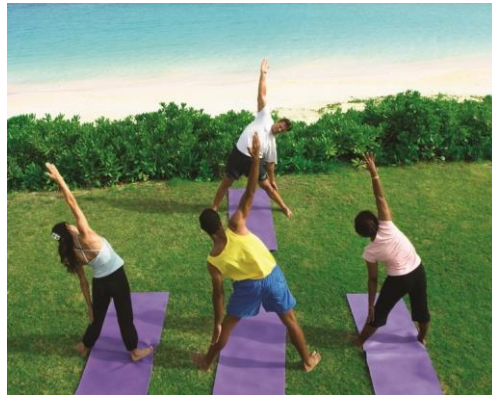


## 2016 Fitness Classes



### Tuesday

#### Relax 'n' Stretch

8:00am

A relaxing, flexibility workout combining movements from yoga, Tai Chi and static stretching. This class is designed to relax the body while improving range of motion. Meet at the Spa Pavilion.

#### Stability Ball Fusion

10:00am

This class combines stability ball variations of Pilates, yoga, bodyweight and flexibility exercises. Helps to improve core and functional strength, balance, flexibility and stabilization. Meet at the Spa Pavilion.

#### Aquatic Conditioning

3:00pm

A fun and challenging water workout combining aerobic and resistance training exercises. Great for all ages and fitness levels. Meet poolside.

### Wednesday

#### Yoga on the Ball

8:00am

This class combines the stretching and relaxation of yoga with the additional benefits of strength and balance that stability ball training provides. Meet at the Spa Pavilion.

#### Pilates Fusion

10:00am

A great combination of various Pilates methods including mat, stability ball and flex bands. This class will introduce participants to the principles and exercises that are fundamental to the Pilates method of total body conditioning. Meet at the Spa Pavilion.

#### Boot Camp Blitz

3:00pm

An intense combination of traditional boot camp style training circuits along with property running cardio intervals. Helps to improve strength and cardiovascular endurance. Meet at the Spa Pavilion



## 2016 Fitness Classes

### Thursday

#### **Relax, Refresh & Renew**

**8:00am**

Learn how to manage the stress of everyday living through simple techniques that will help you to release tension throughout the day. Begin your day refreshed, relaxed and ready to take on whatever unexpected events life has to offer. Meet at the Spa Pavilion.

#### **Functional Fusion**

**10:00am**

A great core conditioning workout combining yoga, Pilates, and functional resistance training. This class is designed to strengthen the entire body from the "core" in order to improve the body's basic daily functions. Meet at the Spa Pavilion.

#### **Cross Training Mania**

**3:00pm**

This class combines various sport specific exercises designed to improve core and functional strength as well as balance, stabilization and endurance. Not just for athletes! Meet at Spa Pavilion.

### Friday

#### **Boot Camp Workout**

**8:00am**

Add a change of pace to your fitness routine. Participants will jog around the property's par course circuit, performing bodyweight exercises at various stations. A great full body workout. Meet at the Spa Pavilion.

#### **Pilates on the Ball**

**10:00am**

A new twist to traditional Pilates training. Enjoy the benefits of the Pilates method with the additional advantages the stability ball provides. Meet at the Spa Pavilion.

#### **Aquatic Kickboxing**

**3:00pm**

A water workout including basic kicks, jabs and punches. This class combines the power of kickboxing with the low-impact benefits of water-based training. A fun and challenging class for all fitness levels. Meet poolside.

### Saturday

#### **Beach Power Walk**

**8:00am**

A great way to start your day. Enjoy the breathtaking view along our white, sandy beach while at the same time improving your fitness level. Meet at the Beach Bar.

#### **Pilates Stretch & Strengthen**

**10:00am**

This class is a variation of the Pilates Mat Workout, and offers a different variety of Pilates-based exercises utilizing resistance bands. Meet at the Spa Pavilion.

#### **Bodyweight Blitz**

**3:00pm**

This class combines various bodyweight methods to create a great full body workout that will help to burn fat, increase cardio function, strengthen the core, improve balance and stabilization. Meet at the Spa Pavilion.

Fitness classes are complimentary for our guests and are subject to change.  
Please check the Daily Activity Sheets.