otherwise. Any necessary equipment will be provided. Fitness classes are subject to change or cancellation due to instructor availability, inclement weather, or unforeseen circumstances.						¹ 7:30AM Yoga: Suzanne 8:30AM Synergy: Suzanne 9:30AM Gentle Stretch: Suzanne
² 7:30AM Ball Stretch: Suzanne 8:30AM Core & More: Suzanne 9:30AM Refresh, Restore, & Rejuvenate: Suzanne	³ 8:30AM Strength, Cardio, & Abs: Erin 5:30PM Synergy: Kathy	⁴ 8:30AM Synergy: Kathy 5:30PM Stretch Yoga: Kathy	⁵ 8:30AM Yoga: Suzanne 5:00PM Power Aquacise: Brian	⁶ 8:30AM Synergy: Christine 5:30PM Functional Fitness: Kathy	⁷ 7:30AM Balance, Mobility, & Strength: Kathy 8:30AM Yoga: Kate 9:30AM Meditation in Motion: Kate 10:30AM Water Aerobics: Tina	⁸ 7:30AM Yoga: Erica 8:30AM Synergy: Suzanne 9:30AM Gentle Stretch: Suzanne
⁹ 7:30AM Ball Stretch: Suzanne 8:30AM Core & More: Suzanne 9:30AM Refresh, Restore, & Rejuvenate: Suzanne	¹⁰ 8:30AM Yoga: Kate 9:30AM Strength, Cardio, & Abs: Erin 5:00PM Power Aquacise: Brian	¹¹ 7:30AM Stretch Pilates: Erin	¹² 8:30AM Yoga: Suzanne 5:00PM Power Aquacise: Brian	¹³ 8:30AM Synergy: Christine	¹⁴ 8:30AM Yoga: Kate 9:30AM Meditation in Motion: Kate	¹⁵ 7:30AM Yoga: Erica 8:30AM Synergy: Suzanne 9:30AM Gentle Stretch: Suzanne
¹⁶ 7:30AM Ball Stretch: Suzanne 8:30AM Core & More: Suzanne 9:30AM Refresh, Restore, & Rejuvenate: Suzanne	¹⁷ 8:30AM Yoga: Kate 9:30AM Strength, Cardio, & Abs: Erin 5:30PM Synergy: Kathy	¹⁸ 8:30AM Synergy: Kathy 9:30AM Strength, Cardio, & Abs: Erin 5:30PM Stretch Yoga: Kathy	¹⁹ 8:30AM Yoga: Suzanne 5:00PM Power Aquacise: Brian	²⁰ 8:30AM Synergy: Christine	²¹ 8:30AM Yoga: Kate 9:30AM Meditation in Motion: Kate	²² 7:30AM Yoga: Erica
²³ No classes scheduled.	²⁴ 8:30AM Yoga: Kate 5:30PM Synergy: Kathy	²⁵ 8:30AM Synergy: Kathy 5:30PM Stretch Yoga: Kathy	²⁶ 8:30AM Yoga: Suzanne 5:00PM Power Aquacise: Brian	²⁷ 8:30AM Synergy: Christine 5:30PM Functional Fitness: Kathy	²⁸ 7:30AM Balance, Mobility, & Strength: Kathy 8:30AM Yoga: Kate 9:30AM Meditation in Motion: Kate 10:30AM Water Aerobics: Tina	²⁹ 7:30AM Yoga: Erica 8:30AM Synergy: Suzanne 9:30AM Gentle Stretch: Suzanne