

# September 2022 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 circumstances \*

\*Fitness classes may be held outdoors, please dress accordingly\*

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|--|--|--|--|---|---|---|
|  |  |  |  | 1<br>8:30am Wellness Walk<br>w/Christine                                    | 2<br>8:30am Yoga w/Kate<br>9:30am Meditation in<br>Motion w/Kate  | 3<br>7:30am Yoga<br>w/Suzanne<br>8:30am Outdoor<br>Functional Fitness<br>w/Suzanne<br>9:30am Gentle Stretch<br>w/Suzanne  |
| 4<br>8:30am Wellness Walk<br>w/Suzanne<br>9:30am Refresh,<br>Restore, Rejuvenate<br>w/Suzanne  | 5<br>8:30am Yoga w/Kate<br>9:30am Cardio,<br>Strength, and Abs w/<br>Erin  | 6<br>8:30am Wellness Walk<br>w/Christine<br>10:00am Synergy<br>w/Tina<br>11:00am Water Fitness<br>w/Tina       | 7<br>8:30am Yoga w/Kate<br>10:00am Aqua 2 for 1<br>w/Brian<br>6:00pm Synergy<br>w/Kathy<br>6:30pm Water Fitness<br>w/Jackie  | 8<br>8:30am Wellness Walk<br>w/Christine<br>1:15pm Water Fitness<br>w/Tina  | 9<br>7:30am Strength,<br>Mobility, & Balance<br>w/Kathy<br>8:30am Yoga w/Kate<br>9:30am Meditation in<br>Motion w/Kate  | 10<br>7:30am Yoga<br>w/Suzanne<br>8:30am Outdoor<br>Functional Fitness<br>w/Suzanne<br>9:30am Gentle Stretch<br>w/Suzanne |
| 11<br>8:30am Wellness Walk<br>w/Suzanne<br>9:30am Refresh,<br>Restore, Rejuvenate<br>w/Suzanne | 12<br>8:30am Yoga w/Kate<br>4:30pm Cardio,<br>Strength, and Abs w/<br>Erin<br>6:00pm Functional<br>Fitness w/Kathy                                       | 13<br>8:30am Wellness Walk<br>w/Christine<br>10:00am Drum Fitness<br>w/Tina<br>11:00am Water Fitness<br>w/Tina | 14<br>8:30am Yoga w/Kate<br>10:00am Aqua 2 for 1<br>w/Brian<br>6:00pm Synergy<br>w/Kathy<br>6:30pm Water Fitness<br>w/Jackie | 15<br>8:30am Wellness Walk<br>w/Christine                                   | 16<br>7:30am Strength,<br>Mobility, & Balance<br>w/Kathy<br>8:30am Yoga w/Kate<br>9:30am Meditation in<br>Motion w/Kate | 17<br>7:30am Yoga w/Kathy<br>8:30am Outdoor<br>Functional Fitness<br>w/Kathy<br>9:30am Gentle Stretch<br>w/Kathy          |
| 18<br>8:30am Wellness Walk<br>w/Kathy<br>9:30am Refresh,<br>Restore, Rejuvenate<br>w/Kathy     | 19<br>8:30am Yoga w/Kate<br>1:15pm Strength &<br>Cardio w/Tina<br>4:30pm Cardio,<br>Strength, and Abs w/<br>Erin<br>6:00pm Functional<br>Fitness w/Kathy | 20<br>8:30am Wellness Walk<br>w/Christine<br>10:00am Synergy<br>w/Tina<br>11:00am Water Fitness<br>w/Tina      | 21<br>8:30am Yoga w/Kate<br>10:00am Aqua 2 for 1<br>w/Brian<br>6:00pm Synergy<br>w/Kathy<br>6:30pm Water Fitness<br>w/Jackie | 22<br>8:30am Wellness Walk<br>w/Christine<br>1:15pm Water Fitness<br>w/Tina | 23<br>7:30am Strength,<br>Mobility, & Balance<br>w/Kathy<br>8:30am Yoga w/Kate<br>9:30am Meditation in<br>Motion w/Kate | 24<br>7:30am Yoga<br>w/Suzanne<br>8:30am Outdoor<br>Functional Fitness<br>w/Suzanne<br>9:30am Gentle Stretch<br>w/Suzanne |
| 25<br>8:30am Wellness Walk<br>w/Suzanne<br>9:30am Refresh,<br>Restore, Rejuvenate<br>w/Suzanne | 26<br>8:30am Yoga w/Kate<br>1:15pm Strength &<br>Cardio w/Tina<br>4:30pm Cardio,<br>Strength, and Abs w/<br>Erin<br>6:00pm Functional<br>Fitness w/Kathy | 27<br>8:30am Wellness Walk<br>w/Christine<br>10:00am Synergy<br>w/Tina<br>11:00am Water Fitness<br>w/Tina      | 28<br>8:30am Yoga w/Kate<br>10:00am Aqua 2 for 1<br>w/Brian<br>6:00pm Synergy<br>w/Kathy<br>6:30pm Water Fitness<br>w/Jackie | 29<br>8:30am Wellness Walk<br>w/Christine                                   | 30<br>7:30am Strength,<br>Mobility, & Balance<br>w/Kathy<br>8:30am Yoga w/Kate<br>9:30am Meditation in<br>Motion w/Kate |   |

# September 2022 Fitness Class Descriptions

\*Classes are 50 minutes long unless otherwise noted. Any necessary equipment for classes will be provided\*

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Aqua 2 for 1- The best of shallow and deep aquatic exercise come together for this energetic class. Cardiovascular and muscular resistance training and endurance are all featured in this combo class where half of the class is in the shallow and the other half in the deep end using buoyancy belts or noodles.

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.

Outdoor Fitness- Take your workout outdoors to indulge your senses and have some fun. Come prepared for a full body workout, walking/agility, cardio, strengthening, core and more.

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.

Strength, Mobility & Balance- Maintain and Improve your quality of movement. This class will include exercises that work on balance and strength while helping us move more fluidly through our range of motion.

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.