

NOVEMBER FITNESS SCHEDULE 2026

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