



# November 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 Yoga w/Kate	2 8:30am Wellness Walk w/Christine 10:00am Drum Fitness w/Tina 11:00am Water Fitness w/Tina	3 8:30am Yoga w/Kate 6:30pm Water Fitness w/Jackie	4 8:30am Wellness Walk w/Christine	5 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate 10:00am Water Fitness w/Tina	6 7:30am Yoga w/Erica 8:30am Strength & Cardio w/Suzanne 9:30am Wellness Walk/Stretch w/Suzanne
7 8:30am Fitness Fusion w/Suzanne 9:30am Refresh, Restore, Rejuvenate w/Suzanne	8 8:30am Yoga w/Kate 10:00am Strength & Cardio w/Tina 11:00am Water Fitness w/Tina	9 8:30am Wellness Walk w/Christine	10 8:30am Yoga w/Kate 6:30pm Water Fitness w/Jackie	11 8:30am Wellness Walk w/Christine 1:00pm Water Fitness w/Tina	12 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate	13 7:30am Yoga w/Erica 8:30am Strength & Cardio w/Suzanne 9:30am Wellness Walk/Stretch w/Suzanne
14 8:30am Fitness Fusion w/Suzanne 9:30am Refresh, Restore, Rejuvenate w/Suzanne	15 8:30am Yoga w/Kate 10:00am Strength & Cardio w/Tina 11:00am Water Fitness w/Tina	16 8:30am Wellness Walk w/Christine 10:00am Synergy w/Tina 11:00am Water Fitness w/Tina	17 8:30am Yoga w/Kate 6:30pm Water Fitness w/Jackie	18 8:30am Wellness Walk w/Christine	19 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate	20 8:30am Strength & Cardio w/Suzanne 9:30am Wellness Walk/Stretch w/Suzanne
21 8:30am Fitness Fusion w/Suzanne 9:30am Refresh, Restore, Rejuvenate w/Suzanne	22 8:30am Yoga w/Kate	23 8:30am Wellness Walk w/Christine 10:00am Drum Fitness w/Tina 11:00am Water Fitness w/Tina	24 8:30am Yoga w/Kate	25 8:30am Turkey Walk w/Christine	26 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate	27 7:30am Yoga w/Erica 8:30am Strength & Cardio w/Suzanne 9:30am Wellness Walk/Stretch w/Suzanne
28 8:30am Fitness Fusion w/Suzanne 9:30am Refresh, Restore, Rejuvenate w/Suzanne	29 8:30am Yoga w/Kate	30 8:30am Wellness Walk w/Christine 10:00am Synergy w/Tina 11:00am Water Fitness w/Tina				

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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.

Functional Fitness – Strength training class incorporating common movements (squats, crunches, arm raises) focused on posture and alignment.

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 led 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.



