

# FITNESS SCHEDULE

## MONDAY

8:00 am - 8:50 am | Pilates | Yoga Studio | Sally  
9:00 am - 9:50 am | Rise & Ride | Spin Studio | Don  
10:00 am - 11:15 am | Slow Flow | Yoga Studio | Heidi  
10:30 am - 11:20 am | H2O Flow | Indoor Pool | Barbara  
4:30 pm - 5:20 pm | Vinyasa Yoga | Yoga Studio | Jill  
5:30 pm - 6:20 pm | Battle Cycle | Spin Studio | Lara  
6:00 pm - 6:50 pm | Zumba | Yoga Studio | Stacy

## FRIDAY

7:00 am - 7:50 am | Battle Cycle | Spin Studio | Don  
8:00 am - 8:50 am | Pilates | Yoga Studio | Torrey  
9:00 am - 9:50 am | Zumba | Yoga Studio | Stacy  
9:30 am - 10:20 am | H2O Pilates | Indoor Pool | Torrey  
10:00 am - 10:50 am | Barre | Yoga Studio | Gaylene  
11:00 am - 11:45 am | Power Ride | Spin Studio | Tina  
5:00 pm - 5:50 pm | Vinyasa Yoga | Oak Room | Jill

## TUESDAY

8:00 am - 8:25 am | Express Abs | Yoga Studio | Sally  
8:30 am - 9:00 am | Express Stretch | Yoga Studio | Sally  
9:00 am - 9:50 am | H.I.I.T. | Yoga Studio | Jesse  
10:30 am - 11:20 am | H2O Pilates | Indoor Pool | Torrey  
4:30 pm - 5:20 pm | Endurance Zone | Gym Floor | Lara  
5:30 pm - 5:55 pm | Tone & Sculpt: Upper | Yoga Studio | Lara  
6:00 pm - 6:30 pm | Meditation | Oak Room | Emily  
6:30 pm - 7:15 pm | Power Ride | Spin Studio | Lara

## SATURDAY

\*8:00 am - 8:50 am | Bootcamp | Activity Lawn | Jesse  
8:00 am - 8:50 am | Tone & Sculpt | Yoga Studio | Lara  
9:00 am - 9:50 am | Qi Gong | Pagoda | Jenny  
9:00 am - 9:45 am | Power Ride | Spin Studio | Lara  
10:00 am - 10:50 am | Slow Flow | Yoga Studio | Emily

## WEDNESDAY

9:00 am - 9:50 am | Rise & Ride | Spin Studio | Gaylene  
10:00 am - 10:50 am | Barre | Yoga Studio | Gaylene  
10:30 am - 11:20 am | H2O Flow | Indoor Pool | Barbara  
12:00 pm - 12:50 pm | Slow Flow Yoga | Yoga Studio | Heidi  
4:30 pm - 5:20 pm | Full Body Circuit | Yoga Studio | Vaughan  
5:30 pm - 6:20 pm | Strength Cycle | Spin Studio | Lara  
\*6:00 pm - 6:50 pm | Bootcamp | Activity Lawn | Jake  
6:30 pm - 7:20 pm | Vinyasa Yoga | Yoga Studio | Jill

## SUNDAY

9:00 am - 9:50 am | Vinyasa Yoga | Yoga Studio | Barbara  
10:00 am - 10:50 am | Tone & Sculpt | Yoga Studio | Lara

Class schedules and instructors are subject to change or cancellation. Due to ongoing hotel enhancements, class locations are subject to change without advanced notice. Thank you for your flexibility.

\*Guests who are not hotel guests or members may participate in outdoor classes for a \$25 fee.

