

JUNE FITNESS SCHEDULE

2026

SUN	MON	TUES	WED	THUR	FRI	SAT
	<p>1 8:30AM Yoga: Kate</p> <p>4:30PM Strength, Cardio, & Abs: Erin</p> <p>5:30PM Synergy: Kathy</p>	<p>2 8:30AM Synergy: Kathy</p> <p>5:30PM Stretch & Yoga: Kathy</p>	<p>3 8:30AM Yoga: Suzanne</p> <p>4:30PM Power Aquacise: Brian</p>	<p>4 8:30AM Synergy: Christine</p>	<p>5 7:30AM Yoga: Kate</p> <p>8:30AM Roll & Restorative: Kate</p> <p>9:30AM Meditation in Motion: Kate</p>	<p>6 7:30AM Yoga: Erica</p> <p>8:30AM Synergy: Suzanne</p> <p>9:30AM Gentle Stretch: Suzanne</p>
<p>7 7:30AM Ball Stretch: Suzanne</p> <p>8:30AM Core & More: Suzanne</p> <p>9:30AM Refresh, Restore, & Rejuvenate: Suzanne</p>	<p>8 8:30AM Yoga: Kate</p> <p>3:30PM Strength, Cardio, & Abs: Erin</p> <p>5:30PM Synergy: Kathy</p>	<p>9 8:30AM Synergy: Kathy</p> <p>5:30PM Stretch & Yoga: Kathy</p>	<p>10 5:00PM Power Aquacise: Brian</p>	<p>11 8:30AM Synergy: Christine</p> <p>5:30PM Functional Fitness: Kathy</p>	<p>12 7:30AM Strength, Mobility, & Balance: Kathy</p>	<p>13 7:30AM Yoga: Erica</p> <p>8:30AM Synergy: Suzanne</p> <p>9:30AM Gentle Stretch: Suzanne</p>
<p>14 7:30AM Ball Stretch: Suzanne</p> <p>8:30AM Core & More: Suzanne</p> <p>9:30AM Refresh, Restore, & Rejuvenate: Suzanne</p>	<p>15 8:30AM Yoga: Kate</p> <p>5:30PM Synergy: Kathy</p>	<p>16 No classes scheduled</p>	<p>17 8:30AM Yoga: Suzanne</p> <p>5:00PM Power Aquacise: Brian</p>	<p>18 8:30AM Synergy: Christine</p>	<p>19 7:30AM Strength, Mobility, & Balance: Kathy</p> <p>8:30AM Yoga: Kate</p> <p>9:30AM Meditation in Motion: Kate</p>	<p>20 7:30AM Yoga: Erica</p> <p>8:30AM Synergy: Suzanne</p> <p>9:30AM Gentle Stretch: Suzanne</p>
<p>21 7:30AM Ball Stretch: Suzanne</p> <p>8:30AM Core & More: Suzanne</p> <p>9:30AM Refresh, Restore, & Rejuvenate: Suzanne</p>	<p>22 8:30AM Yoga: Kate</p> <p>5:30PM Synergy: Kathy</p>	<p>23 8:30AM Synergy: Kathy</p> <p>5:30PM Stretch & Yoga: Kathy</p>	<p>24 8:30AM Yoga: Suzanne</p> <p>5:00PM Power Aquacise: Brian</p>	<p>25 8:30AM Synergy: Christine</p> <p>5:30PM Functional Fitness: Kathy</p>	<p>26 7:30AM Strength, Mobility, & Balance: Kathy</p> <p>8:30AM Yoga: Kate</p> <p>9:30AM Meditation in Motion: Kate</p>	<p>27 7:30AM Yoga: Erica</p> <p>8:30AM Synergy: Suzanne</p> <p>9:30AM Gentle Stretch: Suzanne</p>
<p>28 7:30AM Ball Stretch: Suzanne</p> <p>8:30AM Core & More: Suzanne</p> <p>9:30AM Refresh, Restore, & Rejuvenate: Suzanne</p>	<p>29 9:30AM Strength, Cardio, & Abs: Erin</p> <p>8:30AM Yoga: Kate</p> <p>5:30PM Synergy: Kathy</p>	<p>30 8:30AM Synergy: Kathy</p> <p>5:30PM Stretch & Yoga: Kathy</p>	<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>			