

FITNESS CALENDAR

March 2017



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 am							
8:00am		Rev Up Cycle		Rev Up Cycle	Outdoor Core	Circuit Boot Camp	Morning Salutations
9:00 am		Outdoor Core		Circuit Boot Camp	Yoga Flow	Yoga Flow	Rev Up Cycle
10:00 am		Yoga Flow		Yoga Flow	Rev Up Cycle	Rev Up Cycle	Outdoor Core
4:30 pm							

Additional Information:

All classes on this schedule are complimentary for all resort and spa guests. Please see reverse side for class descriptions.

FITNESS CALENDAR

Class Descriptions



MORNING SALUTATIONS

Start your day with focus on our version of the Sun Salutations, great for warm up to any exercise routine.

REV UP CYCLE

45 minutes of heart-pumping, fat burning spin followed by 5 minutes of stretching to relieve tight muscles.

YOGA FLOW

Experience the ancient practice of bringing body, breath and mind into balance with yoga.

CIRCUIT BOOT CAMP

Enjoy a total body workout with plenty of core strengthening. This high energy work out challenges the entire body in a circuit training format combining body weight exercises with cardio bursts.

OUTDOOR CORE

Enjoy an exhilarating class among the Oaks. A blend of walking lunges and squats combined with bursts of walking and running intervals and other path-friendly exercises. Prepare to sweat!

PRIVATE INSTRUCTION:

We offer any of our classes for private or group instruction. Private sessions include access to spa amenities and spa pool. Private sessions start at \$125. Please ask a wellness trainer or guest reception agent to make a reservation.

Other Private Instruction Includes: Assisted Stretch, Weight Training, Yoga, Hiking, Running, Foam Rolling.