

# JULY FITNESS SCHEDULE

2026

SUN	MON	TUES	WED	THUR	FRI	SAT
<p>- Classes are complementary for all Hotel Guests, including those attending the Day Spa and Recreation Members.</p> <p>- 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.</p>			<p>1</p> <p>8:30AM Yoga: Suzanne</p> <p>5:00PM Power Aquacise: Brian</p>	<p>2</p> <p>8:30AM Synergy: Christine</p> <p>9:30AM Strength, Cardio, &amp; Abs: Erin</p> <p>5:30PM Functional Fitness: Kathy</p>	<p>3</p> <p>7:30AM Balance, Mobility, &amp; Strength: Kathy</p> <p>8:30AM Yoga: Kate</p> <p>9:30AM Meditation in Motion: Kate</p>	<p>4</p> <p>7:30AM Yoga: Erica</p> <p>8:30AM Synergy: Suzanne</p> <p>9:30AM Gentle Stretch: Suzanne</p>
<p>5</p> <p>7:30AM Ball Stretch: Suzanne</p> <p>8:30AM Core &amp; More: Suzanne</p> <p>9:30AM Refresh, Restore, &amp; Rejuvenate: Suzanne</p>	<p>6</p> <p>8:00AM Strength, Cardio, &amp; Abs: Erin</p> <p>9:00AM Stretch Pilates: Erin</p> <p>5:30PM Synergy: Kathy</p>	<p>7</p> <p>8:30AM Synergy: Kathy</p> <p>5:30PM Stretch Yoga: Kathy</p>	<p>8</p> <p>8:30AM Yoga: Suzanne</p> <p>5:00PM Power Aquacise: Brian</p>	<p>9</p> <p>8:30AM Synergy: Christine</p> <p>9:30AM Strength, Cardio, &amp; Abs: Erin</p> <p>5:30PM Functional Fitness: Kathy</p>	<p>10</p> <p>7:30AM Balance, Mobility, &amp; Strength: Kathy</p> <p>8:30AM Yoga: Kate</p> <p>9:30AM Meditation in Motion: Kate</p> <p>10:30AM Water Aerobics: Tina</p>	<p>11</p> <p>7:30AM Yoga: Erica</p> <p>8:30AM Synergy: Suzanne</p> <p>9:30AM Gentle Stretch: Suzanne</p>
<p>12</p> <p>7:30AM Ball Stretch: Suzanne</p> <p>8:30AM Core &amp; More: Suzanne</p> <p>9:30AM Refresh, Restore, &amp; Rejuvenate: Suzanne</p>	<p>13</p> <p>8:30AM Yoga: Kate</p> <p>5:00PM Power Aquacise: Brian</p>	<p>14</p> <p>8:30AM Synergy: Kathy</p> <p>5:30PM Stretch Yoga: Kathy</p>	<p>15</p> <p>8:30AM Yoga: Suzanne</p> <p>5:00PM Power Aquacise: Brian</p>	<p>16</p> <p>8:30AM Synergy: Christine</p> <p>5:30PM Functional Fitness: Kathy</p>	<p>17</p> <p>7:30AM Balance, Mobility, &amp; Strength: Kathy</p> <p>8:30AM Yoga: Kate</p> <p>9:30AM Meditation in Motion: Kate</p> <p>10:30AM Water Aerobics: Tina</p>	<p>18</p> <p>7:30AM Yoga: Erica</p> <p>8:30AM Synergy: Suzanne</p> <p>9:30AM Gentle Stretch: Suzanne</p>
<p>19</p> <p>7:30AM Ball Stretch: Suzanne</p> <p>8:30AM Core &amp; More: Suzanne</p> <p>9:30AM Refresh, Restore, &amp; Rejuvenate: Suzanne</p>	<p>20</p> <p>8:30AM Yoga: Kate</p> <p>5:30PM Synergy: Kathy</p>	<p>21</p> <p>8:30AM Synergy: Kathy</p> <p>5:30PM Stretch Yoga: Kathy</p>	<p>22</p> <p>5:00PM Power Aquacise: Brian</p>	<p>23</p> <p>8:30AM Synergy: Christine</p> <p>5:30PM Functional Fitness: Kathy</p>	<p>24</p> <p>7:30AM Balance, Mobility, &amp; Strength: Kathy</p> <p>8:30AM Yoga: Kate</p> <p>9:30AM Meditation in Motion: Kate</p> <p>10:30AM Water Aerobics: Tina</p>	<p>25</p> <p>No classes scheduled.</p>
<p>26</p> <p>No classes scheduled.</p>	<p>27</p> <p>8:30AM Yoga: Kate</p> <p>5:30PM Synergy: Kathy</p>	<p>28</p> <p>8:30AM Synergy: Kathy</p> <p>9:30AM Strength, Cardio, &amp; Abs: Erin</p> <p>5:30PM Stretch Yoga: Kathy</p>	<p>29</p> <p>8:30AM Yoga: Suzanne</p> <p>5:00PM Power Aquacise: Brian</p>	<p>30</p> <p>8:30AM Synergy: Christine</p> <p>5:30PM Functional Fitness: Kathy</p>	<p>31</p> <p>7:30AM Balance, Mobility, &amp; Strength: Kathy</p> <p>8:30AM Yoga: Kate</p> <p>9:30AM Meditation in Motion: Kate</p>	