

SEPTEMBER 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.		1 8:30AM Synergy: Kathy 5:30PM Stretch Yoga: Kathy	2 8:30AM Yoga: Suzanne	3 8:30AM Synergy: Christine 5:30PM Functional Fitness: Kathy	4 8:30AM Yoga: Kate 9:30AM Meditation in Motion: Kate	5 7:30AM Yoga: Erica 8:30AM Synergy: Suzanne 9:30AM Gentle Stretch: Suzanne
6 7:30AM Ball Stretch: Suzanne 8:30AM Core & More: Suzanne 9:30AM Refresh, Restore, & Rejuvenate: Suzanne	7 8:30AM: Yoga: Kate 9:30AM Strength, Cardio, & Abs: Erin	8 No classes scheduled.	9 8:30AM Yoga: Suzanne	10 8:30AM Synergy: Christine	11 8:30AM Yoga: Kate 9:30AM Meditation in Motion: Kate 10:30AM Water Aerobics: Tina	12 7:30AM Yoga: Erica 8:30AM Synergy: Suzanne 9:30AM Gentle Stretch: Suzanne
13 7:30AM Ball Stretch: Suzanne 8:30AM Core & More: Suzanne 9:30AM Refresh, Restore, & Rejuvenate: Suzanne	14 8:30AM Yoga: Kate 4:30PM Strength, Cardio, & Abs: Erin	15 8:30AM Synergy: Kathy 5:30PM Stretch Yoga: Kathy	16 8:30AM Yoga: Suzanne	17 8:30AM Synergy: Christine 5:30PM: Functional Fitness: Kathy	18 7:30AM Balance, Mobility, & Strength: Kathy 8:30AM Yoga: Kate 9:30AM Meditation in Motion: Kate 10:30AM Water Aerobics: Tina	19 7:30AM Yoga: Erica
20 No classes scheduled.	21 8:30AM Yoga: Kate 4:30PM Strength, Cardio, & Abs: Erin 5:30PM Synergy: Kathy	22 8:30AM Synergy: Kathy 5:30PM Stretch Yoga: Kathy	23 8:30AM Yoga: Suzanne	24 8:30AM Synergy: Christine 5:30PM: Functional Fitness: Kathy	25 7:30AM Balance, Mobility, & Strength: Kathy 8:30AM Yoga: Kate 9:30AM Meditation in Motion: Kate 10:30AM Water Aerobics: Tina	26 7:30AM Yoga: Erica
27 No classes scheduled.	28 8:30AM Yoga: Kate 4:30PM Strength, Cardio, & Abs: Erin 5:30PM Synergy: Kathy	29 8:30AM Synergy: Kathy 5:30PM Stretch Yoga: Kathy	30 8:30AM Yoga: Suzanne	- 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.		