

# November Spa Fitness Class Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 A.M.						Power Pilates	
9:00 A.M.	Pilates	Pilates	Yoga Fusion	Pilates Props	Yoga Fusion		Triple Blast
10:00 A.M.		Aqua Fit	Aqua Fit	Water Field	Aqua Fit	Aqua Fit	Aqua Fit
4:00 P.M.	Tai Chi			Flex Fusion	Ballet to the Core	Vinyasa Yoga	Yoga

## Class Descriptions

**PILATES:** A class designed to strengthen and lengthen the core muscles of the body (meet in main hotel first floor fitness center).

**POWER PILATES:** A classical pilates class for the intermediate to advanced student moving constantly to increase heart rate and challenge your core to the maximum (meet in main hotel first floor fitness center).

**PILATES PROPS:** A traditional pilates class that incorporates the use of small props to enhance mind/body awareness (meet in main hotel first floor fitness center).

**\*YOGA:** A series of stretches that will awaken your energy and body for the remainder of the day (meet in the Spa Courtyard).

**\*VINYASA YOGA:** A creative, continuous flow of yoga poses (meet in the Spa Courtyard).

**\*YOGA FUSION:** An innovative class blending various styles of yoga, meditation, and core balancing (meet in the Spa Courtyard).

**FLEX FUSION:** A contemporary mix of stretch and core exercise that will make you feel flexible and stronger. Gym shoes required (meet in main hotel first floor fitness center).

**TAI CHI:** Using martial arts to incorporate mind and body, Tai Chi will give you a truly uplifting experience. Tai Chi is a non-impact exercise designed to improve posture, breathing, strength and balance (meet in main hotel first floor fitness center).

**FITNESS CIRCUIT:** A fun class for all levels where you'll move from station to station utilizing cardio equipment and balls to tone your body. Gym shoes required (meet in main hotel first floor fitness center).

**POWER WALK:** An invigorating walk on the beach for all fitness levels. End your walk with a stretch on the ocean lawn to begin your day (meet at The Spa).

**\*AQUA FIT:** Cardio and strength training workout in the oceanfront lap pool (meet at lap pool).

**\*WATER FIELD:** A class designed for all fitness levels to show how heavy the water can be. Be prepared for running and playful sprints, with little impact on your joints. (meet at lap pool).

**TRIPLE BLAST:** An exciting non-stop class of 15 min cardio, 15 min strength training, and 15 min abs). Gym shoes required (meet in main hotel first floor fitness center).

**BALLET TO THE CORE:** A class combining ballet and pilates to help strengthen your core with graceful, controlled moves developing long, lean muscles and improving your posture (meet in main hotel first floor fitness center).

*Please arrive to all classes 10 minutes before class begins.*

*\*Classes are weather permitting. All classes are 50 minutes.*

Private one-on-one classes are also available. Please contact The Spa at 1-888-BREAKERS or 561-653-6656 from outside the resort, or press 6656 from any in-house telephone.