

July 2021 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 circumstance *

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 7:30am Boot Camp w/Tina 8:30am Wellness Walk w/Christine	2 7:30am Strength & Cardio w/Erin 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate	3 8:30am Strength & Cardio w/Suzanne 9:30am Yoga w/Erica
4 7:30am Strength & Cardio w/Erin 8:30am Wellness Walk/Stretch w/Suzanne 9:30am Refresh, Restore, Rejuvenate w/Suzanne	5 8:30am Yoga w/Kate 10:00am Synergy w/Tina	6 8:30am Wellness Walk w/Christine 9:45am Drum Fitness w/Tina 10:45am Water Fitness w/Tina	7 8:30am Yoga w/Kate 9:30am Water Fitness w/Erin	8 8:30am Wellness Walk w/Christine 1:00pm Water Fitness w/Tina	9 7:30am Strength & Cardio w/Erin 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate	10 8:30am Strength & Cardio w/Suzanne 9:30am Yoga w/Erica
11 8:30am Wellness Walk/Stretch w/Suzanne 9:30am Refresh, Restore, Rejuvenate w/Suzanne	12 8:30am Yoga w/Kate 10:00pm Strength & Cardio w/Tina	13 8:30am Wellness Walk w/Christine 9:45am Synergy w/Tina 10:45am Water Fitness w/Tina	14 8:30am Yoga w/Kate	15 7:45am Boot Camp w/Tina 8:30am Wellness Walk w/Christine	16 7:30am Strength & Cardio w/Erin 9:00am Water Fitness w/Tina	17 8:30am Strength & Cardio w/Suzanne 9:30am Yoga w/Erica
18 8:30am Wellness Walk/Stretch w/Suzanne 9:30am Refresh, Restore, Rejuvenate w/Suzanne	19 10:00am Strength & Cardio w/Tina	20 8:30am Wellness Walk w/Christine 9:45 Drum Fitness w/Tina 10:45am Water Fitness w/Tina	21 8:30am Yoga w/Kate 9:30am Water Fitness w/Erin	22 8:30am Wellness Walk w/Christine 1:00pm Water Fitness w/Tina	23 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate	24 8:30am Strength & Cardio w/Suzanne 9:30am Gentle Yoga w/Suzanne
25 8:30am Wellness Walk/Stretch w/Suzanne 9:30am Refresh, Restore, Rejuvenate w/Suzanne	26 10:00am Strength & Cardio w/Tina	27 8:30am Wellness Walk w/Christine	28	29 8:30am Wellness Walk w/Christine	30 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate	31 8:30am Strength & Cardio w/Suzanne 9:30am Yoga w/Erica

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Boot Camp – A combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. (*May be held outside, weather permitting)

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.

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.

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 lead 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.