

# FITNESS CALENDAR

*July 2017*



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 am							
8:00am	Mat Pilates	Rev Up Cycle	Outdoor Core	Rev Up Cycle	Outdoor Core	Circuit Boot Camp	
9:00 am		Outdoor Core	Rev Up Cycle	Circuit Boot Camp	Yoga Fit	Yoga Fit	
10:00 am		Yoga Fit	Yoga Fit	Yoga Fit	Rev Up Cycle	Rev Up Cycle	
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.

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## *Class Descriptions*

### MAT PILATES

This class focuses on the core postural muscles which help keep the body balanced and provide support for the spine.

### REV UP CYCLE

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

### YOGA FIT

Experience the ancient practice of bringing body, breath and mind into balance with focus on power.

### 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.*



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