



May 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 8:30am Strength & Cardio w/Suzanne
2 9:30am Wellness Walk w/Suzanne	3 8:30am Yoga w/Kate 10:00am Strength & Cardio w/Tina	4 8:30am Wellness Walk w/Christine 10:00am Water Fitness w/Tina	5 8:30am Yoga w/Kate 10:00am Strength & Cardio w/Tina 6:30pm Water Fitness w/Jackie	6 8:30am Wellness Walk w/Christine 10:00am Water Fitness w/Tina	7 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate	8 8:30am Strength & Cardio w/Suzanne
9 9:30am Wellness Walk w/Suzanne	10 8:30am Yoga w/Kate 10:00am Strength & Cardio w/Tina	11 8:30am Wellness Walk w/Christine 10:00am Water Fitness w/Tina	12 8:30am Yoga w/Kate 10:00am Water Fitness w/Tina	13 8:30am Wellness Walk w/Christine 10:00am Water Fitness w/Tina	14 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate	15 8:30am Strength & Cardio w/Suzanne
16 9:30am Wellness Walk w/Suzanne	17 8:30am Yoga w/Kate 10:00am Strength & Cardio w/Tina	18 8:30am Wellness Walk w/Christine 10:00am Water Fitness w/Tina	19 8:30am Yoga w/Kate 10:00am Strength & Cardio w/Tina 6:30pm Water Fitness w/Jackie	20 8:30am Wellness Walk w/Christine 10:00am Water Fitness w/Tina	21 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate	22 8:30am Strength & Cardio w/Suzanne
23 9:30am Wellness Walk w/Suzanne	24 8:30am Yoga w/Kate 10:00am Strength & Cardio w/Tina	25 8:30am Wellness Walk w/Christine 10:00am Water Fitness w/Tina	26 8:30am Yoga w/Kate 10:00am Water Fitness w/Tina	27 8:30am Wellness Walk w/Christine 10:00am Water Fitness w/Tina	28 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate	29 8:30am Strength & Cardio w/Suzanne
30 9:30am Wellness Walk w/Suzanne	31 8:00am Fitness Trail Walk w/Tina 8:30am Yoga w/Kate 9:30am Strength & Cardio w/Tina					

May 2021 Fitness Class Descriptions

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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.

Strength & Cardio- Sequence through a total body work out that starts off with different types of cardio and transitions to strength conditioning followed by core strengthening.

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- Enjoy a nice relaxing walk through the woods and around the hotel.

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