

FITNESS SCHEDULE

MONDAY

9:00 am - 9:50 am | Cardio Dance | Studio | Michelle
9:00 am - 9:50 am | Rise & Ride | Spin Studio | Don
10:00 am - 11:15 am | Yin Yoga | Studio | Heidi
10:30 am - 11:20 am | H2O Flow | Indoor Pool | Torrey
4:30 pm - 5:20 pm | Vinyasa Yoga | Studio | Jill
5:30 pm - 6:20 pm | Battle Cycle | Spin Studio | Lara
5:30 pm - 6:20 pm | H.I.I.T. | Studio | Jake

TUESDAY

8:00 am - 8:25 am | Express Abs | Studio | Sally
8:30 am - 8:55 am | Express Stretch | Studio | Sally
9:00 am - 9:50 am | H.I.I.T. | 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 | Studio | Lara
6:00 pm - 6:45 pm | Meditation | Oak Room | Emily B

WEDNESDAY

9:00 am - 9:50 am | Rise & Ride | Spin Studio | Gaylene
10:00 am - 10:50 am | Barre | Studio | Gaylene
10:30 am - 11:20 am | H2O Flow | Indoor Pool | Sam
11:00 am - 11:50 am | Slow Flow Yoga | Studio | Heidi
4:30 pm - 5:20 pm | Full Body Circuit | Studio | Vaughan
5:30 pm - 6:20 pm | Strength Cycle | Spin Studio | Lara
5:30 pm - 6:20 pm | Vinyasa Yoga | Studio | Jill

THURSDAY

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

FRIDAY

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

SATURDAY

*8:00 am - 8:50 am | Bootcamp | Activity Lawn | Jesse
8:00 am - 8:50 am | Tone & Sculpt | 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 | Tai Chi | Pagoda | Jenny
10:00 am - 10:50 am | Slow Flow | Studio | Emily B

SUNDAY

9:00 am - 9:50 am | Vinyasa | Studio | Caroline
10:00 am - 10:50 am | Tone & Sculpt | 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.



HOURS

FITNESS CENTER	5:30 am - 10:00 pm staffed 6:00 am - 9:00 pm
INDOOR POOL	5:30 am - 10:00 pm no lifeguard on duty
KIDS' CENTERS	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.

CARDIO DANCE Dance to the beat!! This class is a fusion of cardio dance and dynamic movements to tone your body and feel the burn! It is a fun and challenging full-body workout.

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.

FLOW YOGA: Get active in this flowing morning yoga class.

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.

TAI CHI Breathe deeply and naturally, focusing your attention on slow, smooth movements, allowing your Qi to flow freely releasing any tension.

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.

- 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.

