

OCTOBER FITNESS SCHEDULE

2026

SUN	MON	TUES	WED	THUR	FRI	SAT
- Classes are complementary for all Hotel Guests, including those attending the Day Spa and Recreation Members. - Classes are 50 minutes long unless noted otherwise. Any necessary equipment will be provided. Fitness classes are subject to change or cancellation due to instructor availability, inclement weather, or unforeseen circumstances.				1 8:30AM Synergy: Christine 5:30PM Functional Fitness: Kathy	2 7:30AM Balance, Mobility, & Strength: Kathy 8:30AM Yoga: Kate 9:30AM Meditation in Motion: Kate	3 7:30AM Yoga: Erica 8:30AM Synergy: Suzanne 9:30AM Gentle Stretch: Suzanne
4 7:30AM Ball Stretch: Suzanne 8:30AM Core & More: Suzanne 9:30AM Refresh, Restore, & Rejuvenate: Suzanne	5 8:30AM: Yoga: Kate 4:30PM Strength, Cardio, & Abs: Erin	6 No classes scheduled.	7 8:30AM Yoga: Suzanne 5:00PM Power Aquacise: Brian	8 8:30AM Synergy: Christine	9 8:30AM Yoga: Kate 9:30AM Meditation in Motion: Kate 10:30AM Water Aerobics: Tina	10 7:30AM Yoga: Erica 8:30AM Synergy: Suzanne 9:30AM Gentle Stretch: Suzanne
11 7:30AM Ball Stretch: Suzanne 8:30AM Core & More: Suzanne 9:30AM Refresh, Restore, & Rejuvenate: Suzanne	12 8:30AM Yoga: Kate 3:30PM Strength, Cardio, & Abs: Erin 5:30PM Synergy: Kathy	13 8:30AM Synergy: Kathy 5:30PM Stretch Yoga: Kathy	14 8:30AM Yoga: Suzanne 5:00PM Power Aquacise: Brian	15 8:30AM Synergy: Christine 5:30PM: Functional Fitness: Kathy	16 7:30AM Balance, Mobility, & Strength: Kathy 8:30AM Yoga: Kate 9:30AM Meditation in Motion: Kate 10:30AM Water Aerobics: Tina	17 7:30AM Yoga: Erica 8:30AM Synergy: Suzanne 9:30AM Gentle Stretch: Suzanne
18 7:30AM Ball Stretch: Suzanne 8:30AM Core & More: Suzanne 9:30AM Refresh, Restore, & Rejuvenate: Suzanne	19 8:30AM Yoga: Kate 4:30PM Strength, Cardio, & Abs: Erin 5:30PM Synergy: Kathy	20 8:30AM Synergy: Kathy 5:30PM Stretch Yoga: Kathy	21 8:30AM Yoga: Suzanne 5:00PM Power Aquacise: Brian	22 8:30AM Synergy: Christine 5:30PM: Functional Fitness: Kathy	23 9:30AM Balance, Mobility, & Strength: Kathy 10:30AM Water Aerobics: Tina	24 7:30AM Yoga: Erica 8:30AM Synergy: Suzanne 9:30AM Gentle Stretch: Suzanne
25 7:30AM Ball Stretch: Suzanne 8:30AM Core & More: Suzanne 9:30AM Refresh, Restore, & Rejuvenate: Suzanne	26 4:30PM Strength, Cardio, & Abs: Erin 5:30PM Synergy: Kathy	27 8:30AM Synergy: Kathy 5:30PM Stretch Yoga: Kathy	28 8:30AM Yoga: Suzanne 5:00PM Power Aquacise: Brian	29 8:30AM Synergy: Christine 5:30PM Functional Fitness: Kathy	30 9:30AM Balance, Mobility, & Strength: Kathy 10:30AM Water Aerobics: Tina	31 7:30AM Yoga: Suzanne 8:30AM Synergy: Suzanne 9:30AM Gentle Stretch: Suzanne