## THURSDAY

6:00 am - 6:50 am | Rise & Ride | Spin Studio | Lara  
7:00 am - 7:50 am | H.I.I.T. | Yoga Studio | Jake  
9:00 am - 9:50 am | Tone & Sculpt | Yoga Studio | Sally  
10:30 am - 11:20 am | H2O Flow | Indoor Pool | Barbara  
4:30 pm - 5:20 pm | Endurance Zone | Gym Floor | Lara  
5:30 pm - 5:55 pm | Tone & Sculpt: Lower | Yoga Studio | Lara  
6:00 pm - 6:25 pm | Express Abs | Yoga Studio | Lara  
6:30 pm - 7:20 pm | Yin Yoga | Yoga Studio | Gloria



# HOURS

<b>FITNESS CENTER</b>	5:30 am - 10:00 pm   staffed 6:00 am - 9:00 pm
<b>INDOOR POOL</b>	5:30 am - 10:00 pm   no lifeguard on duty
<b>KIDS' CENTERS</b>	8:00 am - 10:00 pm   unsupervised

## CLASS DESCRIPTIONS

**BARRE** No need to be a prima ballerina! This high-energy, low impact class designed to strengthen, tone and sculpt your body using ballet inspired barre work and light weights.

**BATTLE CYCLE** You will be dancing throughout this entire cycling class as we battle between two different artists or music genres. The music will change weekly to keep you motivated while you work hard!

**BOOTCAMP** Let's sweat outdoors! A combination of high intensity interval training (H.I.I.T.) and strength development training (SDT) led by one of our elite Exercise Physiologists.

**ENDURANCE ZONE** Interval treadmill training designed to optimize your calorie burn and fitness through heart zone programming. Bring your heart rate monitor for optimum results

**EXPRESS ABS** Improve core strength, balance, and posture with this ab focused 25-minute class.

**EXPRESS STRETCH** Improve your flexibility, release tension in your body, and reduce your risk of injury.

**FULL BODY CIRCUIT** Amp up your fitness level with short alternating bursts of cardio and resistance training for a total body workout.

**H2O PILATES** Take your training to the pool with this low impact, high payoff aerobic class. This is a great way to keep your heart health strong and joints happy while jamming to the tunes.

**H2O FLOW** This all levels aqua class uses the natural resistance of the water for a full body workout.

**H.I.I.T** High Intensity Interval Training! Kick your metabolism into overdrive with this energetic class that focuses on targeted short bursts of high intensity exercise followed by a short recovery.

**MEDITATION** Through guided mindfulness and breathwork, this class will help ease your mind and settle your body into finding a more gentle focus for your day.

**PILATES** Strengthen and elongate your muscles to build a strong core that supports your body on the mat and see monumental results off the mat.

**POWER RIDE** Challenge your physical and mental strength using resistance and speed to burn calories and increase endurance in this advanced cycling class.

**QI GONG** Improve circulation and longevity through slow flowing movements and deep rhythmic breathing.

**RISE & RIDE** A great way to start your morning! Achieve a cardiovascular workout that will take you up mountains, over hills, and through heart pounding speed drills.

**SLOW FLOW** Move both mindfully and powerfully in this slowed down version of a vinyasa yoga class.

**STRENGTH CYCLE** This unique cycling class ensures a full body workout by getting you on your bike and utilizing resistance bands.

**TONE & SCULPT** Use a variety of equipment to define and sculpt your physique in this total body workout.

**UPPER/LOWER TONE & SCULPT** A 25-minute version of our Tone & Sculpt class targeting the upper or lower body.

**VINYASA YOGA** Flow continuously through strong sequences of traditional Sun Salutations and standing postures. Link breath with movement to build strength and endurance as you push the edge of your balance and flexibility.

**YIN YOGA** Decrease your stress with this calm and rejuvenating yoga class. Combining long held stretches, slow breathing techniques, and gentle movement, you will leave class having restored your energy bank.

**ZUMBA** Join the dance party! A calorie-burning aerobic workout set to a fusion of Latin and international music.

- Must be 14 years of age or older to use the fitness facilities.
- Shirts and shoes must be worn at all times.
- Classes are tailored to the fitness level of our guests and members. Please inform the instructor if you have any medical conditions or injuries that require you to modify your level of intensity.

