

FITNESS CALENDAR

May 2017



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am		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

Additional Information:

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

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Class Descriptions



STRETCH AND STRENGTHEN

Use proper stretching techniques to improve flexibility, increase range of motion and detoxify. This is a great beginning to any day and end to any workout.

REV UP CYCLE

45 minutes of heart-pumping, fat burning spin followed by 15 minutes of stretching to relieve tight muscles.

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!

YOGA FLOW

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

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.

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