

# RESORT GROUP FITNESS SCHEDULE

---

## MONDAY

---

6 - 6:50 AM	CIRCUIT
7 - 7:50 AM	STRENGTH AND CONDITIONING
8 - 8:50 AM	TRX SCULPT
8:30 - 9:20 AM	BOOT CAMP
9 - 9:50 AM	SPIN   BODY SCULPT
10 - 10:50 AM	PILATES FUSION
11 - 12 PM	FLOW YOGA
5 - 5:50 PM	RHYTHM RIDE

## TUESDAY

---

7 - 7:50 AM	HIIT
8 - 8:50 AM	POWER YOGA   TRX SCULPT
9 - 9:50 AM	MAT PILATES
10 - 10:50 AM	YOGA BODY   RHYTHM RIDE
5 - 5:50 PM	STRENGTH AND CONDITIONING

## WEDNESDAY

---

6 - 6:50 AM	CIRCUIT
7 - 7:50 AM	STRENGTH & CONDITIONING
8 - 8:50 AM	TRX SCULPT
8:30 - 9:20 AM	FUNCTIONAL FITNESS
9 - 9:50 AM	SPIN   BODY SCULPT
10 - 10:50 AM	PILATES FUSION
11 - 12 PM	FLOW YOGA
5 - 5:50 PM	RHYTHM RIDE

## THURSDAY

---

7 - 7:50 AM	HIIT
8 - 8:50 AM	POWER YOGA   TRX SCULPT
9 - 9:50 AM	MAT PILATES
10 - 10:50 AM	YOGA BODY   RHYTHM RIDE
5 - 5:50 PM	STRENGTH AND CONDITIONING

## FRIDAY

---

7 - 7:50 AM	STRENGTH AND CONDITIONING
8:30 - 9:20 AM	BOOTCAMP
9 - 9:50 AM	SPIN   BODY SCULPT
10 - 10:50 AM	PILATES FUSION
11 - 12 PM	FLOW YOGA

## SATURDAY

---

9 - 9:50 AM	CIRCUIT
9 - 9:50 AM	PILATES
10 - 10:50 AM	POWER YOGA

## SUNDAY

---

Fitness classes do not meet on Sundays.

The fitness center is open:

Monday - Friday 5 a.m. - 8 p.m.

Saturday and Sunday 6 a.m. - 8 p.m.

All classes are \$25 per class.

For questions about group fitness classes, please call the Fitness Center at Ext. 4009.

- Please note, classes and instructors are subject to change without advanced notice.
- Classes are offered on a first come, first served basis.
- Entrance is not permitted after start time.
- As a courtesy to other classmates, please silence your cell phone and quietly exit the studio if you would like to make a call or text.

Thank you for your cooperation.

# FITNESS CLASS DESCRIPTIONS

---

## BOOT CAMP

A full body workout combining cardiovascular interval training with strength conditioning exercises. This class is specifically designed to challenge students both aerobically and anaerobically.

## BODY SCULPT

A total body workout designed to improve muscle tone, bone density, balance and mood! Emphasis is on good form and proper movement utilizing light weights and moderate resistance. Suitable for all levels.

## CIRCUIT

Cross-training through various stations, using boot camp style equipment and exercises. Heart rate monitor suggested. Suitable for all levels.

## FLOW YOGA

Graceful asana sequences to improve flexibility, posture and balance. While using the breath to calm the body and mind to be present, setting an intention, all benefits that extend to life beyond the mat. Wonderful for golfers and tennis player's focus and range of movement.

## FUNCTIONAL FITNESS

This functional fitness class focuses on developing proper movement patterns and stability to awaken underutilized muscles.

## HIIT (HIGH INTENSITY INTERVAL TRAINING)

This efficient, rigorous full-body workout features interval training with high-intensity exercises to build cardiovascular fitness, while improving muscular strength and endurance! Get ready to torch calories, burn fat, and achieve that "afterburn" effect for hours after you're done.

## MAT PILATES

Increase your strength and flexibility as you flow through a series of dynamic movements that restore balance to all muscle groups. This classic Pilates class will increase core strength while sculpting long lean muscles with the use of light weights, small balls, resistance bands and Magic rings. Suitable for all levels.

## PILATES FUSION

A Pilates based workout focusing on core strength, flexibility and total body conditioning fused with cardio and body sculpting exercises, designed to make you sweat.

## POWER YOGA

A powerful Vinyasa flow style yoga that develops strength, stamina and flexibility with an emphasis on breath-to-movement. This total body workout class will improve your focus and all-over balance. Suitable for all levels.

## RHYTHM RIDE

This class is a high energy class blending cycling techniques with upbeat music to energize and inspire! RR class matches speed and climbing intervals to the beat of music for a sweaty good time. Suitable for all levels.

## SPIN

This high-energy cycling class is a fun and heart-pounding cardio workout great for all ages and fitness levels! Upbeat, motivating music, a mixture of endurance, climbs and interval drills are utilized to optimize fat burn and muscle toning.

## STRENGTH & CONDITIONING

A full-body workout that burns calories after you leave the studio! Incorporating dynamic movements to push you to your limits, dumbbells, medicine balls and varied intervals to develop cardiovascular conditioning and functional strength. Suitable for all levels.

## TRX SCULPT

Increase endurance, improve flexibility, build strength, and develop core strength in this total-body workout with the TRX suspension trainer.

## YOGA BODY

This class works the body in a way that lengthens and tones muscles. Combining the use of breath to cleanse, twists to eliminate toxins, abdominal work to strengthen posture and long holds to improve balance. Suitable for Yogis of all levels.