



FITNESS CLASSES

MONDAY:

YOGA & MEDITATION 9:00am
Sign in at The Spa, then meet at the pavilion.
\$20.00 per person.

TUESDAY:

RELAX & STRETCH 9:15am
Meet at the Spa Pavilion.

AQUA CYCLING 10:30am
Sign up at The Spa, then meet at pool.
\$25 per person.

SUP YOGA 10:30am
Sign in at The Spa, then meet at The Beach Bar
SPECIAL: \$35 per person in July. (weather permitting)

AQUATIC KICKBOXING 3:00pm
Meet at the CuisinArt pool.

WEDNESDAY:

YOGA & MEDITATION 9:00am
Sign in at The Spa, then meet at the pavilion.
\$20.00 per person.

BOOT CAMP BLITZ 9:15am
Meet in front of the Spa and end with the ultimate
Splash Pad cooldown

AQUA CYCLING 10:30am
Sign in at Spa, then meet at the CuisinArt pool.
\$25 per person.

AQUA FUSION 3:00pm
Meet at the CuisinArt pool.

THURSDAY:

FUNCTIONAL FUSION 9:15am
Meet at the Pavilion

AQUA CYCLING 10:30am
Sign up at the Spa, then meet at pool.
\$25 per person.

SUP YOGA 10:30am
Sign in at The Spa, then meet at The Beach Bar
SPECIAL: \$35 per person in July. (weather permitting)

AQUA CONDITIONING 3:00pm
Meet at the CuisinArt pool.

FRIDAY:

YOGA & MEDITATION 9:00am
Sign in at The Spa, then meet at the pavilion.
\$20.00 per person

BEACH WALK & STRETCH 9:15am
Meet at the Beach Bar

AQUA CYCLING 10:30am
Sign in at Spa, then meet at the CuisinArt pool.
\$25 per person.

AQUA FUSION 3:00pm
Meet at the CuisinArt pool.

SATURDAY:

RISE & SHINE GOLF WALK 7:00AM
Meet at the CuisinArt Lobby

YOGA & MEDITATION 9:00am
Sign in at The Spa, then meet at the pavilion.
\$20.00 per person.

BOOT CAMP BLITZ 9:15am
Meet in front of the Spa and end with the ultimate
Splash Pad cooldown

AQUA CYCLING 10:30am
Sign in at the Spa, then meet at pool.
\$25 per person.

AQUATIC KICKBOXING 3:00pm
Meet at the CuisinArt pool.

SUNDAY:

YOGA & MEDITATION 9:00am
Sign in at The Spa, then meet at the Pavilion.
\$20.00 per person.



10% service charge added to
Yoga, SUP, and Aqua Cycling