

RESORT GROUP FITNESS SCHEDULE

MONDAY

6 - 6:50 AM	HIIT
8:30 - 9:20 AM	BOOTCAMP
9 - 9:50 AM	SPIN
10 - 10:50 AM	PILATES FUSION
11 - 11:50 AM	SPIN & STRENGTH
11 - 12 PM	GENTLE YOGA

TUESDAY

7 - 7:50 AM	HIIT
8 - 8:50 AM	POWER YOGA
9 - 9:50 AM	POWER PILATES
10 - 10:50 AM	SPIN
10 - 10:50 AM	ZUMBA®
11 - 12 PM	FLOW YOGA
5 - 5:50 PM	STRENGTH & CONDITIONING
6 - 6:50 PM	SPIN

WEDNESDAY

6 - 6:50 AM	HIIT
8:30 - 9:30 AM	FUNCTIONAL FITNESS
9 - 9:50 AM	SPIN
10 - 10:50 AM	PILATES FUSION
11 - 11:50 AM	SPIN & STRENGTH
11 - 12 PM	HATHA YOGA

THURSDAY

7 - 7:50 AM	HIIT
8 - 8:50 AM	POWER YOGA
9 - 9:50 AM	POWER PILATES
10 - 10:50 AM	SPIN
10 - 10:50 AM	ZUMBA®
11 - 12 PM	FLOW YOGA
5 - 5:50 PM	STRENGTH & CONDITIONING
6 - 6:50 PM	SPIN

FRIDAY

6 - 6:50 AM	HIIT
8:30 - 9:20 AM	BOOTCAMP
9 - 9:50 AM	SPIN
10 - 10:50 AM	PILATES FUSION
11 - 11:50 AM	SPIN & STRENGTH
11 - 12 PM	GENTLE YOGA

SATURDAY

8 - 8:50 AM	SPIN
9 - 9:50 AM	PILATES FUSION
10 - 10:50 AM	YOGA FOR LIFE

SUNDAY

Fitness classes do not meet on Sundays.

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.

OMNI®  RESORTS
barton creek | austin

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.

FLOW YOGA

A vinyasa flow class with graceful sequences to relax your body, mobilize your joints and get your day going. Flow Yoga is a great warm up for runners and golfers.

FUNCTIONAL FITNESS

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

GENTLE YOGA

This hatha-based class moves at a slower pace to ensure proper form and breathing patterns. Props will be used to make all postures accessible.

HATHA YOGA

This class uses bodily postures (asanas), breathing techniques (pranayama), and meditation (dyana) with the goal of building core strength, flexibility and a calm nervous system.

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.

POWER PILATES

Use all the core muscles in this fast-paced purely mat class. Build a lean and long physique while improving your posture and flattening your abdomen.

POWER YOGA

A hatha yoga class with powerful flow that is sure to wake you up and get you ready for the day, this class emphasizes breath and body movements while focusing on balance and intention.

PILATES FUSION

This is 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.

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.

SPIN & STRENGTH

Get the best of both worlds with Spin & Strength! Hop on the bike for a 25-minute ride, featuring a combination of intervals, hill climbs and longer, sustained pushes for an intense cardio workout. Then spend the remainder of class focusing on total-body strength and conditioning, incorporating functional movements, circuit training, tabata or HIIT to improve your strength and fitness.

STRENGTH & CONDITIONING

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

YOGA FOR LIFE

When practiced properly, yoga’s benefits manifest most powerfully off the mat. Students will learn the energetic principles of yoga through increased awareness of asana, pranayama and meditation, enabling them to navigate through life with less stress, more ease and an increased ability to focus. All practitioners welcome.

ZUMBA®

Take the “work” out of your workout as you let the Latin and world rhythms take over. Zumba® mixes low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party for everybody.