



207.622.3138

www.SenatorInn.com

DECEMBER

Weekly Class

SCHEDULE

Class Pricing:
Members: Free
Hotel Guests: Free
Non-Members:
\$25 Per Class
10 Visit Class Pass: \$180

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 am	Splash Aerobics with Kandra in the Pool	Slow Flow Yoga with Julia	Splash Aerobics with Kandra in the Pool	Slow Flow Yoga with Sally	Splash Aerobics with Kandra in the Pool		
	Full Body Fitness with Wendy		Full Body Fitness with Wendy		Belly Dance with Wendy		
9:00 am							Sunday Morning Qi-Gong with Shalimar
9:30 am			Core Body Strength with Wendy				
9:45 am		Gentle Yoga with Julia		Qi Gong with Brenda	Gentle Yoga with Wendy		
12:15 pm	Functional Fitness with Brendan		Functional Fitness with Brendan				
4:00 pm	Kick-Mix with Trish	Tabata with Trish	Guided Meditation with Brenda	Tabata with Trish			
5:30 pm		Mat Pilates with Michelle		Splash Aerobics with Shalimar in the Pool			
		Splash Aerobics with Erin in the Pool					
6:00 pm	Vinyasa Yoga with Julia						



BELLY DANCE

Belly dance is a fun, beautiful way to work out. This ancient dance form builds whole-body strength and endurance with an emphasis on rhythm, flow, and expression - 1 Hour

FULL BODY FITNESS

Intermediate/advanced level, higher intensity strength and endurance workout using body weight, free weights, balls, and bands - 50 minutes

CORE BODY STRENGTH

Gentle effective exercises improve functional fitness & reduce pain through proper mobilization & stabilization of the core. For all levels - 50 minutes

FUNCTIONAL FITNESS

Strength & Cardio interval class for all levels combining full body strength using dumbbells, fit balls, medicine balls, BOSU & bands and kicking up cardio with an interval circuit. Weather permitting, We often enjoy our short cardio intervals outside - 1 Hour

Gentle Yoga w/ Julia

You will stretch the body & mobilize your joints from a foundation of strength and stability. To better our posture, alignment, improve balance, and practice functional movements that will be of benefit both on and off the mat. Breath-work and simple meditations can also be expected in this class. All levels welcome - 1 Hour

Guided Meditation

To promote mindfulness and relaxation, this class will provide a guided meditation w/discussion and reflection. To assist with relaxation, may bring a light blocking mask and a blanket or mat for sitting or lying down. - 1 Hour

Gentle Yoga w/ Wendy

You will focus on building shapes from the ground up and the core out. Students will explore how to safely transition through different asana postures. Discover what works best for your individual body while combining breath and intention with fluidity and grace. All students welcome - 1 Hour

KICK MIX

Combination of cardio kickboxing sequences & weight training using free weights, balls, and bands. Class will feature a special core training circuit - 45 minutes

MAT PILATES

Mat-based class focusing on core strength, stability, and posture. This is a total body workout for a stronger and more flexible YOU. All levels welcome - 1 Hour

VINYASA YOGA

This class consists of movements & postures that help with postural stability, mobility, and adaptability. We'll move through smooth transitions in synch w/breath - 1 Hour

SLOW FLOW YOGA

Establish a deeper connection within your body, breath, and mind in this slow yet steady class. We'll weave the practice of movement and mindfulness together to create a wholesome experience that leaves you feeling balanced, physically and energetically - 1 Hour

SPLASH AEROBICS

The ultimate in a low impact/high benefit water workout for all ages and abilities - 1 Hour

QI GONG

Thai Chi foundational practice that massages meridians & pressure points through specific poses and movements. This is a gentle moving meditation & practice for all, especially those living with chronic health problems, or returning to exercise after a break. New participants: Arrive 15mins before - 75 minutes.

TABATA

A high intensity interval training workout alternating bursts of activity & short rest to create a total body workout. All levels welcome! 1 Hour