

Fitness Class Schedule & Descriptions (50 min): July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8:30am Ball Stretch w/ Suzanne 9:30 Refresh, Restore, Rejuvenate w/ Suzanne	2 8:30am Yin Yoga w/ Kate 9:30am Cardio, Strength & Abs w/ Erin	3 8:30am Synergy Fitness w/ Ken 9:00am Water Fitness w/ Tina 9:30am Cardio, Strength & Abs w/ Erin 6:30pm Vinyasa w/ Erica	4 8:30am Yoga w/ Kate , 8:30am Water Fitness w/ Suzanne 9:30am Pump It Up! w/ Ed	5 8:30am Synergy Fitness w/ Ken 9:30am Water Fitness w/ Suzanne 9:00am Boot Camp w/ Tina	6 8:30am Synergy Fitness w/ Kate 9:30am Yoga w/ Kate	7 8:30am Ball Blast w/ Kate 9:30am Yoga w/ Kate
8 8:30am Yoga w/ Kate 9:30am Refresh, Restore, Rejuvenate w/ Kate	9 8:30am Yoga w/ Kate 9:30am Total Body Circuit w/ Suzanne	10 8:30am Synergy Fitness w/ Ken 9:00am Water Fitness w/ Tina 10:30 Cardio, Strength, & Abs w/ Suzanne 6:30pm Vinyasa w/ Erica	11 8:30am Yoga w/ Kate 9:30am Pump It Up! w/ Ed 9:30am Water Fitness w/ Suzanne	12 8:30am Synergy Fitness w/ Ken 9:00am Boot Camp w/ Tina 9:30am Water Fitness w/ Suzanne	13 7:30am Synergy Fitness w/ Kate 8:30am Yoga w/ Kate	14 8:30am Total Body Circuit w/ Suzanne 9:30am Butts & Guts (25min) w/ Suzanne 10:00am Gentle Stretch (25min) w/ Suzanne
15 8:30am Gentle Stretch w/ Suzanne 9:30am Refresh, Restore, Rejuvenate w/ Suzanne	16 8:30am Yoga w/ Kate 9:30am Cardio, Strength & Abs w/ Erin	17 8:30am Synergy Fitness w/ Ken 9:00am Water Fitness w/ Tina 9:30am Cardio, Strength & Abs w/ Erin 6:30pm Vinyasa w/ Erica	18 8:30am Yoga w/ Kate 9:30am Pump It Up! w/ Ed	19 8:30am Synergy Fitness w/ Ken 9:00am Boot Camp w/ Tina 10:00am Water Fitness w/ Erin	20 8:30am Yoga w/ Kate 9:30am Cardio, Strength & Abs w/ Erin	21 8:30am Ball Blast w/ Suzanne 9:30am Core & More (25min) w/ Suzanne 10:00am Ball Stretch (25min) w/ Suzanne
22 8:30am Functional Fitness w/ Suzanne (25 min) 9:00am Gentle Stretch w/ Suzanne (25 min) 9:30am Refresh, Restore, Rejuvenate w/ Suzanne	23 9:00am Core & More (25min) w/ Erin 9:30am Cardio, Strength & Abs w/ Erin	24 8:30am Synergy Fitness w/ Ken 9:00am Water Fitness w/ Tina 9:30am Cardio, Strength & Abs w/ Erin 6:30pm Vinyasa w/ Erica	25 9:30am Pump It Up! w/ Ed 9:30am Water Fitness w/ Suzanne	26 9:00am Boot Camp w/ Tina 10:00am Water Fitness w/ Erin	27 8:30am Yoga w/ Kate 9:30am Cardio, Strength & Abs w/ Erin	28 8:30am Cardio, Strength & Abs w/ Suzanne 9:30am Pilates & Stretch w/ Suzanne
29 8:30am Ball Stretch w/ Suzanne 9:30am Refresh, Restore, Rejuvenate w/ Suzanne	30 8:30am Yoga w/ Kate 9:30am Cardio, Strength & Abs w/ Erin	31 8:30am Synergy Fitness w/ Ken 9:00am Water Fitness w/ Tina 9:30am Cardio, Strength & Abs w/ Erin 6:30pm Vinyasa w/ Erica				

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*Classes are 50 min long unless otherwise noted *any necessary equipment for classes will be provided.*

* Classes are complimentary for all Hotel Fitness/ Recreation members, hotel guests and day spa guests. *

* Fitness classes are subject to change or cancellation due to instructor availability, inclement weather, or unforeseen circumstance *

Ball Blast – Maximize core engagement in this cardio, strength and abs workout using stability and Pilates balls.

Ball Stretch- Open and stretch your body more freely using the support of stability and Pilates balls to increase your range of motion.

Boot Camp- A combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. (*Classes may be held outside or in our fitness studio, weather permitting)

Butts & Guts – Targeted cardio and strength training focused on core and lower body using various props. Movements include standing and floor work.

Cardio, Strength & Abs - Sequence through a total body work out that starts off with different types of cardio and transitions to strength conditioning followed by core strengthening.

Core & More – Targeted core movements using props. Movements include standing and floor work.

Total Body Circuit – Total body strength training, held in the main gym at the TRX station.

Functional Fitness – Strength training class incorporating common movements (squats, crunches, arm raises) focused on posture and alignment.

Gentle Stretch – Enjoy a relaxing light stretch designed for those who want to help release the tension from their day.

Pilates – This is a classical Pilate's mat class focusing on posture, core, fluidity, flexibility and mobility.

Pump It Up!- A total body workout utilizing the TRX machine, weighted cable machines, and a variety of interactive fitness equipment designed to get you moving while having fun in an upbeat paced class!

Refresh, Restore, Rejuvenate – Experience yoga bliss. Relax muscle tension and open your body to myofascial release through supported yin yoga postures. This slow, mindful practice teaches the importance of support and letting go leaving you feeling more energized and grounded. No yoga experience required. Note this is a floor-based class holding supported postures 1-3 minutes.

Synergy Fitness- Using the TRX straps, Synergy station and other strength training techniques, work your whole body with this interval style training workout

Tabata Plus: This class is comprised of the following components: high intensity training, a breath focused component, a planking component, and finally a stretching to relaxation component.

Vinyasa Yoga- Yoga session focusing on breath-based movement incorporating sun salutations and standing poses within a flowing sequence.

Water Fitness: Give your body and joints a break by doing all your favorite and familiar exercise movements in our indoor pool. Utilizing the resistance of the water this class focuses on the benefits of improving flexibility while increasing cardiovascular strength and stamina.

Yin Yoga- Involves poses that apply moderate stress to the connective tissue—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility. Yin poses are held for a longer period of time than yang postures. This is a very quiet and meditative practice.

Yoga for the hips- Focus on improving hip mobility and soreness with yoga designed for the hips and lower extremities.

Yoga with a Friend- Bring a friend or find one in class and enjoy partner yoga! Instructor will be your partner should there be odd numbers the instructor will be your partner!

Yoga- A class focused on the basics of yoga, breath work & movement. Posture alignment and deep breathing are used to connect within.