



Class Fees	Inn Guest	Member	Non Member
Land, Pilate or Water Class	Free	Free	\$18
10 Visit Class Pass	-	-	\$130

# February Fitness Classes



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am				<b>Functional Fusion</b> with Brendan		
8:00 am						<b>Boot Camp</b> with Chris
8:30 am	<b>Full Body Fitness</b> with Wendy	<b>YOGA</b> with Laura	<b>Full Body Fitness</b> with Wendy	<b>Hatha Yoga</b> with Wendy		
<i>in the pool</i>	<b>Splash Aerobics</b> with Cheryl		<b>Splash Aerobics</b> with Cheryl		<b>Splash Aerobics</b> with Cheryl	
8:45 am					<b>Kundalini Yoga</b> with Laura	
9:00 am						<b>Restorative Yoga</b> with Laura
9:30 am	<b>Core Body Strength</b> with Wendy		<b>Core Body Strength</b> with Wendy			
9:45 am				<b>Gentle Yoga</b> with Wendy		
10:00 am		<b>Gentle Yoga</b> (last class 2/12) with Ann			<b>Belly Dancing</b> with Wendy	
12:15 pm	<b>Functional Fusion</b> with Brendan		<b>Functional Fusion</b> with Brendan			
4:00 pm	<b>Pilates Fusion</b> with Jen					
4:30 pm		<b>Functional Interval Training</b> with Grace	<b>Yoga for Bone Health</b> with Ann	<b>Functional Interval Training</b> with Trisha		
5:00 pm		<b>Splash Aerobics</b> with Shalimar		<b>Splash Aerobics</b> with Shalimar		
5:30 pm		<b>YOGA</b> with Laura		<b>Restorative Yoga</b> with Laura		



## Splash & Yoga

**Splash Aerobics:** The ultimate in a low impact/high benefit water workout for all ages and abilities. 1 Hour

**Gentle Yoga:** A beginner level with a modified approach focusing on breath, stretches, relaxation and tissue mobilization using rubber massage balls\*. 1 Hour *\*Please inform instructor prior to class if you have a latex allergy.*

**Hatha Yoga:** Awaken the body, mind & spirit & get energy flowing in this class for beginners to intermediates suited for all body types. Focus on breath through each pose (asanas) progress to more difficult poses while working on the core to help provide strength and confidence. 1 Hour

**Kundalini Yoga:** a high energy practice designed to stimulate your native energy and clear out energetic blocks through movement and breath practices 75 minutes

**Restorative Yoga:** Saturday morning bliss. A class geared to repair and restore body, mind & spirit. A gentle yoga practice with guided meditations focused on healing and connecting you to your deepest soul and spirit guides. 1 Hour

**Yoga:** A mixed level practice focusing on uniting Mind, Body & Spirit. Guided meditations to cleanse the Charka system. Yoga mudras, chants & Asana (physical poses). Includes Pranayama, breathing practices & meditation to transmute karma, and improve sense of well being. 1 Hour

**Yoga for Bone Health:** learn yoga postures varied to meet individual ability with a focus on improving strength and balance in this self-paced class. Practiced consistently over time, these low impact weight-bearing poses may slow the rate of bone loss due to aging and reduce the risk of falls. No yoga experience necessary. 1 Hour

## Aerobics

**Belly Dancing:** Belly dance is fun, beautiful way to workout. This ancient dance form builds whole-body strength and endurance with an emphasis on rhythm, flow, and expression. Each class will build on the skills taught the previous week. If you are a beginner, it's suggested to attend all sessions. Bring a hip scharf if you have one, Loaners will be provided 55 minutes

**Boot Camp:** Strength and core training for all fitness levels to incorporate dumbbells, bands, boards, bosu for a full body workout. 45 minutes

**Pilates Fusion:** We begin each class with foam rolling, active stretches and joint mobility to warm up and awaken the body. Breath work and core strengthening follows as we work through precise Pilates exercises in all planes of motion ending with gentle cool down stretches. Pilates helps to bring the body back into alignment, improve ease of motion and reduce pain. All levels welcome. 1 Hour

**Core Body Strength:** Gentle effective exercises improve functional fitness & reduce pain through proper mobilization & stabilization of the core. All levels 50 minutes

**Full Body Fitness:** Intermediate/advanced level, higher intensity strength and endurance workout using body weight, free weights, balls and bands. 50 minutes

**Functional Interval Training:** Effective fat burning interval training class, alternate between bursts of activity & periods of rest combining bodyweight movements to create a challenging cardiovascular & overall body strengthening workout. All levels welcome 45 minutes

**Functional Fusion:** a full body functional strength workout, fused with an energizing cardio interval circuit. We even make our way outside for part of the circuit when it's not cold during Spring, Summer and Fall. Learn how to use proper technique to modify your workout whether you are a beginner or an experienced individual seeking a challenge. 45 minutes

We ask that all participants arrive within 15 minutes of the start of the class to ensure participation in the program. All class participants may use the pool, hot tub, co-ed steam room & saunas before & after the class. rev. 1/28/2019